





Green Prescription Patient Survey 2015 Report

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1.0 Executive Summary

This report presents the findings from the 2015 Green Prescription (GRx) initiative patient survey, conducted for the Ministry of Health (the Ministry) in April and May 2015.

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 hybrid online and paper-based survey during the months of April, May and early June 2015. A total of 10,000 participants were selected to take part in the survey from the N=17,198 programme participants put forward by contract holders. By the survey close-off date n=2,709 completed surveys had been received, representing a participation rate of 27.1 percent compared with 28.6 percent in 2014, 29.1 percent in 2013 and 31.5 percent in 2012.¹

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 2.4 percent (at the 95 percent confidence level).

Key findings

Table 1 (overleaf) summarises the KPI results for 2015. 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.

Nine out of 19 contract holders met or exceeded all nine KPIs; these were Harbour Sport, Sport Northland, Sport Whanganui, Sport Manawatu, Sport Canterbury, Sport Southland, Sport Taranaki, Sport Waikato, 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 no response. For the rest of the report, all charts and tables include no response.

¹ The decreasing response rate, year on year, can be in part attributed by the decision to increase the numbers of sampled Māori and Pacific patients (both Māori and Pacific peoples are known to have lower participation rates in surveys, than are New Zealand European respondents). This was done in order to get more robust results for those populations for the purposes of creating Ethnic-specific profile reports for Māori and Pacific patients. In 2015, a total of 3,472 Māori and Pacific patients were sampled, comprising almost 35 percent of all patients sampled. This compares with 2,770 Māori and Pacific patients being sampled in 2014 (27 percent of all those sampled), 2,425 Māori and Pacific patients in 2013 (24 percent) and 2,264 Māori and Pacific patients in 2012 (23 percent).



Table 1: KPI summary table ²

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	61	17 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.	82	18 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.	89	16 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.	86	18 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.	85	15 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.	72	14 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.	82	18 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.	88	17 out of 19

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

* No response has been removed from these results.

² 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-one 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 (29 percent) or less time (10 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 632* %
More time being active		61
About the same amount of time being active		29
Less time being active		10
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.

*No response has 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 2586* %
No		29
Yes		71
Total		100

Total may not sum to 100% due to rounding.

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

*No response has been removed from these results.



KPI 3: Participants receive effective support to maintain activity

Eighty-two percent of patients feel more confident about doing physical activity as a result of the support they received from their GRx support person. Just six 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 2431* %
Strongly agree		40
Agree		42
Neither agree nor disagree		13
Disagree		4
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.

*No response has been removed from these results.

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

Eighty-nine percent of patients feel that they have adequate choices in terms of the physical activities available to them. Just four 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 2465* %
Strongly agree		36
Agree		53
Neither agree nor disagree		7
Disagree		3
Strongly disagree		1
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.

*No response has been removed from these results.



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

Eighty-six percent of patients feel their support person motivated them to get or stay physically active. Just six 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 2453* %
Strongly agree		44
Agree		42
Neither agree nor disagree		9
Disagree		4
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.

*No response has been removed from these results.

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

Eighty-five 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 2432* %
Strongly agree		42
Agree		43
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.

*No response has been removed from these results.



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

Seventy-two 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 =	2607*
	%
Yes	72
No	16
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.

*No response has been removed from these results.

KPI 8: Participants are supported to sustain behaviour changes

When patients return to their GP or practice nurse, 82 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 =	1004*
	%
Stop your GRx activities	2
Encourage you to change your GRx activities	16
Encourage you to continue your GRx activities unchanged	82
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.

*No response has been removed from these results.



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

Overall, 88 percent of participants are satisfied with the service and support they received from their GRx provider. Just four 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 2508* %
Very satisfied	52
Satisfied	36
Neither/nor	7
Dissatisfied	2
Very dissatisfied	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.

*No response has been removed from these results.



2.0 Introduction

2.1 Background

This report presents the findings from the 16th annual monitor of the Green Prescription (GRx) initiative. The Ministry commissioned Research New Zealand to undertake the research in April and early May 2015.

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 and online survey in April and early May 2015. The population of interest for this survey is GRx patients who had contact with a contract holder over the six months from July-December 2014.

Each GRx contract holder forwarded its patient list to Research New Zealand, identifying a total population of N=17,198 eligible GRx patients. This year, up to 890 patients were randomly selected from each of the larger contract holders.³ For smaller contract holders, most-to-all of the available contacts were used to yield a total sample of 10,000 patients selected to take part in the survey.

On 23 March 2015, 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 15 April 2015, 4,470 patients who had not yet responded were sent a reminder letter 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=3,472 Māori and Pacific patients. Of these, 1,731 were able to be contacted during the reminder call period (each was called a maximum of five times). The main surveying period ended on Friday 15th May 2015.

In order to correct for an error during the sampling stage (see footnote below), n=165 non-responding patients from Sport Auckland – Auckland and Sport Auckland Counties were also contacted by telephone and given the opportunity to complete the survey as a telephone interview during 8 June to 11 June 2015. Of those respondents who were successfully reached, n=79 completed the survey by telephone.

Changes to the questionnaire

The Ministry, with the input of Research New Zealand, reviewed the 2014 questionnaire. For the 2015 survey, other than some formatting changes and the addition of one new category code to Question 2 (cost), no substantive changes were made to this year's survey questionnaire.

³ Due to an error at the sampling stage, the patient lists from Sport Auckland - Auckland and Sport Auckland - Counties were merged into a single "Auckland" sample, and a total of n=882 patients were randomly selected to participate in this year's survey (n=441 each for Auckland and Counties). This resulted in fewer patients being surveyed from the Auckland area for this year's survey. In order to increase the number of achieved responses, sampled non-respondents were contacted and asked if they would like to complete the survey by telephone. A total of n=79 patients agreed to complete the survey by telephone (54 from Counties and 25 from Auckland).



2.3.1 Participation rate

A total of n=2,709 valid, completed responses were received during the survey period (n=2,298 on paper, n=332 online, and n=79 by telephone). This represents a participation rate of 27.1 percent, compared to 28.6 last year, 29.1 percent in 2013 and 31.5 percent in 2012.⁴ 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 outlined above.
2. The reminder phone calls targeted at Māori and Pacific patients.
3. The booster telephone interviews with non-respondents from Sport Auckland (Auckland and Counties).
4. The use of a prize draw incentive - three prizes of \$200 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 2015 survey have a maximum margin of error of plus or minus 2.4 percent, at the 95 percent confidence level.

Results for 2015 were tested for significant differences against the results from the 2014 survey. Results were also tested for significant differences against the demographic variables in the survey, and against the Deprivation Index rating. Wherever percentages year on year or between sub-groups are greater than 10 percent, they have been commented on and can also be found highlighted in the Supplementary Tabulations in Appendix B.

⁴ The decreasing response rate, year on year, can be in part attributed by the decision to increase the number of sampled Māori and Pacific patients (both Māori and Pacific peoples are known to have lower participation rates in surveys, than are New Zealand European respondents). This was done in order to get more robust results for those populations for the purposes of creating Ethnic-specific profile reports for Māori and Pacific patients. In 2015, a total of 3,472 Māori and Pacific patients were sampled, comprising almost 35 percent of all patients sampled. This compares with 2,770 Māori and Pacific patients being sampled in 2014 (27 percent of all those sampled), 2,425 Māori and Pacific patients in 2013 (24 percent) and 2,264 Māori and Pacific patients in 2012 (23 percent).



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

GRx contract holder	2015					2014	2013	2012
	Eligible population	Number Selected	Achieved Sample	Participation rate	Maximum Margin of Error	Participation rate	Participation rate	Participation rate
Sport Northland	1278	880	212	24.1%	6.1%	24.6	29.9%	32.6%
Sport Auckland - Auckland	2,361	441	95	21.5%	9.9%	21.9	26.4%	24.0%
Sport Auckland - Counties	2,817	441	124	28.1%	8.6%	19.7	20.0%	24.0%
Harbour Sport	1,053	881	214	24.3%	6.0%	28.6	27.3%	31.1%
HealthWest	350	346	99	28.6%	8.3%	31.9	20.9%	23.3%
Sport Waikato	1,950	890	189	21.2%	6.8%	29.3	30.6%	33.0%
Sport Gisborne	450	450	106	23.6%	8.3%	27.0	31.7%	29.3%
Sport Bay of Plenty	1,284	884	237	26.8%	5.7%	28.3	34.9%	37.1%
Sport Hawke's Bay	657	657	144	21.9%	7.2%	24.5	26.0%	27.9%
Sport Taranaki	624	624	179	28.7%	6.2%	34.3	36.5%	38.9%
Sport Whanganui	331	331	145	43.8%	6.1%	47.6	32.2%	35.7%
Sport Manawatu	280	280	123	43.9%	6.6%	50.6	50.9%	39.5%
Sport Wellington	643	643	165	25.7%	6.6%	24.4	24.1%	31.0%
Nelson Bays PHO	415	415	104	25.1%	8.3%	26.5	31.3%	33.6%
CWCST - Canterbury	1,543	676	215	31.8%	6.2%	35.5	36.5%	37.9%
CWCST - West Coast	207	207	62	30.0%	10.4%	30.6	31.5%	38.3%
Sport Otago	243	243	82	33.7%	8.8%	24.9	28.7%	34.1%
Sport Southland	457	456	136	29.8%	7.0%	27.1	27.2%	31.8%
Kimi Hauora Marlborough PHO	255	255	78	30.6%	9.2%	35.4	22.9%	28.1%
Total	17,198	10,000	2,709	27.1%	2.4%	28.6%	29.1%	31.5%

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, what activities they were prescribed by the GP or practice nurse, and what, if any, advice they received on healthy eating.

Key findings

Over one third of this year's patients were issued their first GRx more than eight months ago (36 percent). Just 11 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, high cholesterol and diagnosed type 2 diabetes.
- ◆ The main activities prescribed by GPs and practice nurses this year were: walking, swimming, water/pool exercises and gym exercises.

About seven in ten patients reported they have received information on healthy eating (71 percent).

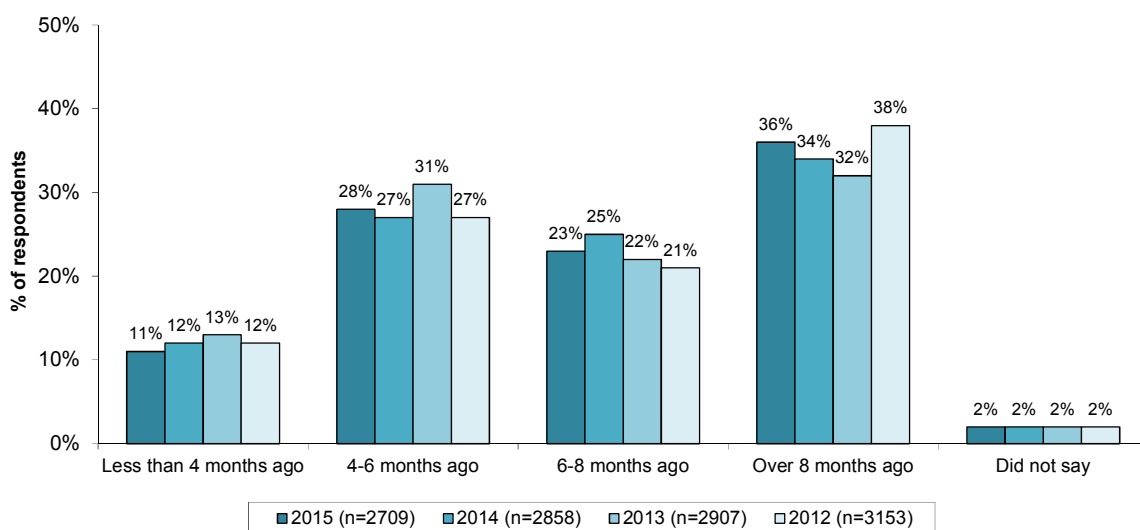


3.1 First Green Prescription

Over one third (36 percent) of this year's patients reported they were issued their first GRx more than eight months ago. Eleven 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 (28 percent) or 6-8 months ago (23 percent).

Figure 1: Time since first Green Prescription

Q1. When did your doctor or practice nurse first prescribe a Green Prescription (GRx) for you?



Total may not sum to 100% due to rounding.

Significant differences

There were no significant differences observed for the 2015 survey results, when viewed by respondents' demographic characteristics or overall satisfaction (see Appendix B for supplementary tabulations):

◆ **Contract holder:**

- ◆ Patients from Nelson Bays Primary Health were more likely to report their doctor or practice nurse first prescribed a GRx for them four to six months ago (43 percent, compared with 28 percent overall).

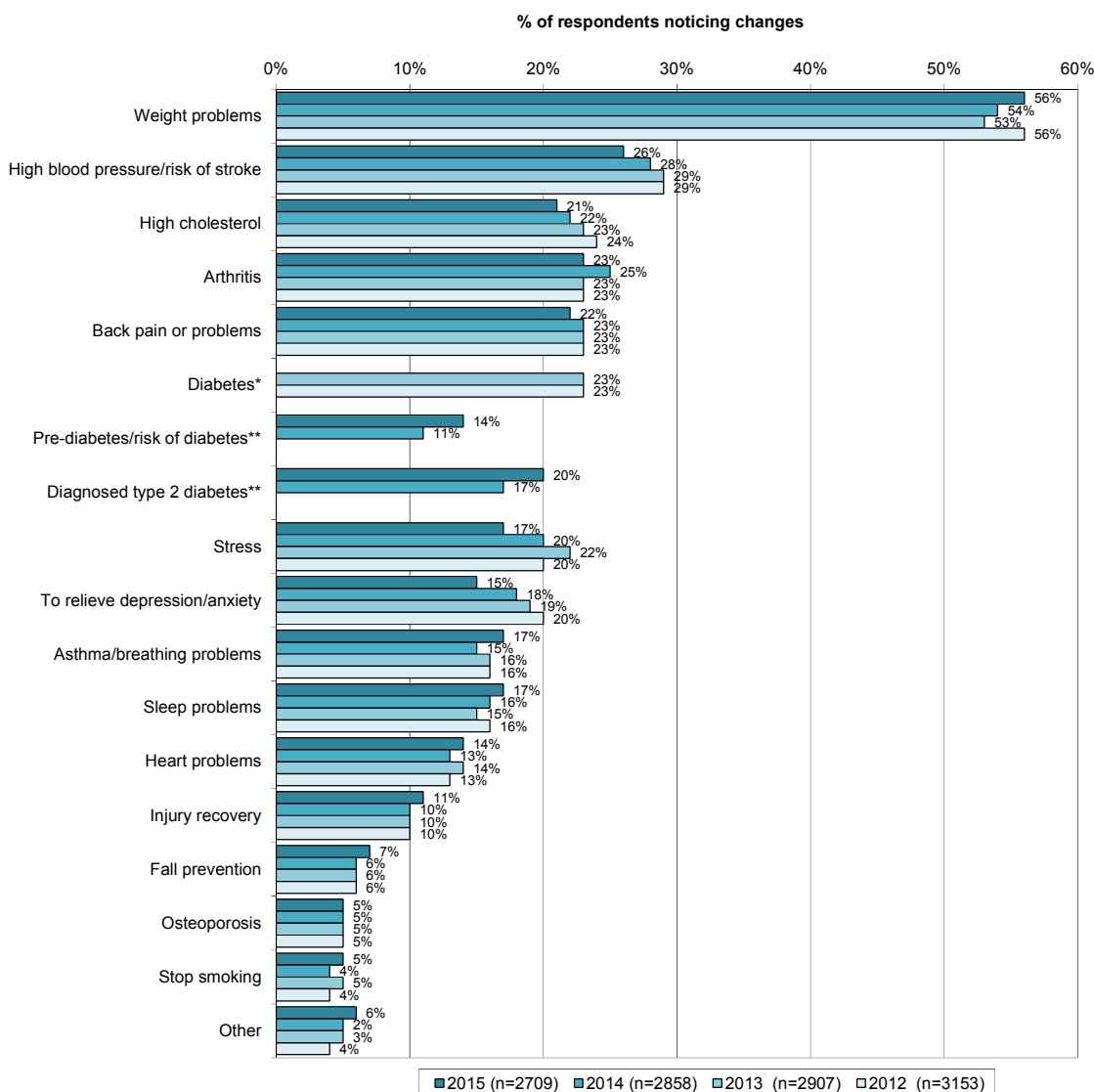


3.2 Main reasons for Green Prescription

When patients were asked to identify the main reasons they were issued a GRx, 56 percent reported it was because of weight problems (Figure 2). Other common reasons included: high blood pressure or risk of stroke (26 percent), arthritis (23 percent), back pain or problems (22 percent), high cholesterol (21 percent) and diagnosed type 2 diabetes (20 percent).⁵

Figure 2: Main reasons for GP issuing Green Prescription

Q2. 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.

⁵ Note: In 2014 the category "diabetes" was dropped from the survey and replaced with the categories "pre-diabetes/risk of diabetes" and "diagnosed type 2 diabetes".



Table 12: Main reasons for GP issuing Green Prescription 2012-2015

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

	2015	2014	2013	2012
Base=	2709	2858	2907	3153
	%	%	%	%
Weight problems	56	54	53	56
High blood pressure/risk of stroke	26	28	29	29
Arthritis	23	25	23	23
Back pain or problems	22	23	23	23
High cholesterol	21	22	23	24
Diagnosed type 2 diabetes**	20	17	-	-
To relieve stress	17	20	22	20
Sleep problems	17	16	15	16
Asthma/breathing problems	17	15	16	16
To relieve depression/anxiety	15	18	19	20
Heart problems	14	13	14	13
Pre-diabetes/risk of diabetes**	14	11	-	-
Injury recovery*	11	10	10	10
Fall prevention	7	6	6	6
Osteoporosis	5	5	5	5
Stop smoking	5	4	5	4
Cancer	3	3	2	3
Surgery recovery	2	2	2	2
General fitness*	1	2	2	2
Diabetes+	-	-	23	24
Fibromyalgia***	1	-	-	-
Other	6	5	5	4
Did not say/No response	3	8	3	1

Total may exceed 100% because of multiple response.

*Category "diabetes" deleted in 2014.

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

***Coded from other specify response

Significant differences

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

◆ Age:

- ◆ Patients aged under 25 years were more likely to report they were issued a GRx because of weight problems (75 percent compared with 56 percent overall).
- ◆ Patients aged 25–34 years old were more likely to report they were issued a GRx because of weight problems (72 percent compared with 56 percent overall) and/or depression and anxiety (27 percent compared with 15 percent overall)

In contrast they were less likely to report they were prescribed a GRx because of high cholesterol (11 percent compared to 21 percent overall).



- ◆ Patients aged 35-49 years old were less likely to report they were issued a GRx because of arthritis (12 percent compared with 23 percent overall).
- ◆ Patients aged 65 plus were more likely to report they were issued a GRx because of arthritis (36 percent compared with 23 percent overall), heart problems (21 percent compared with 14 percent overall), and/or fall prevention (14 percent compared with seven percent overall).

In contrast, they were less likely to report they were prescribed a GRx because of weight problems (41 percent compared with 56 percent overall) and/or stress (11 percent compared with 17 percent overall) and/or depression or anxiety (9 percent compared with 15 percent overall).

◆ **Gender:**

- ◆ Males were more likely to report they were issued a GRx because of heart problems (22 percent compared with 14 percent overall) and/or because they had been diagnosed as having type 2 diabetes (27 percent compared with 20 percent overall).

◆ **Ethnicity:**

- ◆ European patients were less likely to report they were issued a GRx because of weight problems (50 percent compared with 56 percent overall).

They were also less likely to report they were issued a GRx because they had been diagnosed as having type 2 diabetes (14 percent compared with 20 percent overall).

- ◆ Māori were more likely to report they were issued a GRx because of weight problems (67 percent compared with 56 percent overall).
- ◆ Pacific patients were more likely to report they were issued a GRx because they were diagnosed with type 2 diabetes (32 percent compared with 20 percent overall).
- ◆ Asian patients were less likely to report they were issued a GRx because of weight problems (33 percent compared with 56 percent overall).

◆ **Education:**

- ◆ Patients who had tertiary qualification were less likely to report they were issued a GRx because of back problems or pain (16 percent compared with 22 percent overall).
- ◆ Patients who had a post-secondary qualification (other than tertiary) were less likely to report they were issued a GRx because they had been diagnosed as having type 2 diabetes (14 percent compared with 20 percent overall).



◆ **NZDep Index:**

- ◆ Patients living in areas classified as being least deprived were less likely to report being issued a GRx for sleep problems (10 percent compared with 17 percent overall).

◆ **Employment status:**

- ◆ Patients working full time were less likely to say they were issued a GRx because of back pain or problems (14 percent compared with 22 percent overall), arthritis (12 percent compared with 23 percent overall) and/or sleep problems (11 percent compared with 17 percent overall).
- ◆ Retired patients were more likely to report they were issued a GRx because of arthritis (37 percent compared with 23 percent overall), heart problems (21 percent compared with 14 percent overall) or fall prevention (14 percent compared with seven percent overall).

In contrast, they were less likely to say they were issued a GRx because of weight problems (39 percent compared with 56 percent overall), and/or stress (11 percent compared with 17 percent overall).

- ◆ Sickness or invalid beneficiaries were more likely to report they were issued a GRx because of weight problems (67 percent compared with 56 percent overall), back pain or problems (35 percent compared with 22 percent overall), depression or anxiety (31 percent compared with 15 percent overall), sleep problems (30 percent compared with 17 percent overall), asthma or breathing problems (29 percent compared with 17 percent overall) and/or stress (29 percent compared with 17 percent overall).

◆ **Community Services Card:**

- ◆ Patients who have Community Services Cards were more likely to report they were issued a GRx because of asthma or breathing problems (23 percent compared with 17 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they were issued a GRx because of arthritis (34 percent compared with 23 percent overall), back pain or problems (31 percent compared with 22 percent overall) and/or injury recovery (16 percent compared with 11 percent overall).



◆ **Contract holder:**

- ◆ Patients from Harbour Sport were more likely to report they were issued a GRx for injury recovery (20 percent compared with 11 percent overall).
- ◆ Patients from Sport Whanganui and Nelson Bays Primary Health were more likely to report they were issued a GRx for arthritis (36 percent and 37 percent, respectively, compared with 23 percent overall).
- ◆ Patients from Sport Otago were more likely to report they were issued a GRx for weight problems (73 percent compared with 56 percent overall).
- ◆ Patients from Sport Waikato were more likely to report they were issued a GRx for high blood pressure/risk of stroke (36 percent compared with 26 percent overall).
- ◆ Patients from Marlborough PHO were more likely to report they were issued a GRx for fall prevention (21 percent compared with seven 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:**

- ◆ 56 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), arthritis (26 percent), high cholesterol (25 percent), back pain or problems (24 percent), stress (23 percent), diagnosed type 2 diabetes (22 percent), depression (20 percent) and/or asthma/breathing problems (20 percent).
- ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (56 percent), water/pool exercises (46 percent) and/or gym exercises (40 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.
- ◆ 76 percent of these patients have received advice on healthy eating.
- ◆ 73 percent have made changes to their diet since getting their GRx.
- ◆ 71 percent are female.
- ◆ 57 percent have secondary education or no qualifications.
- ◆ 50 percent are aged 45-64 years.
- ◆ 45 percent have a long-term disability or impairment.
- ◆ 48 percent are of European descent, 38 percent are Māori and 21 percent are Pacific people.
- ◆ 55 percent have a Community Services Card.
- ◆ 55 percent live in areas with the highest deprivation.

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

- ◆ 26 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 (69 percent), high cholesterol (49 percent), arthritis (33 percent), diagnosed type 2 diabetes (33 percent) back pain or problems (31 percent), sleep problems (29 percent), asthma/breathing problems (27 percent), heart problems (26 percent) and/or stress (25 percent).
- ◆ The main types of activity recommended for these patients were walking (77 percent), swimming (58 percent), water/pool exercises (46 percent), and/or gym exercises (39 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 advice on healthy eating.
- ◆ 74 percent have made changes to their diet since getting their GRx.
- ◆ 64 percent are female.
- ◆ 61 percent have secondary education or no qualifications.
- ◆ 55 percent are aged 45-64 years. Another 37 percent are aged 65 plus.
- ◆ 49 percent have a long-term disability or impairment.
- ◆ 44 percent are of European descent, 37 percent are Māori and 21 percent are Pacific people.
- ◆ 57 percent have a Community Services Card.
- ◆ 56 percent live in areas with the highest deprivation.
- ◆ **Arthritis:**
 - ◆ 23 percent of patients were issued a GRx to help with their arthritis.
 - ◆ Many of these patients also had weight problems (64 percent), back pain or problems (41 percent), high blood pressure/risk of stroke (38 percent), high cholesterol (31 percent), sleep problems (30 percent), asthma/breathing problems (24 percent), stress (24 percent) and/or depression (21 percent).
 - ◆ The main types of activity recommended for these patients were walking (64 percent), swimming (57 percent), water/pool exercises (56 percent) and/or gym exercise (35 percent).
 - ◆ 74 percent of these patients have noticed positive changes in their health.



- ◆ 57 percent of these patients are now spending more time being active.
- ◆ 72 percent of these patients have received advice on healthy eating.
- ◆ 62 percent have made changes to their diet since getting their GRx.
- ◆ 73 percent are female.
- ◆ 62 percent have secondary education or no qualifications.
- ◆ 49 percent are aged 65 plus. Another 44 percent are aged 45-64 years.
- ◆ 67 percent have a long-term disability or impairment.
- ◆ 57 percent are of European descent, 26 percent are Māori and 18 percent are Pacific people.
- ◆ 62 percent have a Community Services Card.
- ◆ 48 percent live in areas with the highest deprivation.

- ◆ **High Cholesterol:**
 - ◆ 21 percent of patients were issued a GRx because they had high cholesterol.
 - ◆ Many of these patients also had weight problems (68 percent), high blood pressure or risk of stroke (61 percent), diagnosed type 2 diabetes (35 percent), arthritis (35 percent), back pain or problems (31 percent) and/or sleep problems (31 percent).
 - ◆ The main types of activity recommended for these patients were walking (79 percent), swimming (57 percent), water/pool exercises (46 percent) and/or gym exercise (43 percent).
 - ◆ 74 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.
 - ◆ 75 percent have made changes to their diet since getting their GRx.
 - ◆ 63 percent are female.
 - ◆ 59 percent have secondary education or no qualifications.
 - ◆ 54 percent are aged 45-64 years. Another 34 percent are aged 65 plus.



- ◆ 46 percent have a long-term disability or impairment.
- ◆ 45 percent are of European descent, 35 percent are Māori and 20 percent are Pacific people.
- ◆ 55 percent have a Community Services Card.
- ◆ 53 percent live in areas with the highest deprivation.
- ◆ **Diagnosed type 2 diabetes:**
 - ◆ In 2014 the category diabetes was dropped and the categories diagnosed with type 2 diabetes and those with pre-diabetes/risk of diabetes were added as separate conditions in the survey questionnaire.
 - ◆ 20 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 (60 percent), high blood pressure or risk of stroke (42 percent), high cholesterol (36 percent), arthritis (29 percent), back pain or problems (29 percent), and/or sleep problems (27 percent).
 - ◆ The main types of activity recommended for these patients were walking (79 percent), swimming (52 percent), water/pool exercises (41 percent) and gym exercises (35 percent).
 - ◆ 65 percent of these patients have noticed positive changes in their health.
 - ◆ 57 percent of these patients are now spending more time being active.
 - ◆ 82 percent of these patients have received advice on healthy eating.
 - ◆ 73 percent have made changes to their diet since getting their GRx.
 - ◆ 58 percent are female.
 - ◆ 60 percent have secondary education or no qualifications.
 - ◆ 55 percent are aged 45-64 years. Another 31 percent are aged 65 plus.
 - ◆ 46 percent have a long-term disability or impairment.
 - ◆ 38 percent are of European descent, 32 percent are Māori and 30 percent are Pacific people.
 - ◆ 59 percent have a Community Services Card.



- ◆ 60 percent live in areas with the highest deprivation.

◆ **Pre-diabetes/risk of diabetes:**

- ◆ In 2014 the category diabetes was dropped and the categories diagnosed with type 2 diabetes and those with pre-diabetes/risk of diabetes were added as separate conditions in the survey questionnaire.
- ◆ 14 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 (70 percent), high blood pressure or risk of stroke (42 percent), high cholesterol (38 percent), back pain or problems (26 percent), asthma/breathing problems (26 percent), and/or arthritis (22 percent).
- ◆ The main types of activity recommended for these patients were walking (79 percent), swimming (55 percent), gym exercises and/or water/pool exercises (both 44 percent).
- ◆ 73 percent of these patients have noticed positive changes in their health.
- ◆ 54 percent of these patients are now spending more time being active.
- ◆ 84 percent of these patients have received advice on healthy eating.
- ◆ 78 percent have made changes to their diet since getting their GRx.
- ◆ 65 percent are female.
- ◆ 55 percent have secondary education or no qualifications.
- ◆ 56 percent are aged 45-64 years. Another 24 percent are aged 65 plus.
- ◆ 43 percent have a long-term disability or impairment.
- ◆ 40 percent are of European descent, 44 percent are Māori and 26 percent are Pacific people.
- ◆ 49 percent have a Community Services Card.
- ◆ 58 percent live in areas with the highest deprivation.



◆ **Stress:**

- ◆ 17 percent of patients were issued a GRx to help with stress.
 - ◆ Many of these patients also had weight problems (75 percent), depression or anxiety (55 percent), sleep problems (48 percent), high blood pressure or risk of stroke (38 percent), high cholesterol (37 percent), back pain or problems (37 percent) and/or arthritis (32 percent).
- ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (58 percent), water/pool exercises (48 percent) and gym exercises (47 percent).
- ◆ 71 percent of these patients have noticed positive changes in their health.
- ◆ 53 percent of these patients are now spending more time being active.
- ◆ 73 percent of these patients have received advice on healthy eating.
- ◆ 71 percent have made changes to their diet since getting their GRx.
- ◆ 73 percent are female.
- ◆ 55 percent have secondary education or no qualifications.
- ◆ 55 percent are aged 45-64 years. Another 24 percent are aged under 45 years.
- ◆ 49 percent have a long-term disability or impairment.
- ◆ 51 percent are of European descent, 35 percent are Māori, and 17 percent are Pacific people.
- ◆ 66 percent have a Community Services Card.
- ◆ 53 percent live in areas with the highest deprivation.

◆ **Depression/Anxiety:**

- ◆ 15 percent of patients were issued a GRx to help with depression or anxiety.
 - ◆ Many of these patients also suffered from weight problems (73 percent), stress (62 percent), sleep problems (45 percent), back pain or problems (37 percent), high blood pressure or risk of stroke (32 percent), and/or high cholesterol (32 percent)).
- ◆ The main types of activity recommended for these patients were walking (77 percent), swimming (54 percent), gym exercises (46 percent), and water/pool exercises (45 percent).



- ◆ 70 percent of these patients have noticed positive changes in their health.
- ◆ 56 percent of these patients are now spending more time being active.
- ◆ 71 percent of these patients have received advice on healthy eating.
- ◆ 69 percent have made changes to their diet since getting their GRx.
- ◆ 67 percent are female.
- ◆ 55 percent have secondary education or no qualifications.
- ◆ 52 percent are aged 45-64 years. Another 30 percent are aged under 45 years.
- ◆ 55 percent have a long-term disability or impairment.
- ◆ 57 percent are of European descent, 35 percent are Māori, and 13 percent are Pacific people.
- ◆ 69 percent have a Community Services Card.
- ◆ 52 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 (72 percent), high blood pressure or risk of stroke (47 percent), sleep problems (44 percent), diagnosed type two diabetes (40 percent), asthma/breathing problems (40 percent), and/or arthritis (36 percent).
 - ◆ The main types of activity recommended for these patients were walking (84 percent), swimming (73 percent), gym exercises (55 percent) and/or water/pool exercises (51 percent).
 - ◆ 75 percent of these patients have noticed positive changes in their health.
 - ◆ 63 percent of these patients are now spending more time being active.
 - ◆ 85 percent of these patients have received advice on healthy eating.
 - ◆ 65 percent have made changes to their diet since getting their GRx.
 - ◆ 64 percent are female.
 - ◆ 70 percent have secondary education or no qualifications.



- ◆ 63 percent are aged 45-64 years. 31 percent are aged under 45.
- ◆ 47 percent have a long-term disability or impairment.
- ◆ 47 percent are Māori, 36 percent are Pacific people and 31 percent are of European descent.
- ◆ 69 percent have a Community Services Card.
- ◆ 71 percent live in areas with the highest deprivation.

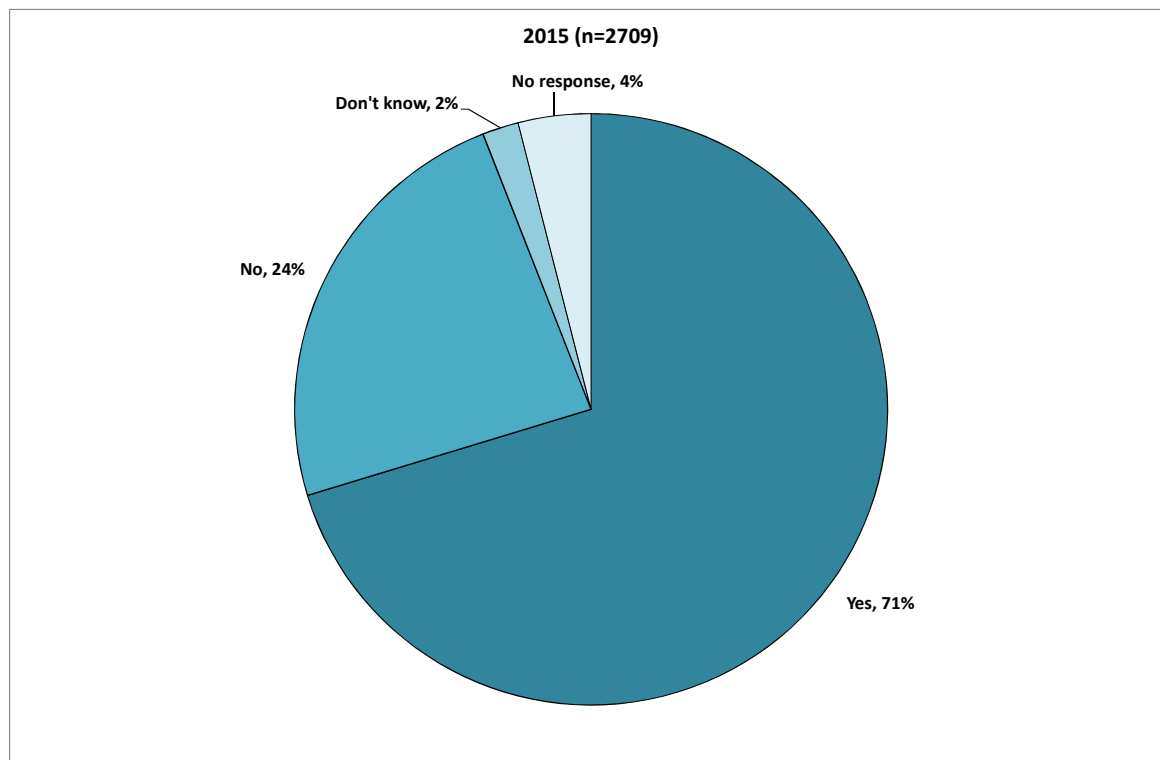


3.3 Advice received on healthy eating

As detailed in Figure 3, 71 percent of patients reported they had received advice on healthy eating, which is significantly more than last year's result of 68 percent.

Figure 3: Advice received on healthy eating (n=2709)

Q12. Have you received any specific advice on healthy eating?



Total may not sum to 100% due to rounding.

Significant differences⁶

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

◆ **Overall satisfaction:**

- ◆ Satisfied patients were more likely to have received specific advice on healthy eating (76 percent compared with 71 percent overall), while neutral and dissatisfied patients were

⁶ 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.



more likely to have not received such advice (39 percent and 45 percent, respectively, compared to 24 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Manawatu and Sport Waikato were more likely to report they had received advice on healthy eating (83 percent and 80 percent, compared with 71 percent overall).
- ◆ Patients from Harbour Sport were more likely to have not received such advice (35 percent compared with 24 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 doctor 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, costs, lack of time due to family responsibilities or work and/or a lack of energy. Finding it 'too hard to stick to a routine' is also a significant factor for some patients.

Just over two-thirds have returned to their GP since being issued with a GRx (68 percent).

- ◆ Of those who have returned, just under half discussed their GRx with their doctor/practice nurse (51 percent).
- ◆ Of those who discussed their GRx, the majority say they were encouraged to continue with the current GRx (70 percent). The doctor/practice nurse mostly gave this advice verbally (as opposed to writing a new GRx) (60 percent).

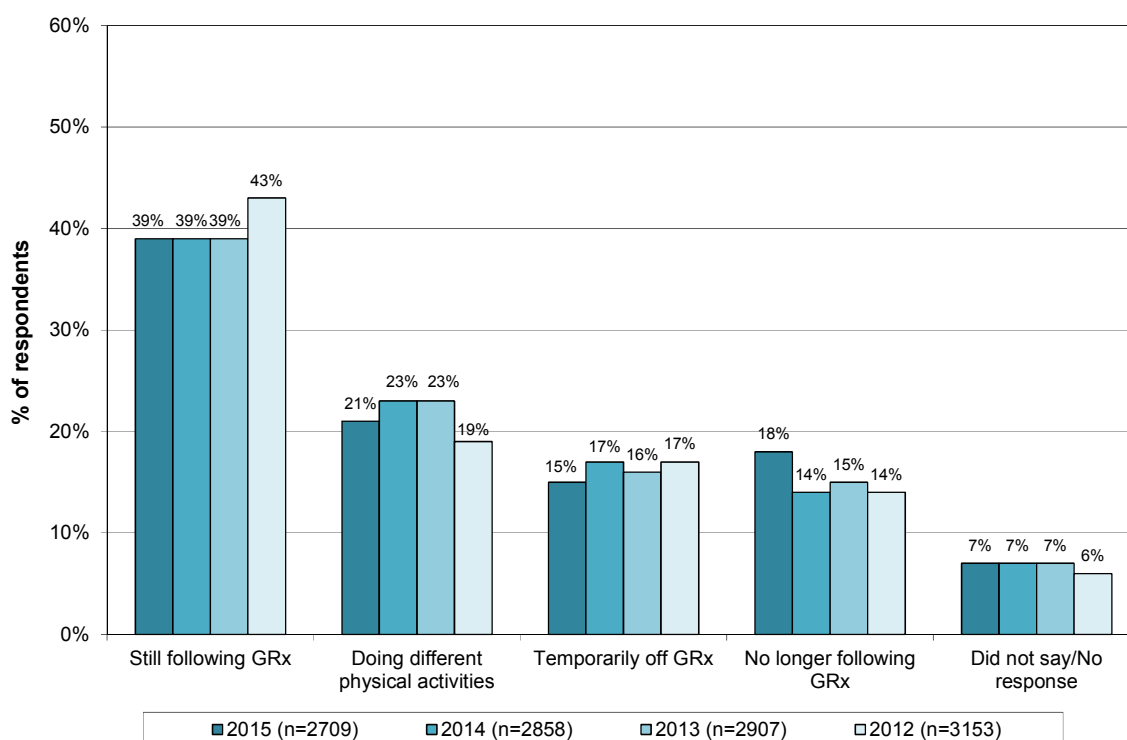


4.1 Current status of Green Prescription

Figure 4 shows that 39 percent of patients this year reported they were still following their GRx, which is the same percentage as last year. Another 21 percent were doing physical activities different from their GRx. Fifteen percent said they were temporarily off their GRx and 18 percent were no longer following it.

Figure 4: Current status of Green Prescription

Q3. Are you currently...?



Total may not sum to 100% due to rounding.

Significant differences

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

◆ **Ethnicity:**

- ◆ Māori were more likely to report they were no longer following the GRx physical activities (25 percent compared with 18 percent overall).
- ◆ Europeans were less likely to report they were no longer following the GRx physical activities (14 percent compared with 18 percent overall).



◆ **Age:**

- ◆ Patients aged under 65 years plus were less likely to report they were no longer following the GRx activities (11 percent compared with 18 percent overall).

◆ **Employment status:**

- ◆ Retired patients were less likely to report they were no longer following the GRx activities (11 percent compared with 18 percent overall).

◆ **Overall satisfaction:**

- ◆ Satisfied patients were more likely to report they were still following their GRx (46 percent, compared with 39 percent overall).
- ◆ In contrast, neutral and dissatisfied patients were more likely to report they were no longer following their GRx (37 percent and 58 percent, respectively, compared with 18 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Otago and Sport Bay of Plenty were more likely to still be following their GRx activities (55 percent and 53 percent, respectively, compared with 39 percent overall).
- ◆ Patients from Sport Whanganui were more likely to report they were temporarily off their GRx physical activities (27 percent compared with 15 percent overall).
- ◆ Patients from Sport Auckland – Counties were more likely to report they were no longer following the GRx physical activities (33 percent compared with 18 percent overall).



4.2 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 28 percent of these patients, which is a significant decrease from 33 percent last year).

Other impediments were due to cost/financial reasons (17 percent)⁷ lack of time due to family responsibilities (17 percent) or work (16 percent), a lack of energy (13 percent) and/or that it's too hard to stick to a routine (10 percent).

Table 13: Reasons for being off GRx

Q4. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Base=	2015 994* %	2014 1062* %	2013 870* %	2012 907* %
Injury/health problems		28	33	36	32
It costs too much/financial reasons [^]		17	6	7	4
Lack of time due to family responsibilities		17	19	21	25
Lack of time due to work		16	17	20	21
Lack of energy/too tired		13	17	20	18
It's too hard to stick to a routine		10	11	12	17
Just didn't want to [^]		6	6	7	8
I'm too old		3	2	3	1
Issues with admin/paperwork (not helpful, no follow up etc.)		3	3	4	6
I'm doing other physical activities (not GRx)		2	5	3	3
Moved elsewhere [^]		2	2	2	3
The programme ran its course/wasn't renewed GRx		2	2	1	3
Other		14	11	10	5
Did not say/No response		11	10	2	3

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 2015 survey results:

◆ **Age:**

- ◆ Patients aged 65 plus were less likely to report being temporarily off or no longer following their GRx because of cost (10 percent compared with 17 percent overall).

⁷ Note: The category "cost" was added to the 2015 survey. In previous years, this category was coded from the 'other specify' responses'. Given this change in methodology, any comparisons in relation to cost being a barrier to participating in GRx physical activities prior to 2015 are indicative only. Therefore the observed increase should be treated with caution.



◆ **Education:**

- ◆ Patients whose highest qualification is a tertiary qualification were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to work commitments (30 percent compared with 16 percent overall).

◆ **Employment status:**

- ◆ Patients working full-time were more likely to report being temporarily off or no longer following their GRx because of lack of time due to work (48 percent compared with 16 percent overall).
- ◆ Unemployed patients were less likely to report being temporarily off or no longer following their GRx because of an injury or health problems (10 percent compared with 28 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 (39 percent compared with 28 percent overall).



4.3 Return visits to doctor since Green Prescription

Just over two-thirds of patients said they had returned to their GP since being issued with a GRx (Figure 5). This result is the same as last year's survey.

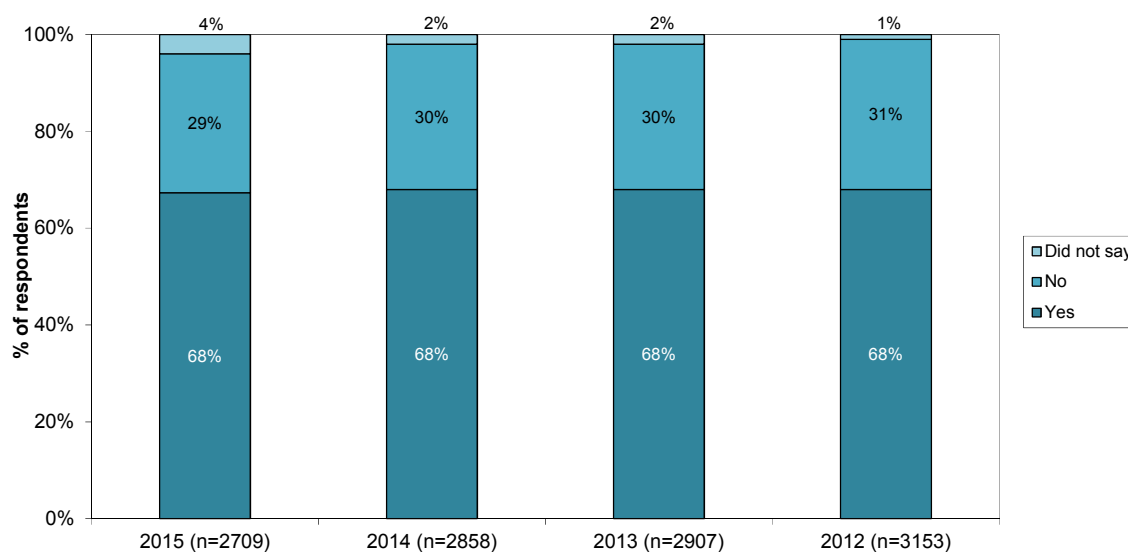
Of those who had returned, half (51 percent) discussed their GRx with their doctor/practice nurse (Figure 6, overleaf).

Of those who discussed their GRx, 70 percent were encouraged to continue with their current GRx unchanged (Figure 7, overleaf). This result is significantly lower than last year's result of 75 percent.

If the doctor/practice nurse continued the GRx, he/she mostly gave this advice verbally which is unchanged from last year, with just 21 percent of patients saying their doctor/practice nurse wrote a new/extended their GRx (Figure 8, page 41).

Figure 5: Return visits to doctor since GRx was issued

Q7. Have you been back to the doctor since you were first issued a GRx?

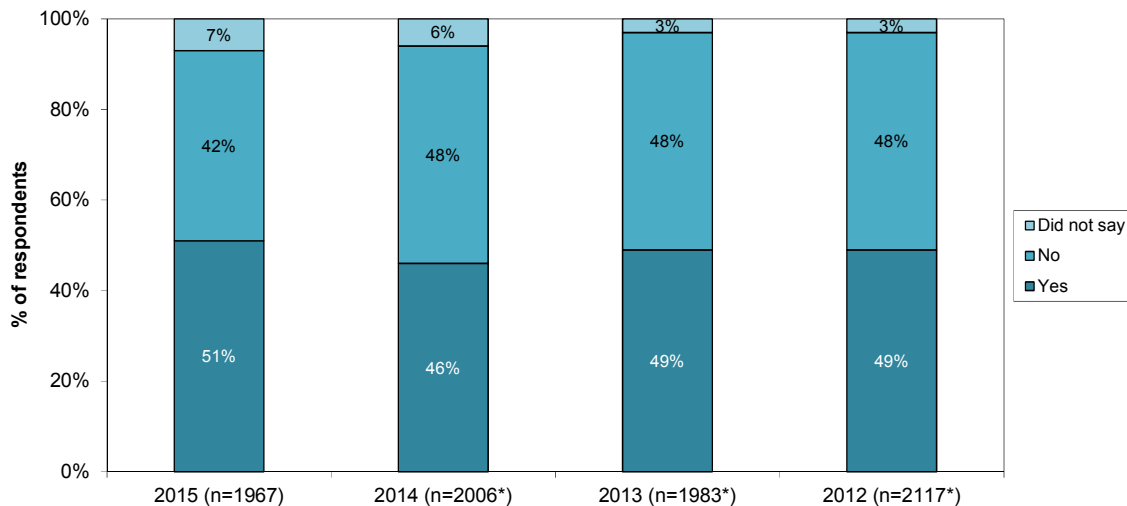


Total may not sum to 100% due to rounding.



Figure 6: Whether the GRx discussed at the return visits by the doctor/practice nurse

Q8. Did the doctor/practice nurse discuss your GRx with you?

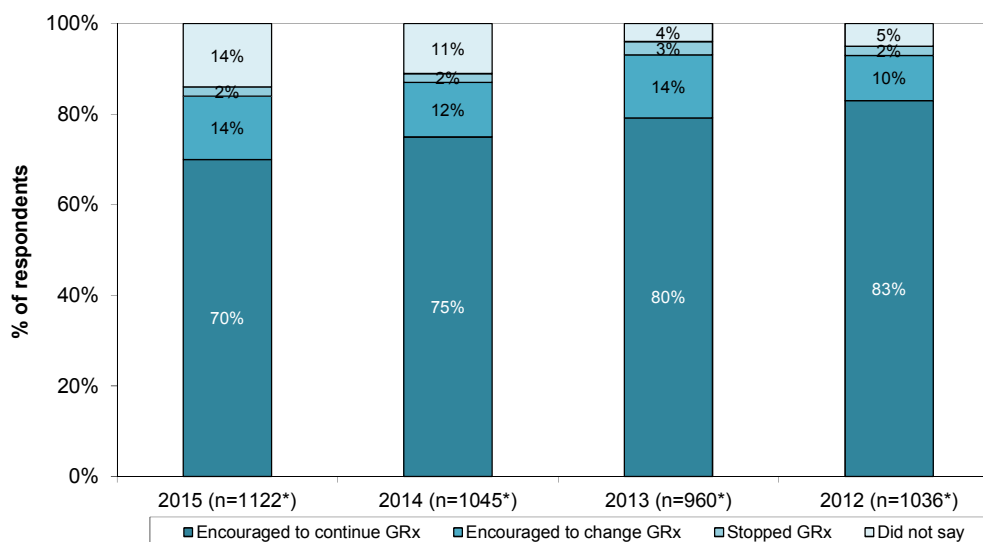


Total may not sum to 100% due to rounding.

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

Figure 7: Outcome of discussions with the doctor/practice nurse

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



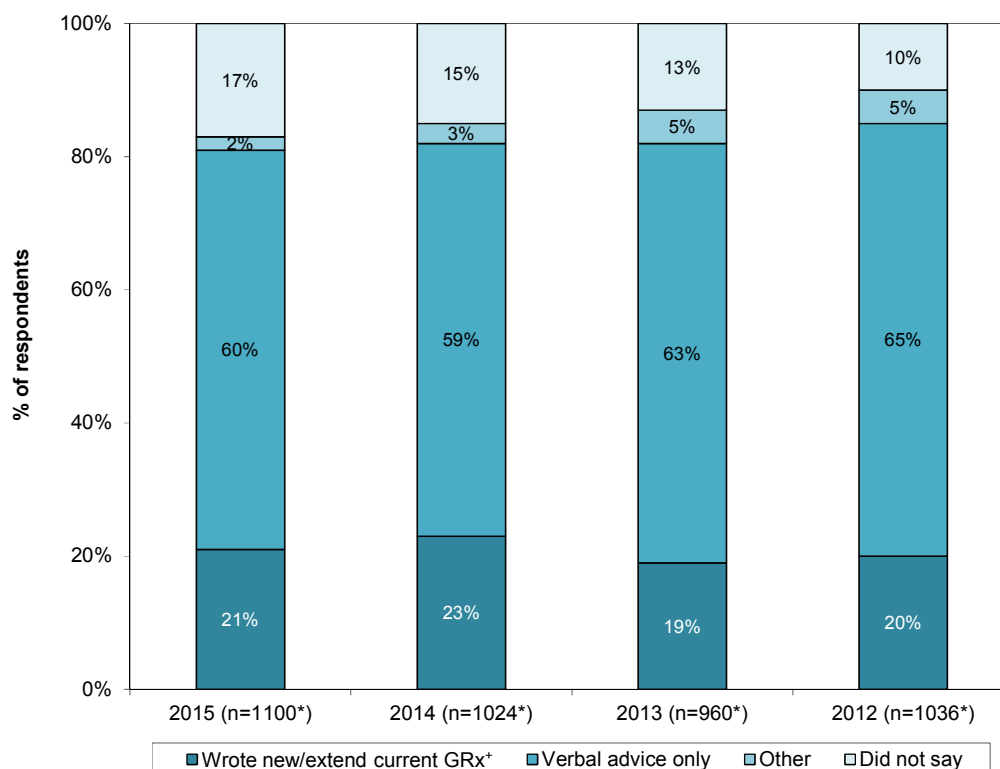
Total may not sum to 100% due to rounding.

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



Figure 8: How advice to continue or change GRx was given

Q10. When the doctor/practice nurse continued your GRx (either changed or unchanged), 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.

*Wording changed in 2014

Significant differences

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

◆ Age:

- ◆ Patients aged 65 plus were more likely to have been back to their doctor/practice nurse since they were issued their GRx (75 percent compared with 68 percent overall), while patients aged under 35 (between 48 percent and 51 percent) were less likely to have done so.

◆ Employment status:

- ◆ Sickness/invalid beneficiary patients were more likely to report their doctor/practice nurse discussed their GRx when they visited them (65 percent compared with 51 percent overall).
- ◆ Retired patients were more likely to report they had been back to the doctor since they were issued their GRx (76 percent compared with 68 percent overall).



◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they had been back to the doctor since they were issued their GRx (76 percent compared with 68 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were neutral or dissatisfied overall were less likely to report their doctor/practice nurse had discussed their GRx with them (59 percent and 68 percent, respectively, compared with 42 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Whanganui and West Coast PHO were more likely to report they have been back to the doctor since they were first issued a GRx (78 percent and 84 percent, respectively, compared with 68 percent overall).
- ◆ Patients from Sport Taranaki were more likely to report their doctor/practice nurse did not discuss their GRx when they went back to see them (55 percent compared with 42 percent overall).
- ◆ Patients from Sport Wellington and Nelson Bays Primary Health were more likely to report their doctor/practice nurse encouraged them to continue their GRx physical activities unchanged (85 percent and 87 percent, respectively, compared with 70 percent overall).
- ◆ Patients from Harbour Sport (40 percent), Sport Whanganui (55 percent) and West Coast PHO (47 percent) were more likely to report their doctor/practice nurse wrote them a new, or extended their current, GRx (compared with 21 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

Sixty-nine percent of patients report they have noticed positive changes in their health since they were first issued with a GRx:⁸

- ◆ 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, 58 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, 58 percent report they are spending more time being active now. Of those who were issued their GRx more than eight months ago, 58 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-four percent of patients say they have also encouraged others to be more active as a result of their Green Prescription.

Sixty-seven 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 more vegetables, eating smaller meals or eating less, and eating less junk food or generally eating more healthily.

⁸ 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).

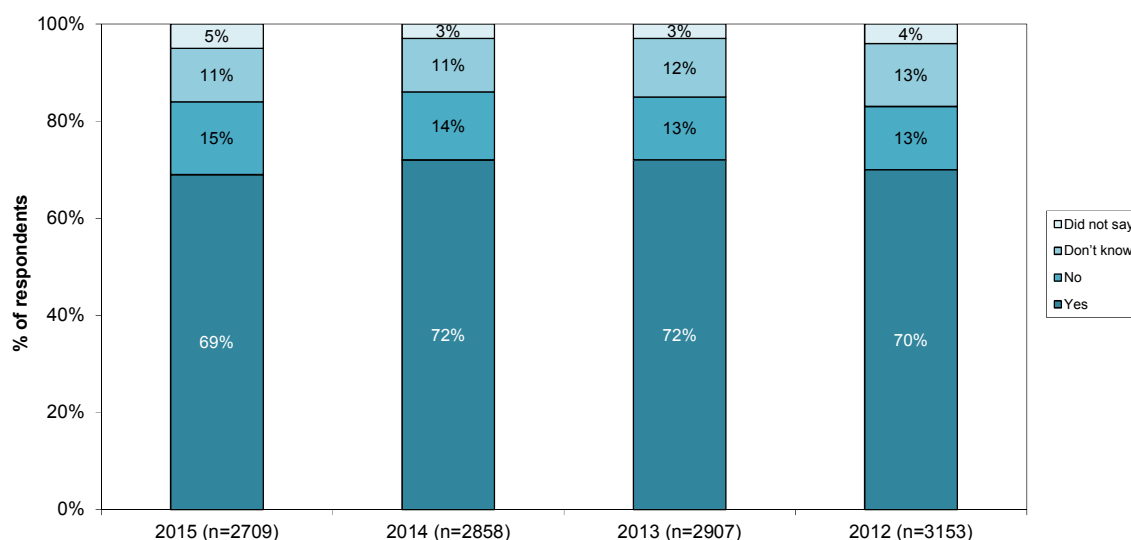


5.1 Positive changes in health

Sixty-nine percent of patients said they had noticed positive changes in their health since they were first issued with a GRx, which is down from 72 percent last year (Figure 9). Of those noticing changes, 51 percent said they felt fitter or stronger, 47 percent felt generally better, 43 percent had lost weight, 40 percent had more energy and 33 percent were breathing easier (Figure 10).

Figure 9: Whether positive changes in health have been noticed since first GRx

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

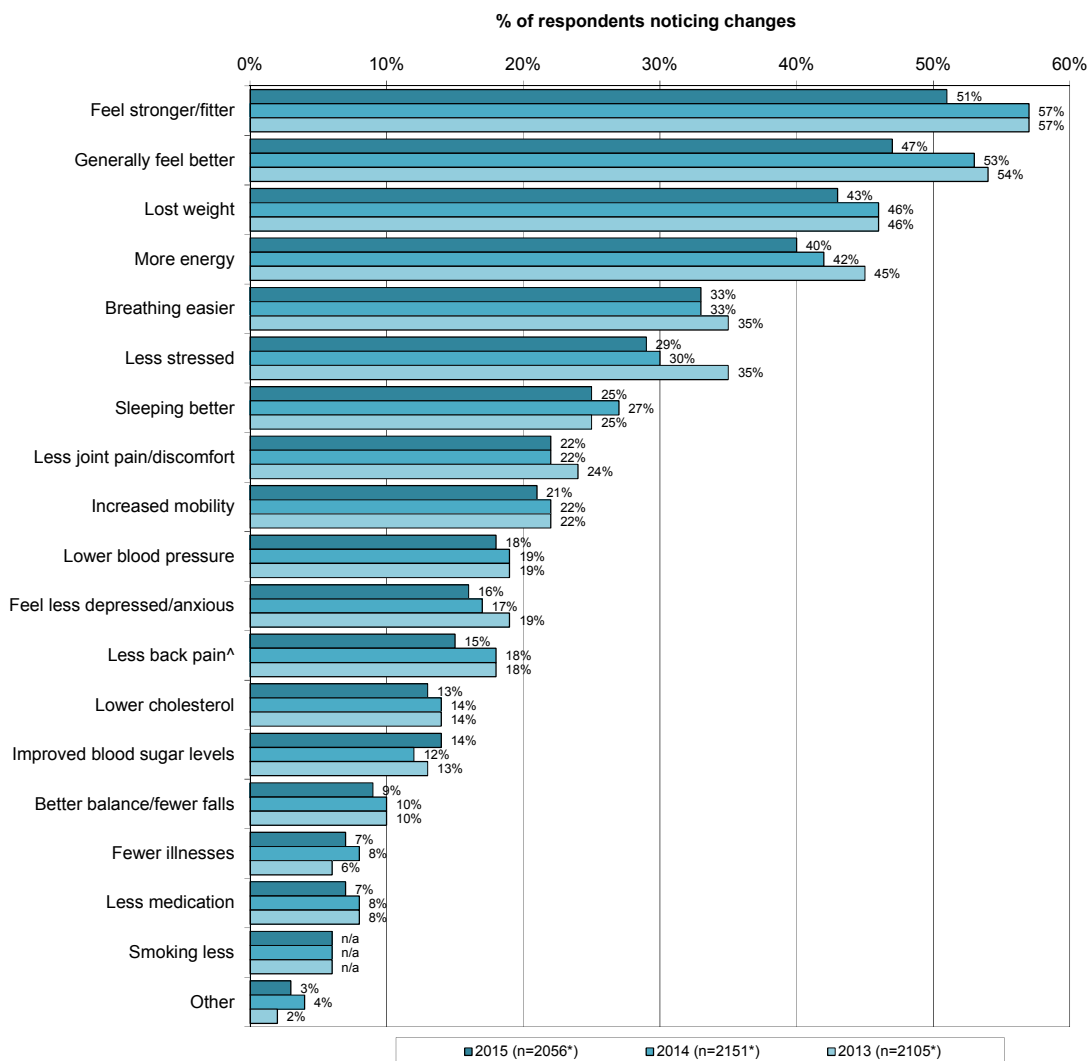


Total may not sum to 100% due to rounding.



Figure 10: Health changes noticed

Q6. If yes, what positive changes have you noticed?



Total may exceed 100% because of multiple response.
 Note: 2012 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 2015 results:

◆ **Age:**

- ◆ Patients aged 35-49 years were more likely to report they were feeling less depressed/anxious (25 percent compared to 16 percent overall).



◆ **Ethnicity:**

- ◆ Asian patients were more likely to report they had improved blood sugar levels (38 percent compared to 14 percent overall).

◆ **Employment status:**

- ◆ Unemployed patients are more likely to report they are less stressed (48 percent compared to 29 percent overall).
- ◆ Sickness or invalid beneficiaries are more likely to report they were breathing easier (48 percent compared with 33 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they had increased mobility (28 percent compared to 21 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Bay of Plenty were more likely to report they were feeling stronger/fitter (61 percent compared with 51 percent overall).
- ◆ Patients from HealthWest were more likely to report experiencing less back pain (31 percent compared with 15 percent overall).



5.2 Changes in activity levels

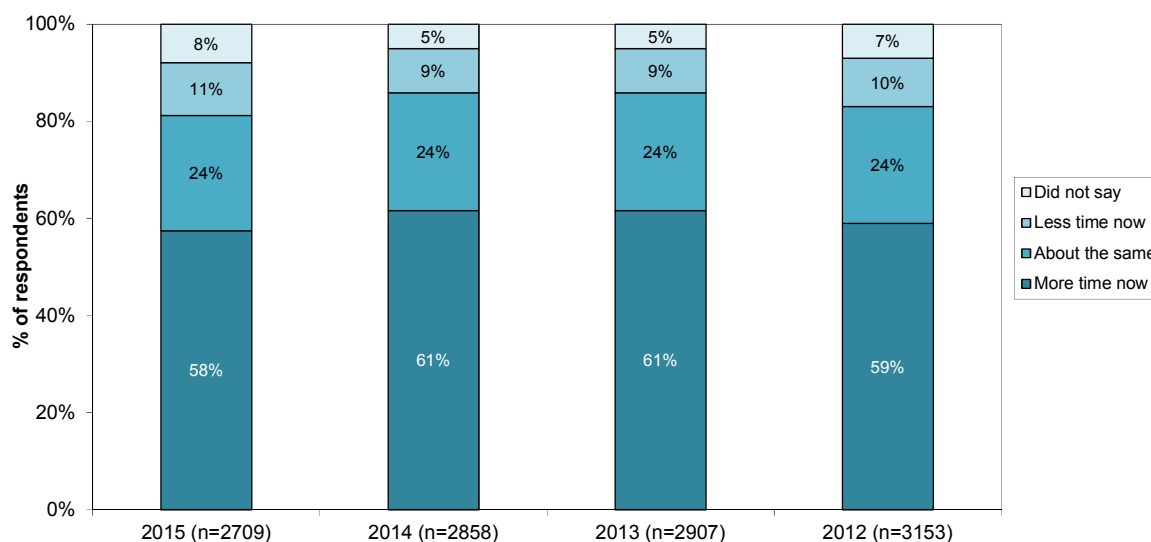
Overall 58 percent of patients reported they were spending more time being active now, compared with before their GRx was issued (which is down compared with 61 percent patients last year). The remaining patients were either spending the same amount of time being active (24 percent) or less time (11 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, 58 percent reported they were spending more time being active. Fifty-eight 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 5.2.1 and 5.2.2 overleaf.

Figure 11: Changes in activity levels since GRx was issued

Q11. 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

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

Base =	Total 2709 %	Less than 4 months ago %	4 - 6 months ago %	6 - 8 months ago %	More than 8 months ago %	No response %
More time being active	58	60	58	58	58	50
About the same amount of time being active	24	18	25	28	22	15
Less time being active	11	11	9	10	13	11
No response	8	10	8	5	7	24
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 2015 results:

◆ **Education:**

- ◆ Patients who had no qualification were less likely to report they were spending more time being active (50 percent compared with 58 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who reported being satisfied overall were more likely to report they were spending more time being active, compared to before they got their GRx (65 percent compared with 58 percent overall).
- ◆ Patients who were neutral or dissatisfied were more likely to report they were spending about the same amount of time being active (42 percent and 41 percent, respectively, compared with 24 percent overall).
- ◆ Patients who were dissatisfied were also more likely to report they were spending less time being active (24 percent compared with 11 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Waikato were more likely to report they were spending about the same amount of time being active as before they were prescribed their GRx (33 percent compared with 24 percent overall).
- ◆ Patients from Sport Auckland – Counties were more likely to report they were spending less time being active compared with before they were prescribed their GRx (21 percent compared with 11 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 (24 percent), already active enough (17 percent), increased workload/long hours/work commitments (12 percent), too busy (11 percent), and family responsibilities (seven 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

Q11a. If spending about the same amount of time being active, why is this?

	2015	2014	2013	2012
Base=	429*	436*	708*	474*
	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering	24	28	17	24
Already doing enough, already/always been active/happy with what doing	17	13	17	12
Increased workload/long hours/work commitments	12	8	5	10
Too busy/no time	11	9	7	13
Family responsibilities	7	10	6	10
Lack of motivation/laziness/depression^	6	7	6	8
Costs/fees of activity too expensive	4	3	2	3
Other commitments, holidays	3	6	2	8
Difficulty getting into, or lost, routine/didn't get into a habit	3	2	1	3
Lack energy/tired	2	3	3	4
Lack of support	2	1	1	2
Getting too old/no longer up to it	1	1	1	3
Weather/darkness	1	1	0	0
GRx has not helped	1	0	2	5
Not doing specified type of activity/level of activity	0	6	1	10
Other	14	21	6	7
No particular reason	0	0	1	0
Don't know	1	0	1	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 (29 percent compared with 12 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.

Forty-two 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 (13 percent) and work commitments (13 percent).

Table 16: Reasons for spending less time being active

Q11b. If spending less time being active, why is this?

	2015	2014	2013	2012
Base=	189*	182*	263*	228
	%	%	%	%
Illness/injury/operation/pain/health problems	42	44	34	34
Lack of motivation/laziness/depression	13	16	7	19
Increased workload/long hours/work commitments	13	10	2	10
Too busy/no time, other priorities/commitments (including study)	10	15	5	12
Family responsibilities (incl. pregnancy, home issues)	8	5	6	21
Lack energy/tired	5	5	6	4
Weather/darkness/daylight saving over	3	2	0	1
Costs/fees of activity too expensive	2	2	4	3
Not doing specified type of activity	1	2	4	3
Other	11	11	10	4
No particular reason	0	0	1	2
Don't know	0	0	0	1

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

There were no significant differences when viewed by patients' demographic characteristics or contract holder.



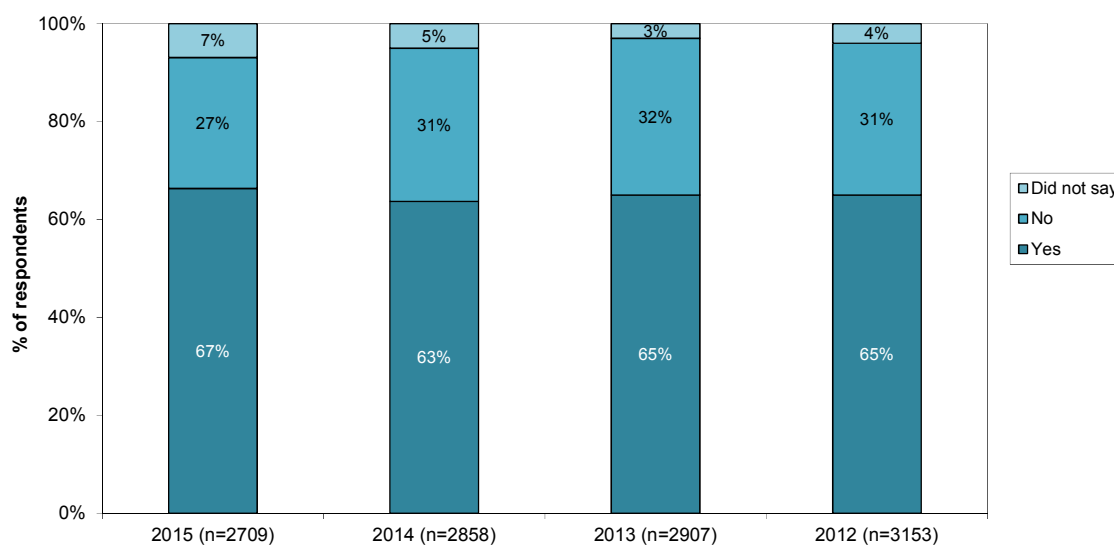
5.3 Changes in diet

Sixty-seven percent of patients reported they had made changes to their diet since being prescribed their GRx, which is up from 63 percent last year.

The types of changes made are examined in section 5.3.1, overleaf.

Figure 12: Changes to diet since Green Prescription

Q13. 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.



5.3.1 Types of changes made to diet

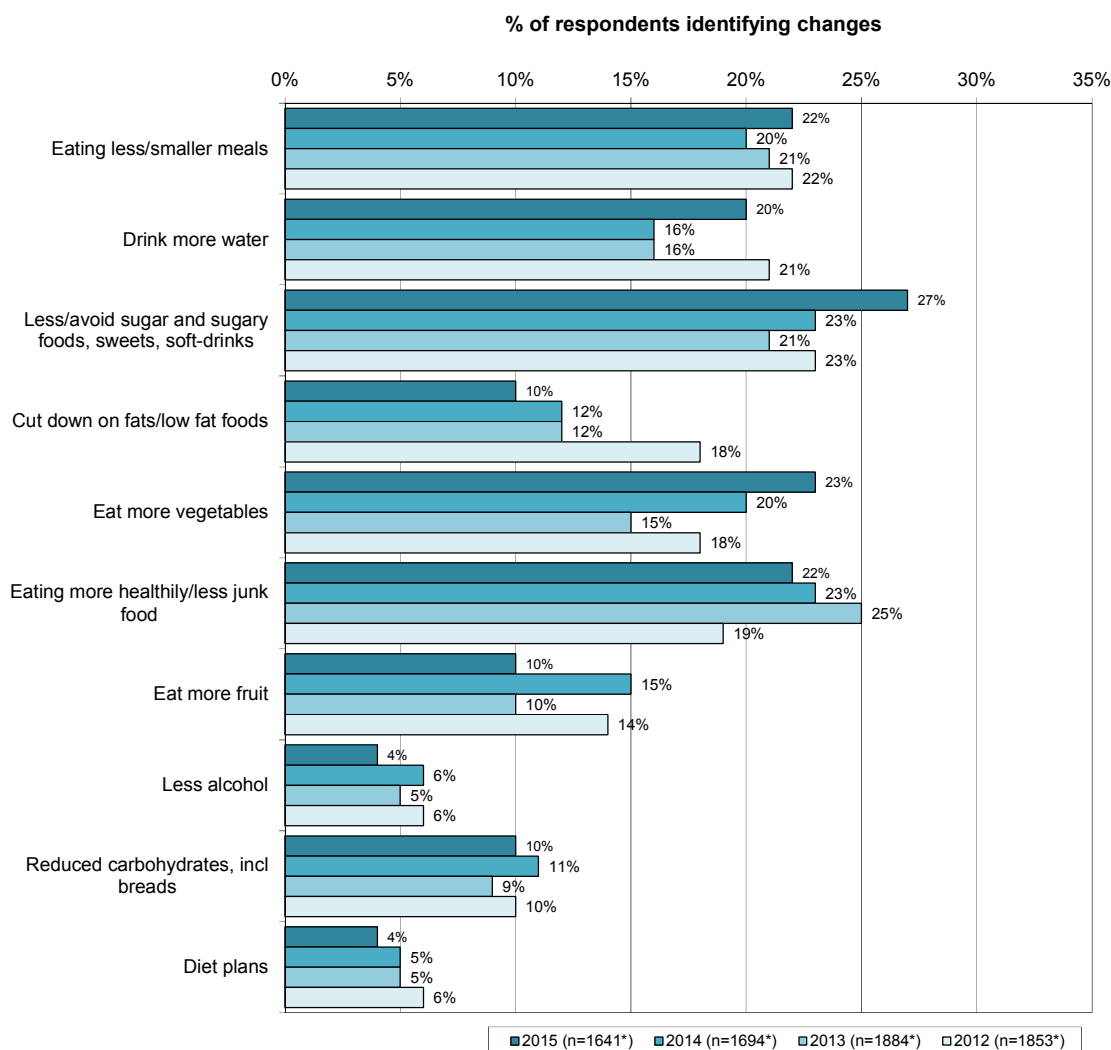
Figure 13 shows the most common changes patients made to their diets were: having less sugar and sugary foods, sweets and soft drinks (27 percent), eating more vegetables (23 percent), eating less or smaller meals (22 percent), and/or eating more healthily or less junk food (22 percent).

Compared with 2014, significantly more patients this year reported they were drinking more water (20 percent compared with 16 percent in 2014). Significantly fewer patients reported they were eating more fruit (10 percent compared with 15 percent in 2014).

Other, less commonly cited reasons are shown in Table 17 on page 53.

Figure 13: Types of changes to diet since Green Prescription

Q13a. 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

Q13a. What changes (other)?

	2015	2014	2013	2012
Base=	1641*	1694*	1884*	1853*
	%	%	%	%
Less takeaways/ fast food	4	3	3	4
Cut down on salt use	4	3	3	3
No snacking/regular meals, breakfasts	3	5	5	6
Eat less (red) meat/more fish	3	4	4	4
Less dairy	2	3	3	2
Reading labels on food^	2	3	2	2
More protein	1	2	2	1
More grain breads, fibre or similar	2	2	2	2
Less coffee/tea	1	1	2	2
Supplements, dietary	1	1	0	0
Other	13	12	9	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 2015 survey results:

◆ Age:

- ◆ Patients aged 65 years plus were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (34 percent compared to 27 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to report they had made changes to their food and/or drink intake since being given their GRx (74 percent compared with 67 percent overall).
- ◆ In contrast, European patients were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (32 percent compared to 27 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 (76 percent compared with 67 percent overall).
- ◆ In contrast retired patients were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (36 percent compared to 27 percent overall)

◆ **Satisfaction:**

- ◆ Satisfied patients were more likely to report they had received specific advice on healthy eating (76 percent compared with 71 percent overall).
- ◆ Satisfied patients were also more likely to report they had made changes to their food and/or drink intake since being given their GRx (72 percent compared with 67 percent overall).

◆ **Contract holder:**

- ◆ Patients from 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 (77 percent compared with 67 percent overall).
- ◆ Patients from West Coast PHO were more likely to report they had not made any changes to their food and/or drink intake since being given their GRx (52 percent compared with 27 percent overall).

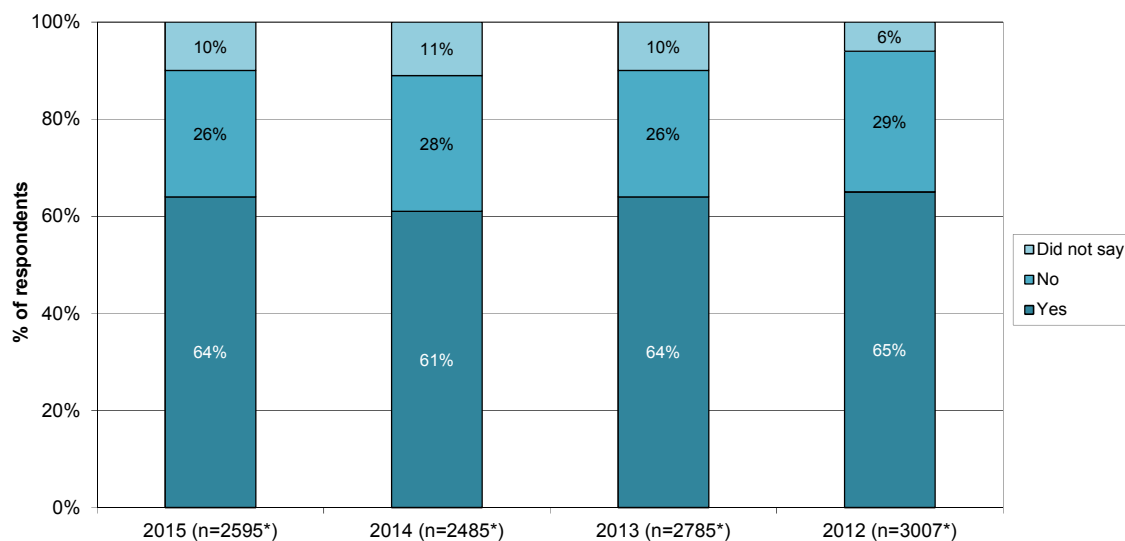


5.4 Encouraging others to be active

Sixty-four percent of patients had encouraged others to be more active as a result of their GRx (Figure 14), which is similar to that reported last year.

Figure 14: Encouraging others to be active

Q20. 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 2015 results:

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied overall were more likely to report that they had encouraged others to become more active (71 percent compared with 64 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 (64 percent), the support person contacted patients first. Twenty-one percent of patients visited the support person, while relatively few patients called the phone number provided (four percent) or had not yet had any contact with their GRx support person (seven 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, 73 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.

- ◆ Three quarters of those referred thought the activity provider was appropriate for them, which remains the same as last year.

After their first contact, just three 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 (62 percent) or through face-to-face contact (46 percent).

About one third of patients report their GRx support person has given them an extension for longer support (35 percent).

In terms of who patients do physical activity with, 65 percent say they are active on their own, while 33 percent are active with family members, 26 percent with friends and 21 percent with a GRx programme or group.

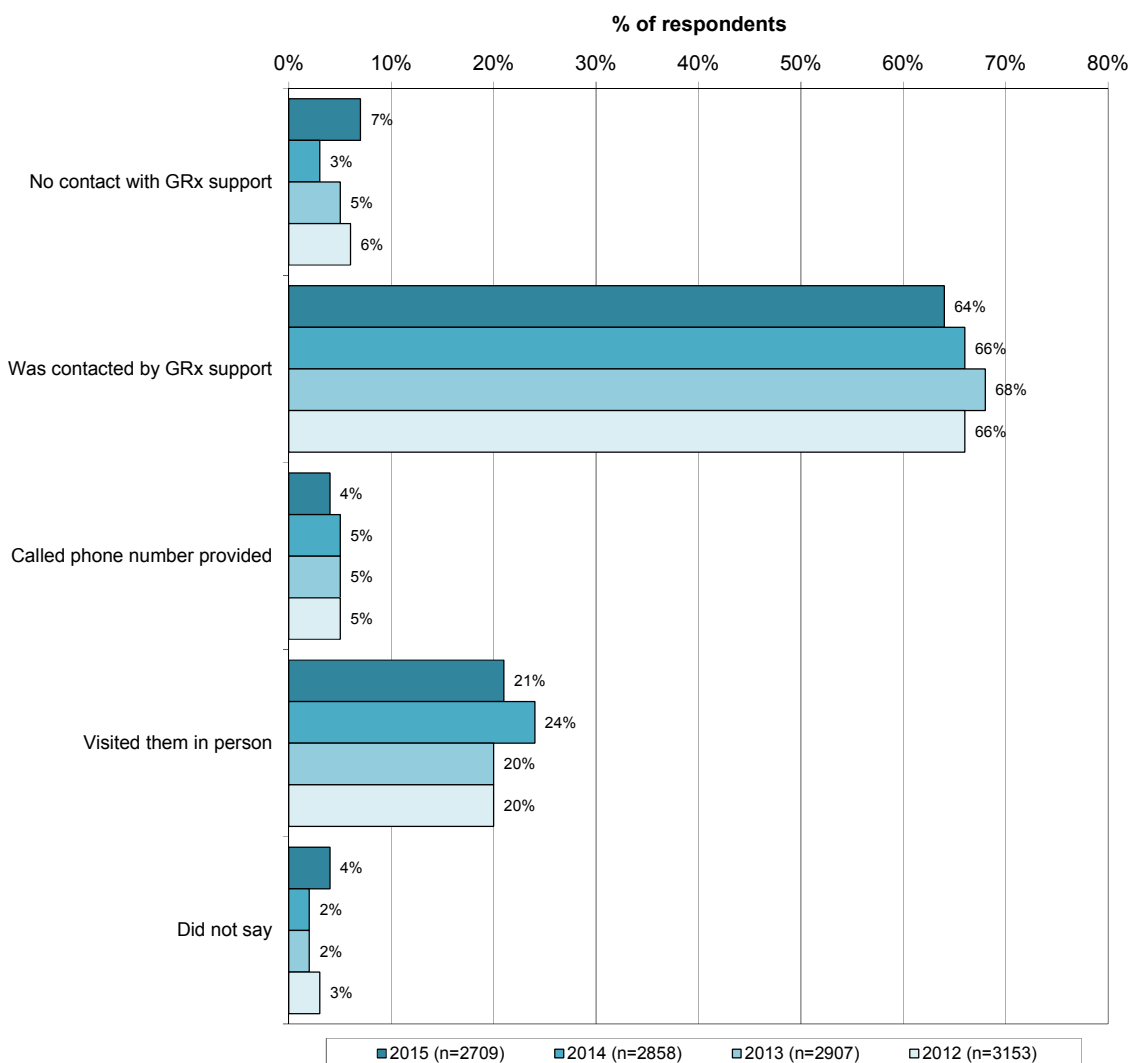


6.1 Initial contact with the GRx support person

About two-thirds of patients reported that their GRx support person contacted them first (64 percent), while 21 percent visited them in person, and four percent called the number provided. Seven percent said they had not had any contact with the GRx support person, which is up from three percent last year.

Figure 15: First contact with the GRx support person

Q14. 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:

◆ Ethnicity:

- ◆ European patients were more likely to report their GRx support person contacted them first (70 percent compared with 64 percent overall).

◆ Education:

- ◆ Patients with a non-tertiary post-secondary qualification were more likely to report their GRx support person contacted them first (72 percent compared with 64 percent overall).
- ◆ Patients with no qualifications were more likely to report they had not had any contact with a GRx support person (12 percent compared with seven percent overall).

◆ NZDep Index:

- ◆ Patients living in the least deprived areas were more likely to report their GRx support person contacted them first (75 percent compared with 64 percent overall).
- ◆ In contrast, patients living in the most deprived areas were less likely to report their GRx support person contacted them first (58 percent compared with 64 percent overall).

◆ Overall satisfaction:

- ◆ Patients that reported being neither satisfied nor dissatisfied overall were more likely to report their GRx support person contacted them first (77 percent compared with 64 percent overall).

◆ Contract holder:

- ◆ Patients from Harbour Sport (86 percent), Sport Wellington (84 percent), Nelson Bays Primary Health (87 percent), Sport Southland (85 percent) and Sport Taranaki (86 percent) were more likely to report that their support person contacted them first (compared with 64 percent overall).
- ◆ Patients from Sport Northland (32 percent), Sport Whanganui (35 percent) and Sport Bay of Plenty (31 percent) were more likely to report they went to see their support person in person (compared with 21 percent overall).
- ◆ Patients from Sport Auckland – Counties were more likely to report they had not had any contact with a GRx support person (18 percent compared with seven percent overall).



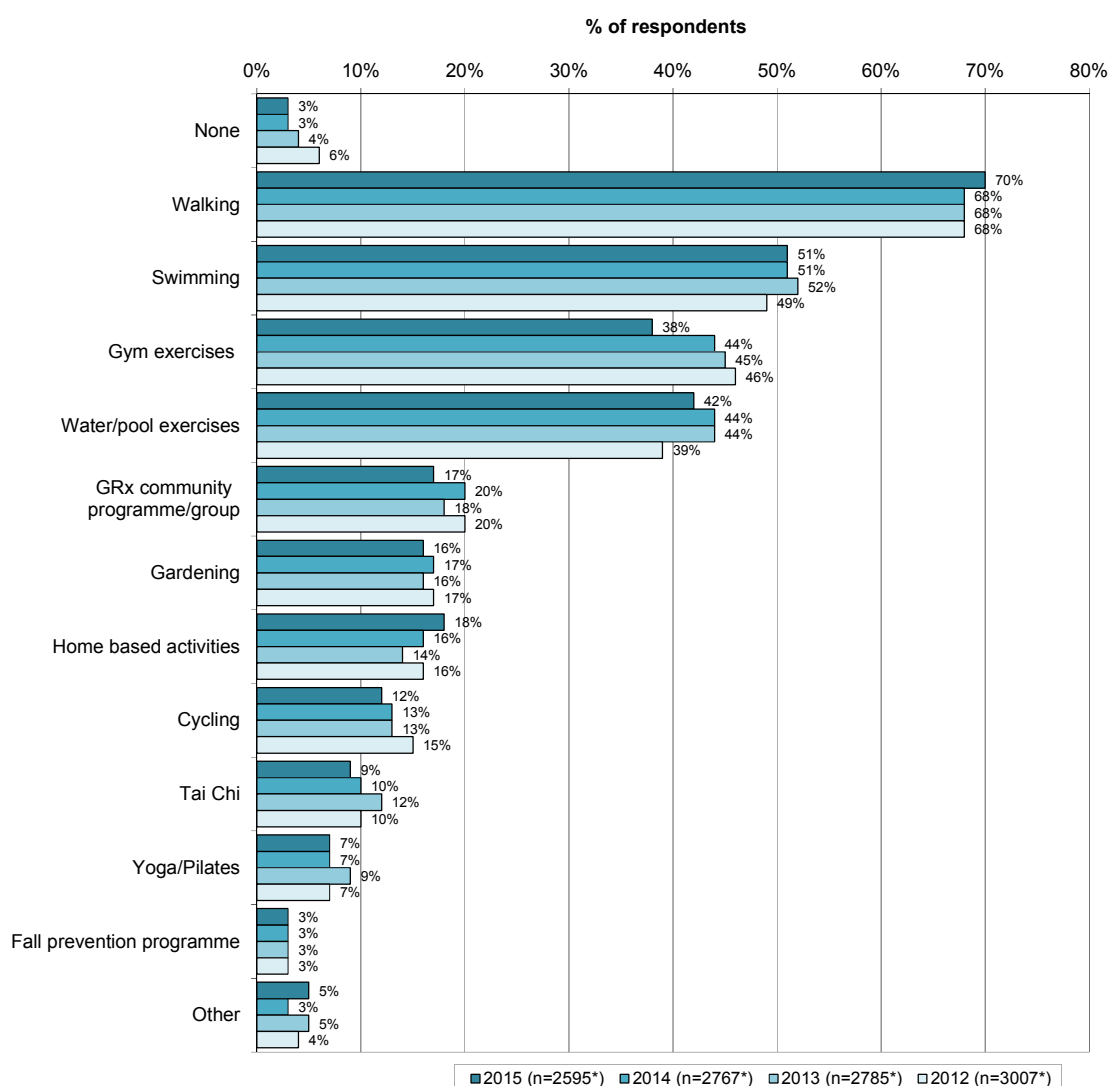
6.2 Activities suggested by GRx support person

The main activities recommended by GRx support people continue to be walking (70 percent), swimming (51 percent) and water/pool exercises (42 percent).

In 2015 fewer patients reported that their GRx support person recommended gym activities (38 percent compared with 44 percent in 2014) or a GRx community programme group (17 percent compared with 20 percent last year).

Figure 16: Activities suggested by the GRx support person

Q17. 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 2015 results:

◆ Age:

- ◆ Patients aged 65 years plus were more likely to report that their GRx support person suggested they take up gardening (24 percent compared with 16 percent overall) and/or Tai Chi (14 percent compared with nine percent overall)

◆ Gender:

- ◆ Males were less likely to report their GRx support person suggested they take up water/pool exercises (32 percent compared with 42 percent overall).

◆ Employment status:

- ◆ Patients working full-time were more likely to report their GRx support person suggested they take up gym exercises (47 percent compared with 38 percent overall).
- ◆ Retired patients working part-time were more likely to report their GRx support person suggested they take up gardening (23 percent compared with 16 percent overall) and/or Tai Chi (16 percent compared with nine percent overall).

◆ Overall satisfaction:

- ◆ Neutral and dissatisfied patients were more likely to report their GRx support person did not make any suggestions (11 percent and 16 percent respectively compared with three percent overall).
- ◆ In contrast, satisfied patients were more likely to report their GRx support person suggested they take up walking (75 percent compared with 70 percent overall).

◆ Contract holder:

- ◆ Patients from Sport Northland were more likely to report their GRx support person suggested they take up gym exercises (50 compared with 38 percent overall).
- ◆ Patients from Marlborough PHO were more likely to report their GRx support person suggested they take up a fall prevention programme (18 percent compared with three percent overall).
- ◆ Patients from Sport Canterbury were more likely to report their GRx person suggested they take up walking (79 percent compared with 70 percent overall), Tai Chi (24 percent compared with nine percent overall), cycling (20 percent compared with 12 percent overall) and/or Yoga/Pilates/Zumba (15 percent compared with seven percent overall).



- ◆ Patients from Nelson Bays Primary Health were more likely to report their GRx support person suggested they take up water or pool exercises (60 percent compared with 42 percent overall).
- ◆ Patients from Sport Taranaki were more likely to report their GRx support person suggested they take up Tai Chi (19 percent compared with nine percent overall).
- ◆ Patients from Sport Manawatu were more likely to report their GRx support person suggested they take up activities with a GRx community programme/group (29 percent compared with 17 percent overall).
- ◆ Patients from Sport Otago were more likely to report their GRx support person suggested they take up walking (87 percent compared with 70 percent overall), swimming (73 percent compared with 51 percent overall) and/or water/pool exercises (60 percent compared with 42 percent overall).
- ◆ Patients from Sport Bay of Plenty were more likely to report their GRx support person suggested they take up walking (79 percent compared with 70 percent overall), gym exercises (48 percent compared with 38 percent overall) and/or cycling (19 percent compared with 12 percent overall).



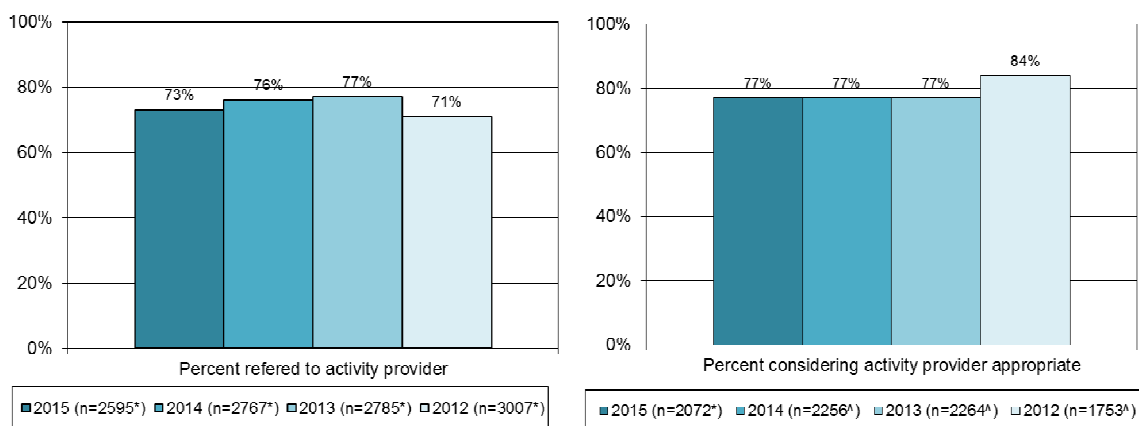
6.3 Referrals to activity providers

Seventy-three 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 (52 percent compared with 63 percent last year) and gyms (42 percent compared with 56 percent last year). Seventy-seven percent of those who were referred to a provider felt it was appropriate for them.

Figure 17 and 18: Referrals to activity provider and percent who considered the provider was appropriate

Q18. Were you referred to any of the following activity providers?

Q19. Was the activity provider right for you?

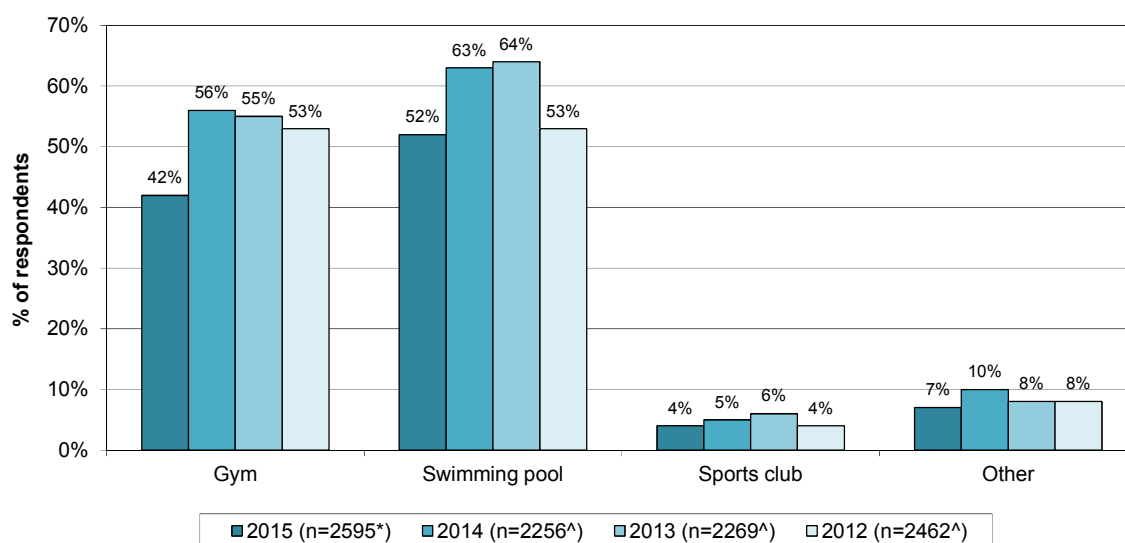


*Sub-sample based on those who had contact with a GRx support person.

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

Figure 19: Type of activity provider referred to

Q18. 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 and aged between 35-49 years were more likely to be referred to a gym (62 percent and 52 percent, respectively, compared with 42 percent overall).
- ◆ Patients aged 25-34 years were less likely to be referred to a swimming pool (37 percent compared with 52 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to be referred to a gym (54 percent compared with 42 percent overall) and/or a swimming pool (60 percent compared with 52 percent overall).

◆ Employment status:

- ◆ Students and those patients who were working full-time were more likely to be referred to a gym (63 percent and 53 percent respectively compared with 42 percent overall). In contrast only 32 percent of retired patients were referred to a gym.

◆ Overall satisfaction:

- ◆ Neutral and dissatisfied patients were more likely to report they were not referred to any activity providers (44 percent and 40 percent, respectively, compared with 21 percent overall), while also being less likely to be referred to a swimming pool (37 percent and 32 percent respectively).
- ◆ Patients who were neutral overall were also less likely to be referred to a gym (27 percent compared with 42 percent overall).
- ◆ Patients who were neutral or dissatisfied overall that had been referred to an activity provider were also more likely to report the activity provider was not right for them (32 percent and 39 percent, respectively, compared with 11 percent overall).

◆ Contract holder:

- ◆ Patients from Sport Northland (58 percent) and HealthWest (58 percent) are more likely to be referred to a gym (compared with 42 percent overall).
- ◆ Patients from Sport Whanganui (71 percent), Sport Wellington (64 percent) and Sport Otago (72 percent) were more likely to report being referred to a swimming pool (compared with 52 percent overall).



- ◆ Patients from Sport Canterbury and Sport Waikato were more likely to report they were not referred to any activity provider (32 percent and 31 percent, respectively, compared with 21 percent overall).

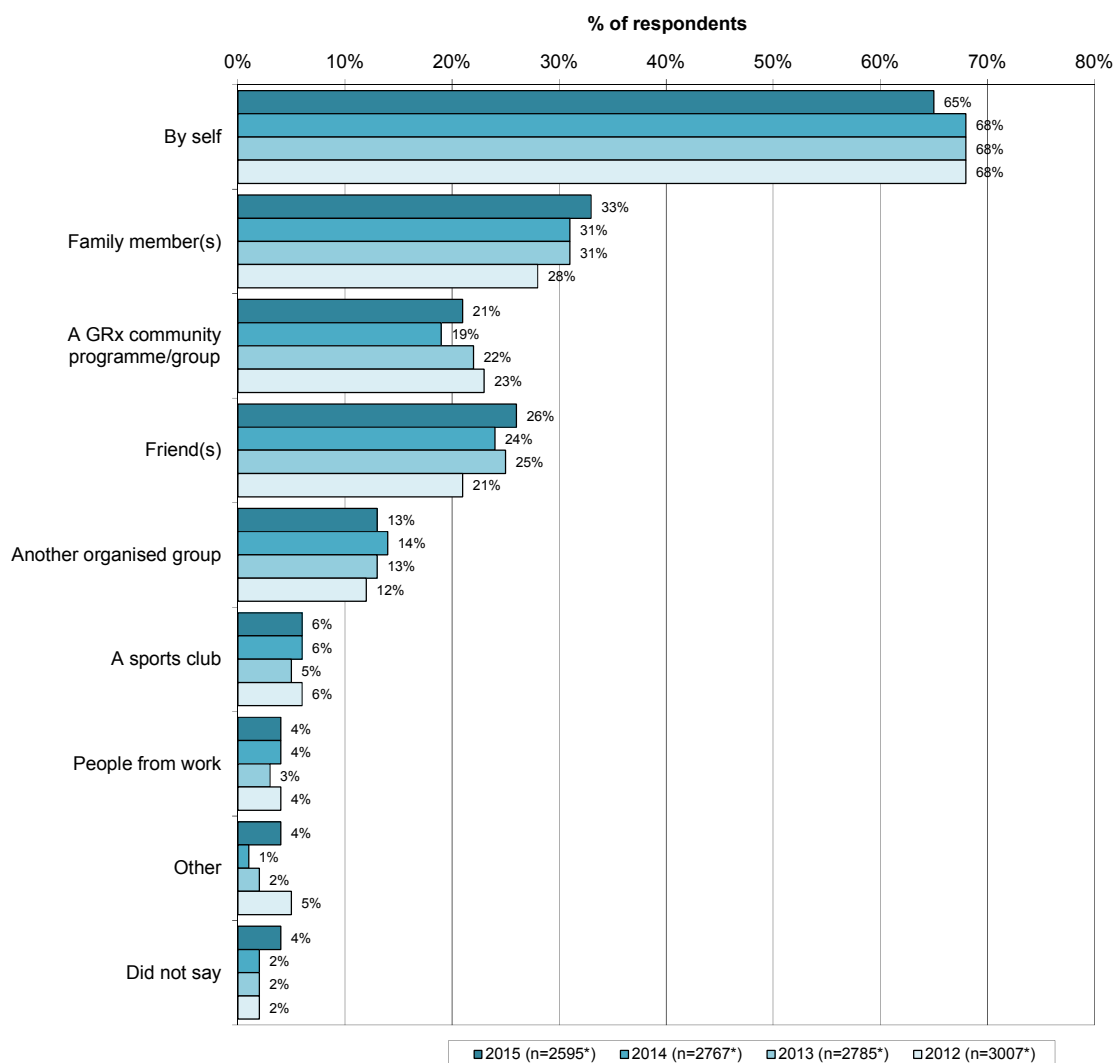


6.4 Companions when doing physical activity

When patients were asked who they do physical activity with, 65 percent reported that they exercise on their own, while 33 percent said they exercise with family members, 26 percent with friends and 21 percent with a GRx community programme or group (Figure 20).

Figure 20: Companions when doing physical activity

Q21. 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.



Significant differences

The following significant differences were observed:

◆ Age:

- ◆ Patients aged 25 to 34 years were more likely to undertake physical activity with family members (47 percent compared with 33 percent overall), while being less likely to undertake physical activity with a GRx community programme/or group (12 percent compared with 21 percent overall).
- ◆ Patients aged 65 plus were more likely to undertake physical activity with a GRx community programme/or group (30 percent compared with 21 percent overall).

◆ Gender:

- ◆ Males were less likely to undertake physical activity with friends (19 percent compared with 26 percent overall).

◆ Ethnicity:

- ◆ Pacific patients were more likely to undertake physical activity with family members (48 percent compared with 33 percent overall).

◆ Education:

- ◆ Patients with no tertiary qualification were less likely to undertake physical activity by themselves (57 percent compared with 65 percent overall).

◆ Employment status:

- ◆ Patients working full-time were more likely to undertake physical activity with people from work (12 percent compared with four percent overall) while being less likely to undertake physical activity with a GRx community programme/or group (11 percent compared with 21 percent overall).
- ◆ Patients who mainly stay at home were more likely to undertake physical activity with family members (46 percent compared to 33 percent overall).
- ◆ Retired patients were more likely to undertake physical activity with a GRx community programme/or group (32 percent compared with 21 percent overall), while being less likely to undertake physical activity by themselves (58 percent compared with 65 percent overall), family members (25 percent compared with 33 percent overall) and/or friends (19 percent compared with 26 percent overall).



◆ **Overall satisfaction:**

- ◆ Patients who were dissatisfied overall were less likely to undertake physical activity with friends (14 percent compared with 26 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Manawatu (43 percent) and Sport Bay of Plenty (33 percent) were more likely to undertake physical activity with a GRx community programme/or group (compared with 21 percent overall).
- ◆ Patients from West Coast PHO were more likely to undertake physical activity with friends (47 percent compared with 26 percent overall).
- ◆ Patients from Sport Wellington and Sport Southland were more likely to undertake physical activity by themselves (both 76 percent compared with 65 percent overall).
- ◆ Patients from Sport Gisborne Tairāwhiti were more likely to undertake physical activity as part of an organised group, other than a GRX Community programme/group (25 percent compared with 13 percent overall).



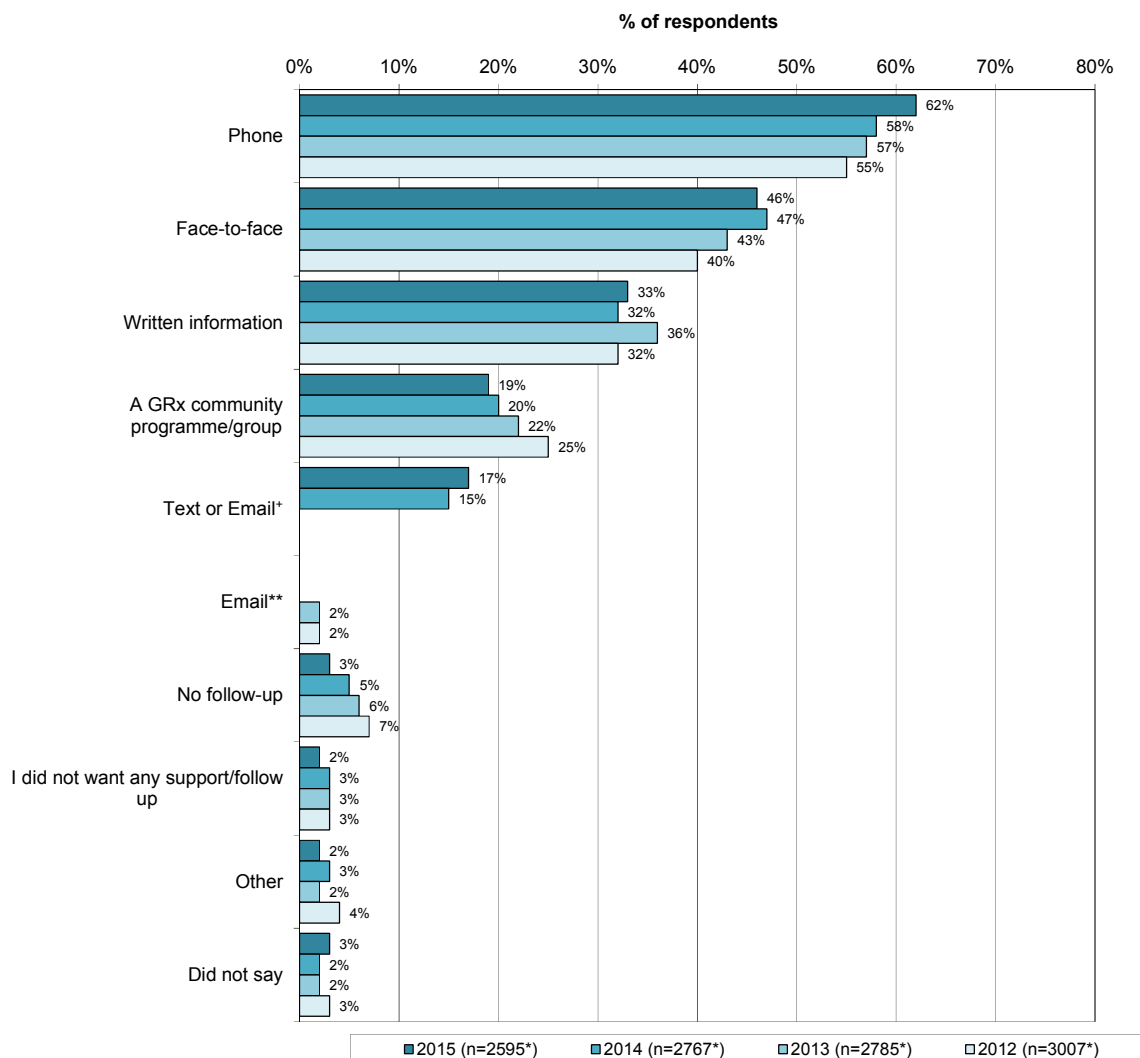
6.5 Follow-up support

After their initial contact, 62 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 (46 percent), in written form (33 percent), through a programme or group (19 percent) or via text or email (17 percent). Just three percent of patients said they had not received any follow-up support.

In 2015, significantly more patients said they received follow-up support over the phone (62 percent compared with 58 percent in 2014).

Figure 21: How follow-up support was provided

Q15. 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.

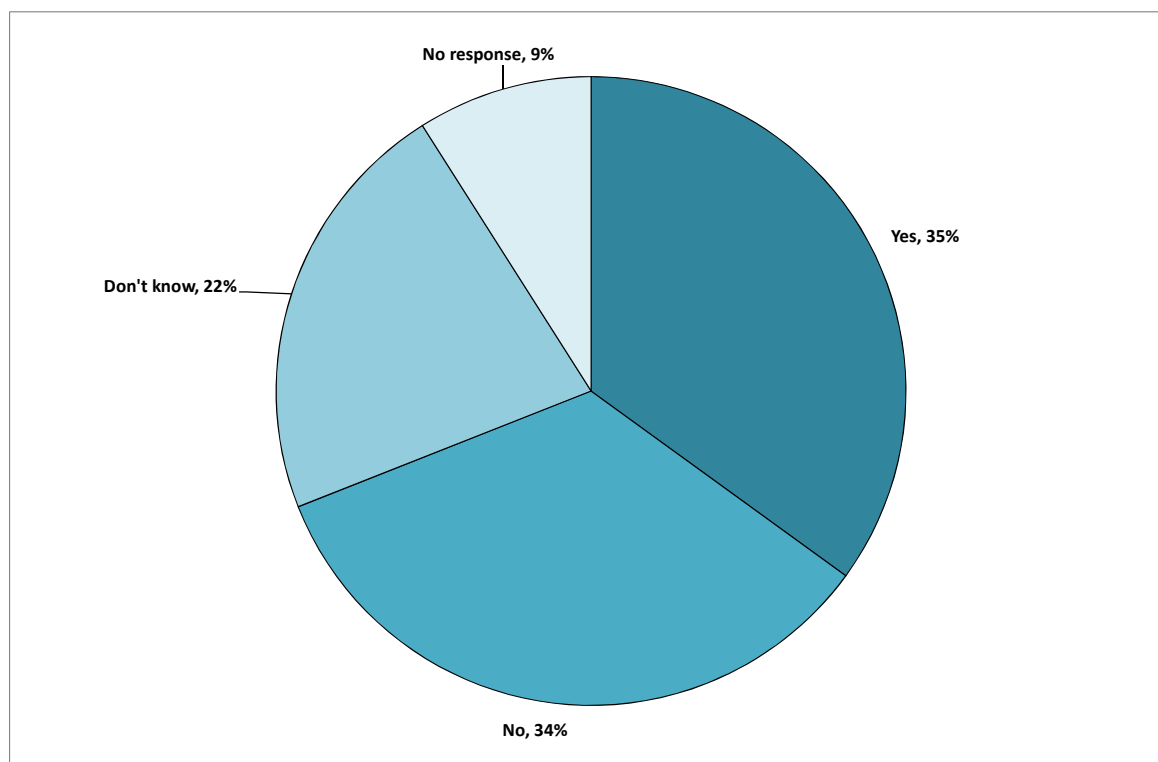
**Category dropped in 2014.



Just over one third of patients report their GRx support person has given them an extension for longer support (35 percent). While a further 34 percent reported their support person had not given them an extension for longer support.

Figure 22: Extension for Longer Support

Q16. 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 they have lost weight (53 percent compared with 44 percent overall) and/or have more energy 49 percent compared with 42 percent overall.

Significant differences

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

◆ **Age:**

- ◆ Patients aged 35-49 years were more likely to have received follow-up support through a text or email (25 percent compared with 17 percent overall).



◆ **Ethnicity:**

- ◆ Māori patients were more likely to have received follow-up support face-to-face/in person (56 percent compared with 46 percent overall) and/or through a text or email (24 percent compared with 17 percent overall).

◆ **NZDep Index:**

- ◆ Patients living in the least deprived areas were more likely to have received follow-up support by telephone (70 percent compared with 62 percent overall).

◆ **Employment status:**

- ◆ Patients working full-time were more likely to have received follow-up support through a text or email (28 percent compared with 17 percent overall).
- ◆ Retired patients were more likely to have received follow-up support through a GRx community programme/group (26 percent compared with 19 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were neutral or dissatisfied overall were more likely to have not received any follow-up support (13 percent and 20 percent, respectively, compared with three percent overall).

◆ **Contract holder:**

- ◆ Patients from Harbour Sport (89 percent), Sport Northland (73 percent), HealthWest (76 percent), Sport Wellington (72 percent), Sport Southland (81 percent), Sport Otago (83 percent) and Sport Taranaki (81 percent) were more likely to report receiving support to follow their GRx activities by telephone (compared with 62 percent overall).
- ◆ Patients from Sport Auckland – Auckland (61 percent), West Coast PHO (65 percent), Sport Waikato (62 percent), Marlborough PHO (72 percent) and Sport Bay of Plenty (67 percent) were more likely to have received follow-up face-to-face (compared with 46 percent overall).
- ◆ Patients from Sport Wellington (51 percent), Nelson Bays Primary Health (63 percent) and Sport Bay of Plenty (43 percent) were more likely to have received follow-up support through brochures or leaflets (compared with 33 percent overall).
- ◆ Patients from Sport Manawatu and Sport Canterbury were more likely to have received follow-up support through a GRx community programme/group (53 percent and 28 percent, respectively, compared with 19 percent overall).



- ◆ Patients from Sport Waikato were more likely to have received follow-up support through a text or email (29 percent compared with 17 percent overall).
- ◆ Patients from Harbour Sport (46 percent), Sport Whanganui (47 percent) and Sport Taranaki (46 percent) were more likely to report being given an extension for longer support during the last year by their GRx support person (compared with 35 percent overall).

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

Q6. 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 =	1988*	791	623	393	181
Weighted base =	1888*	733	586	387	182
	%	%	%	%	%
Feel stronger/fitter	53	53	54	50	50
Generally feel better	49	53	47	51	34
Lost weight	44	53	42	37	29
More energy	42	49	39	36	35
Breathing easier	34	35	32	35	31
Less stressed	30	33	31	26	23
Sleeping better	25	27	24	27	18
Less joint pain/discomfort	23	27	21	23	11
Increased mobility	22	25	24	18	17
Lower blood pressure	19	22	17	16	16
Feel less depressed/anxious	17	19	18	15	13
Less back pain	16	17	16	15	13
Lower cholesterol	14	16	14	10	14
Improved blood sugar levels	14	18	12	13	11
Better balance/fewer falls	10	11	8	10	10
Fewer illnesses	8	7	8	9	4
Less medication	7	9	5	7	8
Smoking less	5	5	5	7	5
Other (Specify)	3	3	3	5	3
No response	6	3	6	4	23

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.



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 (47 percent) or satisfied (37 percent) with the support service provided to them.

- ◆ The main drivers of satisfaction are the:
 - ◆ encouraging, motivating, supportive, helpful behaviour from support people,
 - ◆ follow-up contact received/checks on progress from support people,
 - ◆ improved health, motivation and confidence experienced by patients,
 - ◆ provision of useful and good advice.
- ◆ The main reasons given by patients who feel less than satisfied are:
 - ◆ a feeling that the programme has insufficient follow-up or communication,
 - ◆ that they received a lack of support or encouragement,
 - ◆ that more suitable ideas are required to meet their needs and circumstances (e.g. time and travel distance constraints).

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.

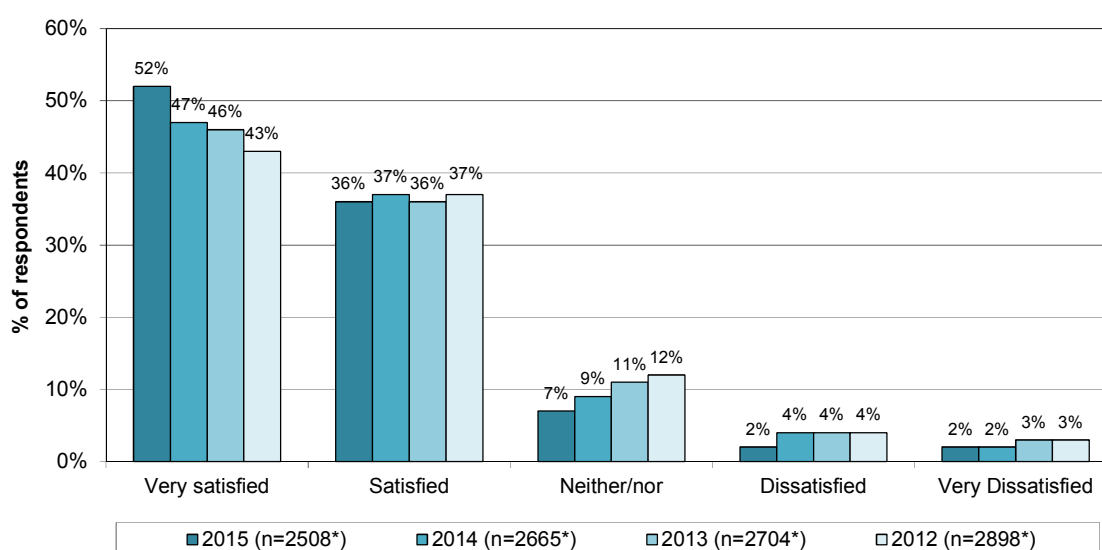


7.1 Overall satisfaction with GRx service

Eighty-eight percent of patients reported they were either very satisfied (52 percent) or satisfied (36 percent) with the support service provided to them (Figure 23), compared with 84 percent of patients last year. In 2015, patients were also more likely to report being very satisfied (52 percent compared with 47 percent in 2014).

Figure 23: Overall satisfaction with GRx support

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?



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 2015 survey results:

Contract holder:

- ◆ Patients from Sport Gisborne Tairawhiti were more likely to be very satisfied with the service provided to them by their GRx support person (67 percent compared with 47 percent overall).
- ◆ Patients from Sport Hawke's Bay were more likely to be very satisfied with the service provided to them by their GRx support person (59 percent, compared with 47 percent overall).
- ◆ Patients from Sport Bay of Plenty were more likely to be very satisfied with the service provided to them by their GRx support person (62 percent compared with 52 percent overall).



7.1.1 Reasons for satisfaction

Table 19 (page 76) 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 36 percent of those who were satisfied).

The encouragement I have received has given me confidence and has helped me come out of my comfort zone and has helped me physically and mentally. Thank you [very] much.

Very encouraging and benefiting - feels great at the end of the day, sleeping better, waking up more relaxed and refreshed.

The support and encouragement has been fantastic. My husband is still in recovery after suffering several strokes over the past 18 months and I have been working hard to keep his exercise up to aid his recovery. [Name] at Sports Southland has been outstanding.

- ◆ Receiving follow-up contact and checks on their progress (11 percent).

The regular phone calls helped as I had someone to discuss my ups and downs with.

I appreciate the follow-up phone calls I receive on a regular basis.

[Name] and [Name] would ring or text me for regular weekly updates. I found this to be a great motivator and their comments encouraging.

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

I've improved a lot since going, learning how to breathe etc. and I'm glad that I made [an] effort for my health wise, I loved it. I thank our beautiful tutors.

It has been a beautiful journey. Made me more motivated and has built my self-esteem up. [I'm] feeling more confident having that get up and go buzz.

My core strength has improved, I have lost 10 kilograms in weight. The service and support has been outstanding. I would be more than happy to recommend the program.

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

I was given great advice about diet and exercise [and] as a direct result I have lost 20kg in the last 4 months. My advisor phones me every 2 weeks for a catch up and offers encouragement. She is absolutely brilliant. Thank you :-).

Fantastic health service. Better than medication. Very positive for everyone in our group. The group support and information was particularly motivating.



[Name] was fantastic she gave me lots of great ideas how to fit my exercise and eating around my busy family life.

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

Yes, made me more active - I water walk three times a week (swim as well), ride my bike at home in bedroom and garden every day. Thanks.

The advice motivated me to undertake at least 40 minutes vigorous physical activity each day as a minimum.

They really helped me get me back to exercising and that helped me feel good about myself.

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 four 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

Q23a. Please explain your answer (or any other comments you would like to make about your participation in GRx).

	2015	2014	2013	2012
Base=	1311*	1304*	2274*	1291*
	%	%	%	%
Encouraging, motivating, supportive, helpful	36	33	18	31
Motivated me to be active/more active, am more active as a result	6	17	9	13
Follow-up contact received/checks on progress	11	10	7	9
Improved health, motivation, confidence/feel better, happier/see results	8	16	7	11
Useful/good information/ advice/ explanations/ ideas/ suggestions	8	13	6	12
Appropriate activities - suitable for my lifestyle, abilities, condition	5	9	4	5
Excellent/great/awesome team, support	5	1	3	2
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	7	3	9
Service great/good/impressive	5	6	3	2
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	3	2	7
No pressure/non-judgmental	1	2	1	2
Easy to contact/talk to, accessible, approachable	1	3	1	3
Personal contact/attention	2	3	1	6
Greater awareness/understanding of need to be/benefits of being more active	1	5	1	1
Help with activities/exercises	0	2	0	0
Great/good communicator - clear/concise/understandable	1	1	0	1
Other - positive comment	16	14	5	14
No particular reason	3	0	0	3

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

Q23b. Reasons for being partially satisfied

	2015	2014	2013	2012
Base=	1311*	1304*	2274*	1291*
	%	%	%	%
Illness/injury barriers - can't do exercises because of, doing what I can	2	6	2	4
Other barriers: distance to travel, family responsibilities, work, time, cost	4	6	3	7
Self-motivated/up to me/my decisions	1	2	1	4
More face-to-face/personal contact/support desired	1	2	1	1
Inappropriate activities for condition/age	0	1	0	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	1	0	0
Already active/doing own thing	1	3	1	1
A lack of contact or follow-up/more follow-up required	1	0	1	4
Need support/motivation, lack of motivation	1	2	1	1
Longer GRx period/GRx ran out, limited time only	1	3	1	1
More advice/information required	0	1	1	1
Other - negative comment	3	5	1	2
No particular reason	3	0	0	3

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 (28 percent of dissatisfied patients say this).

Only had one follow up call and was told they are too busy to ring people and would ring again in February 2015 but up till today still have not had a call from them. Thankfully I am motivated enough to do my own thing.

After [the] initial phone call, I have not been contacted again.

Support person said she would ring during four week start at gym and never did. Rang me about six weeks after I'd finished to see how I was doing. She was glad I was doing Weight Watchers, said she'd ring back but never did. She lacked confidence and skill.

- ◆ Lack of support or encouragement (17 percent).

As nice and polite as this person was they were not motivating or encouraging enough or even explored alternatives with me while I had a busy schedule (travel, family, community commitments). The truth is I forgot they even existed.

I felt there wasn't enough encouragement, while there was always advice or recommendations. It felt like it was only because it was a job, guess they didn't really feel invested in everyone's journey.

Sorry, but one phone call a month is not sufficient. Needs to be more physical contact.

- ◆ More suitable ideas required (15 percent)

Limited options for physical activity. What is the point in offering a discount if I can't use it outside of work hours?

Limited range of activities suggested and offered - high-impact style of exercising not suited to me. Cost and transport to activities also an issue for me. Other options should be made available, such as Yoga.

My key challenges were that I have two pre-schoolers and work weekends, so finding family friendly exercise was my challenge. Some of the suggestions made by GRx indicated a lack of understanding of the practicalities e.g. they suggested a mother and pushchair walking group but what do I do with my four year old! Needed out of hours exercise e.g. past 7pm and pre 7am or locations with crèche facilities. We got there in the end...



◆ Cost barriers (11 percent)

The gym programme recommended by the GRx support person proved effective and beneficial for a limited period, but as a superannuitant I was unable to continue because of the cost involved (\$58 per month). I could not afford this and I was disappointed that I had to cease the programme because the Green Prescription scheme was not able to provide any assistance with funding, despite my plea to the support person.

Due to costs, I was and am my own motivator. Swimming is something I enjoy however, not every day due to costs.

The cost to attend the sessions at [the] gym is not cheap even [if] it's subsidised. Want to be healthier but it has to be economical and more affordable to commit to spend money regularly.

◆ Insufficient staff or resources, lack of knowledge or experience (10 percent)

They support people don't understand anything about Chronic obstructive pulmonary disease. The gym activities weren't very great for my lungs and breathing.

I feel it's important that GRx interviewers require more informed medical information such as a person's x-ray reports or scan reports to fully understand structural condition before giving one extended exercises.

The support person was a nice young lad but did not really understand the problems of being middle aged, overweight and fully employed whilst living in a rural area. A fair distance from most organised activities. I think the concept of GRx is good. However, there is not much going on in a rural area (except for daytime activities such as walking, but these are during work time and only suits retired people). A more active approach whereby the GRx person actually puts people in touch with other people of similar age [and] issues who can then organise their own activities such as walking, to suit their timetable.

While the results for previous years' surveys have been provided in Table 21, please note that any observed differences with the 2012 results should be treated with caution, due to changes in the wording of the survey questionnaire in 2013.



Table 21: Reasons for being less than satisfied overall

Q23b. Reasons for being less than satisfied

	2015	2014	2013	2012
Base=	242*	283*	430*	353*
	%	%	%	%
Insufficient follow-up/communication, contact stopped	28	26	28	36
Lack of support/encouragement, need more support	17	17	21	16
More suitable ideas required (relevant to time available, travel distance, condition)	15	16	2	21
Didn't change much/didn't help/no benefit	4	14	6	8
Cost barriers	11	13	11	4
Did it/left to do it myself, already motivated	6	12	9	5
Insufficient staff/resources, lack of knowledge/experience	10	12	3	7
Work/time barriers	4	7	3	5
No advice regarding exercises	3	6	2	0
A lack of personal contact; phone calls not sufficient	4	5	9	6
Empathy lacking, disinterested	6	5	3	7
Positive comment	7	9	6	6
Other	23	17	10	12

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.

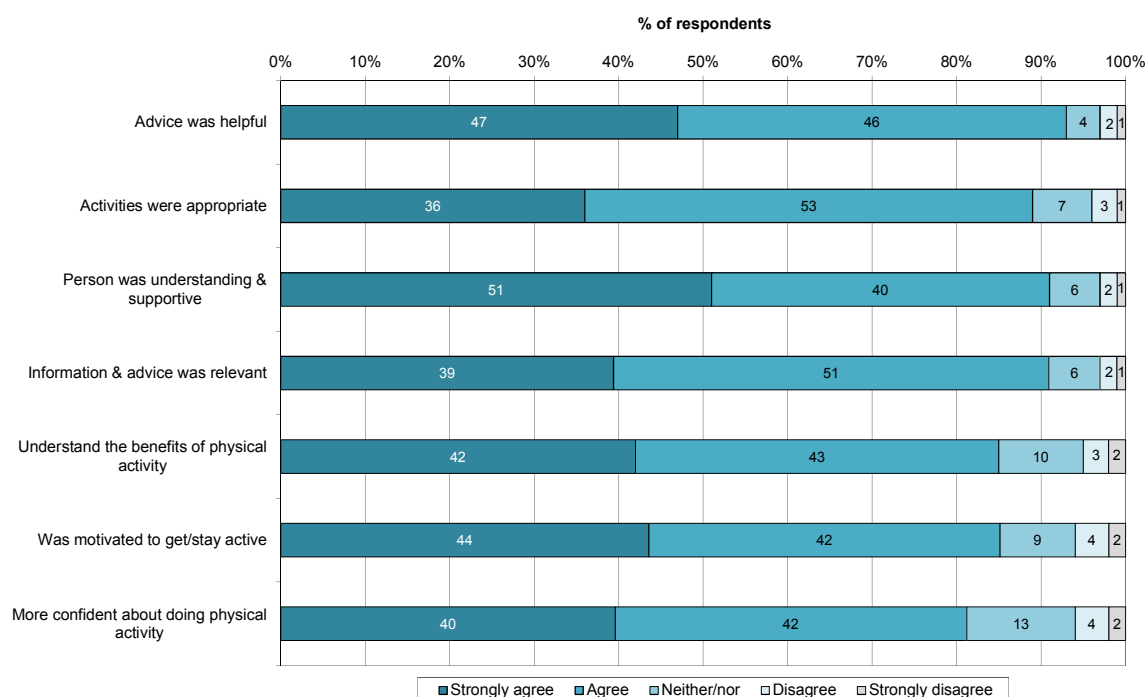


7.2 Opinions about GRx support

Figure 24 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 (93 percent).

Figure 24: Opinions about GRx support (n=2490)*

Q22. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements...



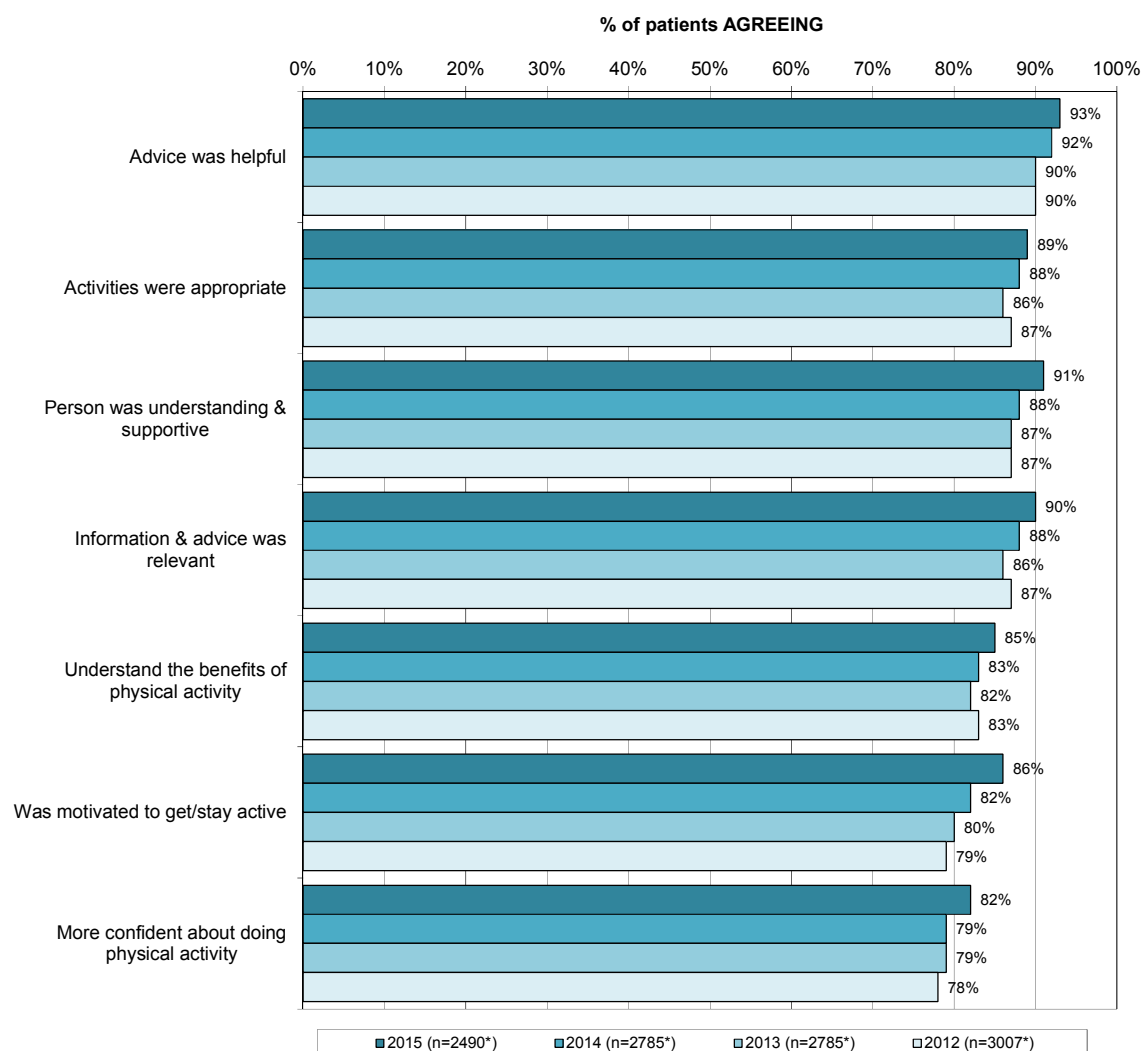
Total may not sum to 100% due to rounding.

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



Figure 25: Opinions about GRx support – Comparison with previous years

Q22. 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 2015 survey:

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied with the service they received overall were more likely to strongly agree that their support person was understanding and supportive (57 percent compared with 51 percent overall).



◆ **Contract holders:**

- ◆ Patients from Sport Bay of Plenty were more likely to be very satisfied with the service provided to them (62 percent compared with 52 percent overall).
- ◆ Patients from Sport Northland were more likely to strongly agree that their GRx support person was understanding and supportive (62 percent compared with 51 percent overall).



8.0 Profile of respondents

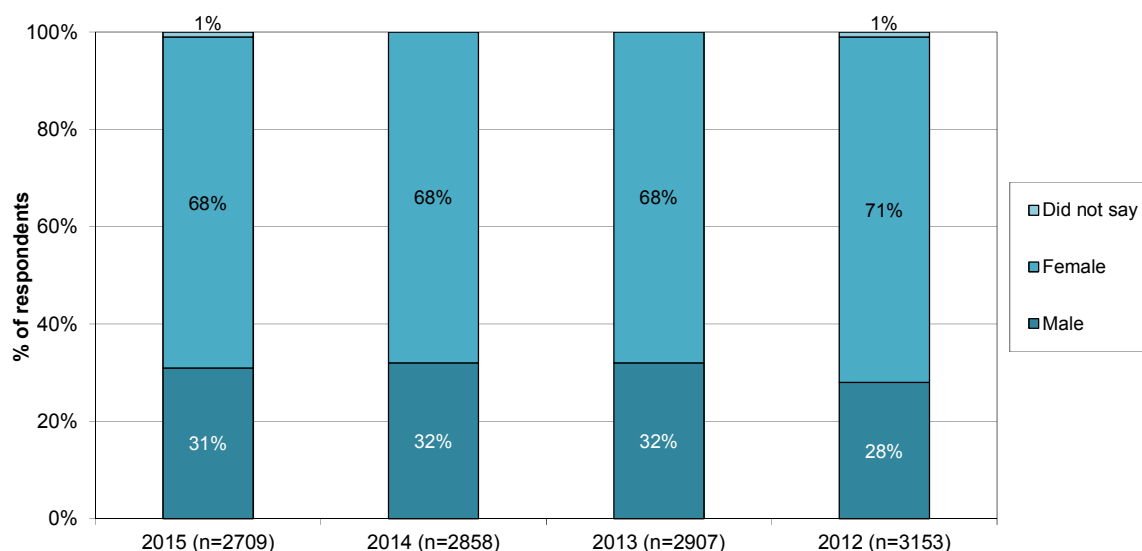
This section outlines the profile of patients who took part in the 2015 survey, and compares this with profiles of respondents from previous surveys, as well as 2013 Census data, where appropriate.

There were a number of significant differences between this year's sample of patients, compared with 2014:

- ◆ More of this year's patients reported they were primarily at home (11 percent compared with eight percent in 2014).
- ◆ Fewer patients reported having secondary school qualifications (29 percent compared with 32 percent in 2014).
- ◆ More patients live in Decile 10 areas (24 percent compared with 17 percent last year).
- ◆ In part reflecting the oversampling of Māori and Pacific peoples, more respondents identified as being Māori (32 percent compared with 23 percent last year) and/or Pacific people 19 percent compared with nine percent last year); while fewer identified as being European (53 percent compared with 67 percent in 2014).

Figure 26: Gender

Q24. Are you...?

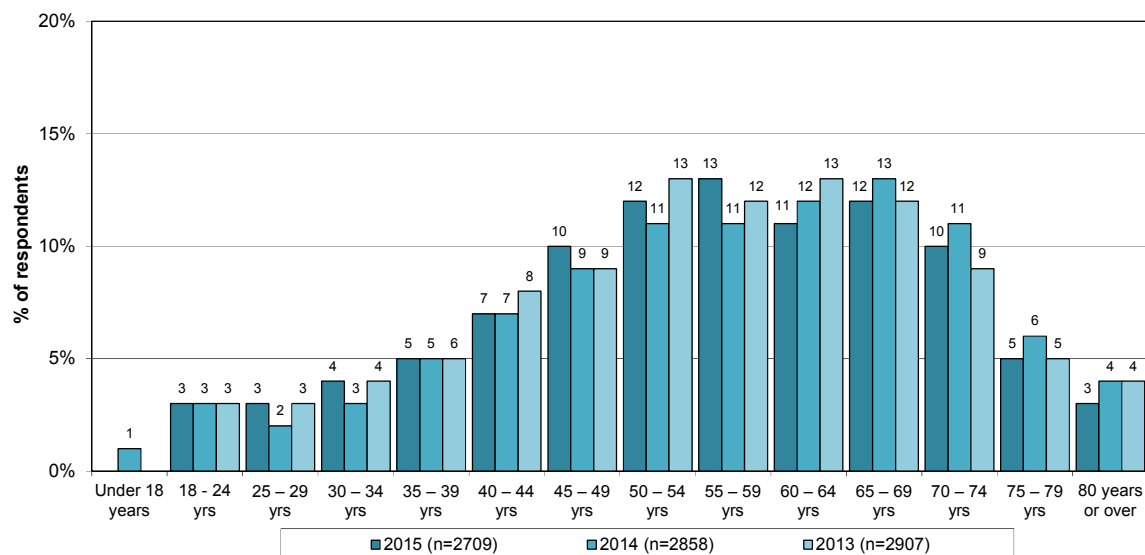


Total may not sum to 100% due to rounding.



Figure 27: Age group distribution

Q26. To which of these age groups do you belong?

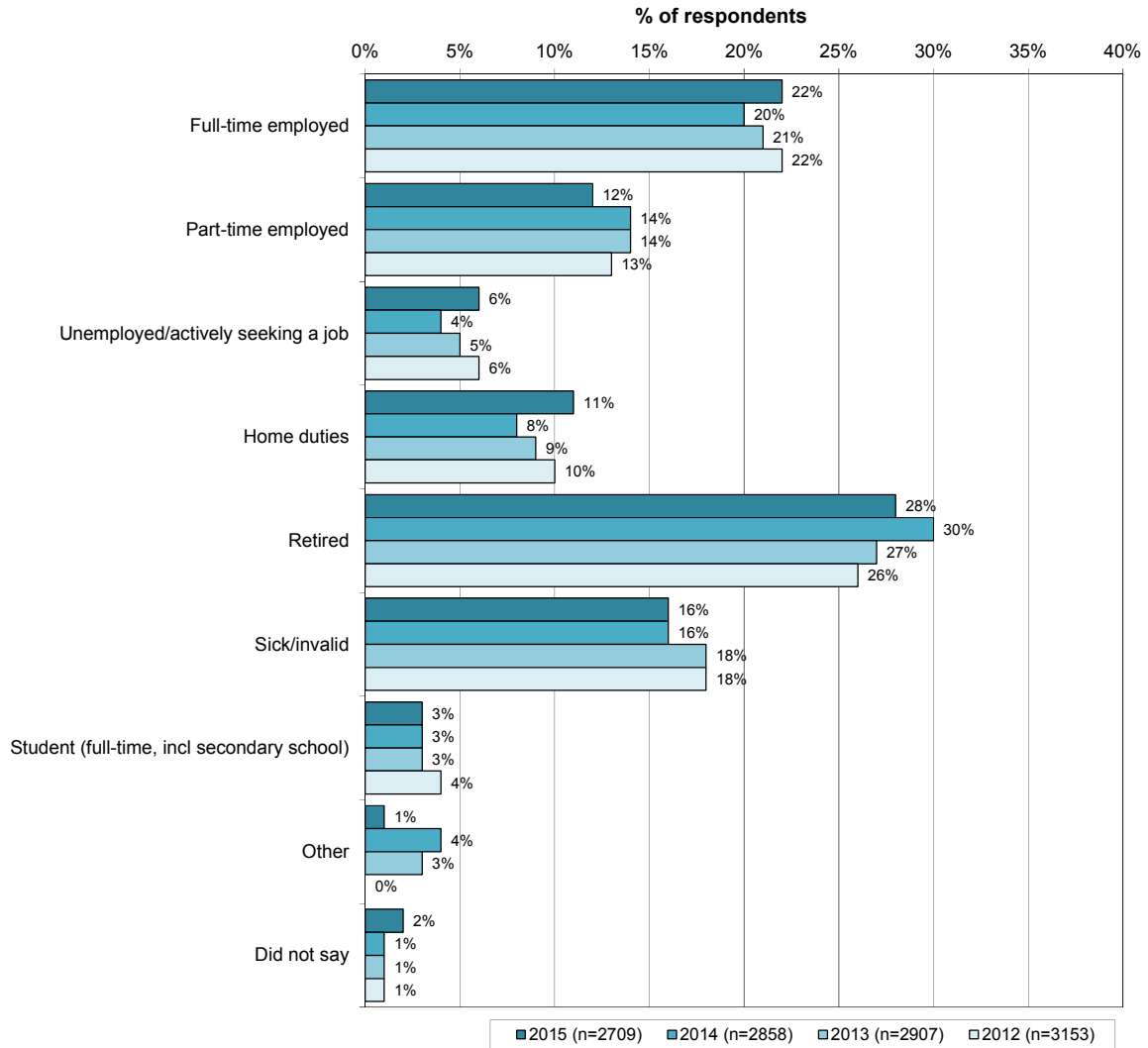


Total may not sum to 100% due to rounding.
Note: 2012 results not shown due to insufficient space.



Figure 28: Employment status

Q29. Which of the following best describes you?

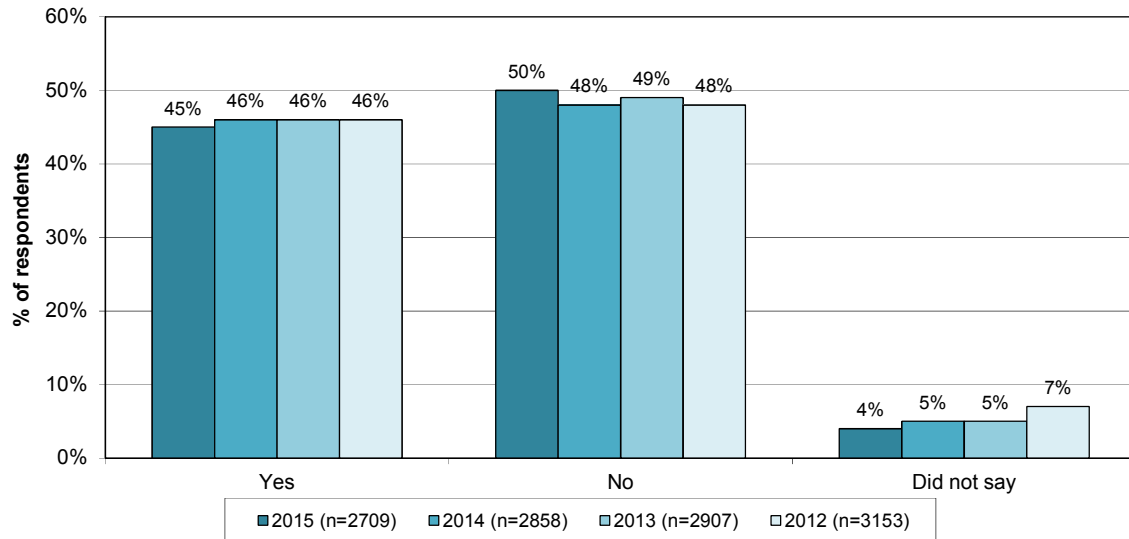


Total may not sum to 100% due to rounding.



Figure 29: Whether have a disability

Q27. 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?

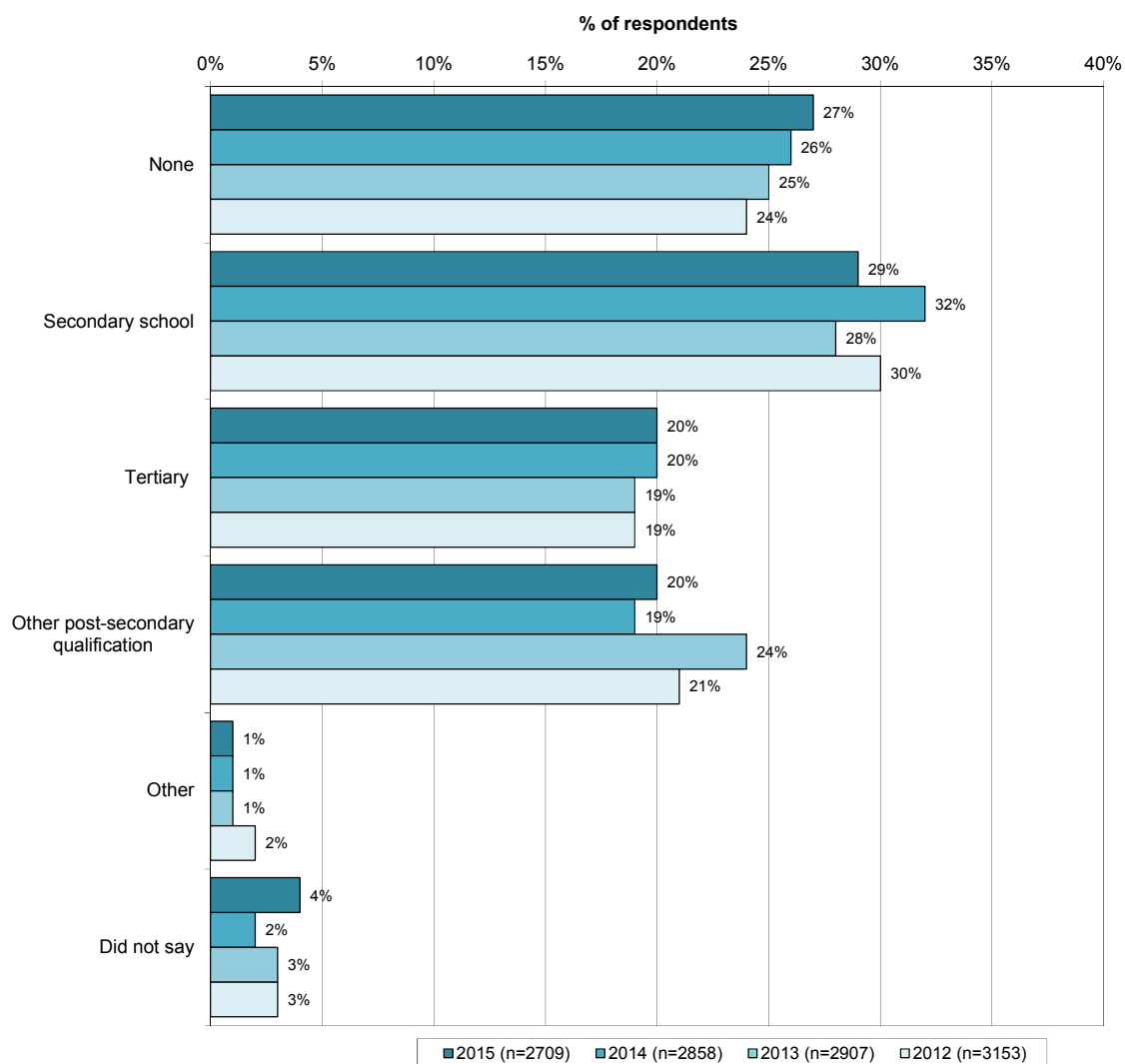


Total may not sum to 100% due to rounding.



Figure 30: Highest educational qualification

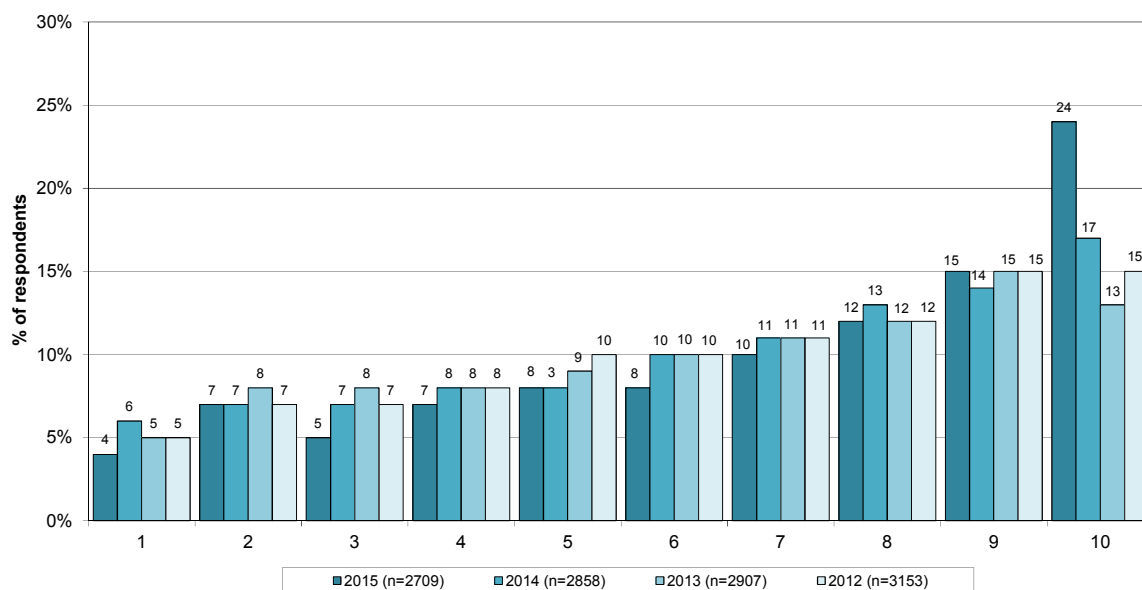
Q25. Which of these best describes your highest level of educational qualification?



Total may not sum to 100% due to rounding.



Figure 31: Deprivation index distribution (1 = least deprived, 10 = most deprived)



Total may not sum to 100% due to rounding.

Table 22: Ethnicity

Q30. Which ethnic group do you mainly identify with?

	NZ 2013				
	2015	2014	Census	2013	2012
Base=	2709	2858	2907	3153	
	%	%	%	%	%
NZ European	49	61	68	61	58
Māori	32	23	12	21	19
Samoa	8	4	3	4	4
Cook Island Māori	4	2	1	2	2
Tongan	4	1	1	1	1
Niuean	2	1	0	0	1
Chinese	0	1	4	1	1
Indian	1	3	4	4	3
Other Asian	1	1	4	2	1
Other Pacific	2	1	1	1	1
British/European	4	6	8	6	5
Other	1	2	3	4	3
Did not say	1	0	-	0	1

Total may not sum to 100% due to rounding.



Table 23: Ethnicity (summary groups)

Q27. Which ethnic group do you mainly identify with?

	2015	2014	NZ 2013		
			Base=	Census	2013
	2709	2858	2907	2907	3153
	%	%	%	%	%
European	53	67	75	66	58
Māori	32	23	12	21	19
Pacific	19	9	6	8	9
Asian	3	5	12	6	5
Other	1	2	3	4	7
Did not say	1	0	-	0	1

Total may not sum to 100% due to rounding.

Table 24: Age

Q25. To which of these age groups do you belong?

	2015	2014	NZ 2013		
			Base=	Census	2013
	2709	2858	2907	2907	3153
	%	%	%	%	%
Under 18 years	0	1	5	0	0
18 - 24 yrs	3	3	12	3	3
25 - 29 yrs	3	2	8	3	3
30 - 34 yrs	4	3	8	4	4
35 - 39 yrs	5	5	8	5	6
40 - 44 yrs	7	7	9	8	8
45 - 49 yrs	10	9	9	9	9
50 - 54 yrs	12	11	9	13	11
55 - 59 yrs	13	11	8	12	12
60 - 64 yrs	11	12	7	13	13
65 - 69 yrs	12	13	6	12	11
70 - 74 yrs	10	11	4	9	9
75 - 79 yrs	5	6	3	5	6
80 years or over	3	4	5	4	4
Did not say	1	0	-	0	1

Total may not sum to 100% due to rounding.

Table 25: Age (summary groups)

Q28. To which of these age groups do you belong?

	2015	2014	NZ 2013		
			Base=	Census	2013
	2709	2907	2907	2907	3153
	%	%	%	%	%
Under 25 yrs	3	3	17	3	4
25 - 34 yrs	8	6	15	7	8
35 - 49 yrs	22	21	26	22	23
50 - 64 yrs	36	35	23	38	35
65+ yrs	31	35	18	30	29
Did not say	1	0	-	0	1

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

Dear First Name

THE 2015 GREEN PRESCRIPTION SURVEY

You are receiving this letter because last year your doctor or nurse prescribed a "Green Prescription" (GRx) to help you get more active. 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 by **Friday 15 May 2015** or you can complete the survey online by visiting <https://surveys.researchnz.com/GRxSurvey2015> and entering your unique survey ID and password:

ID: IDNO

Password: Password

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. **BE IN TO WIN!** As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **Friday 15 May 2015** will go into a draw to win one of three prizes of \$200 worth of gift vouchers of your choice.

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: GRxSurvey2015@researchnz.com.

Kind regards

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



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 2014.
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 to those that have not completed the survey after two weeks.
When does the survey close?	The survey will remain open until Friday 15 May 2015.
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 First Name

THE 2015 GREEN PRESCRIPTION SURVEY

You are receiving this letter because last year your doctor or nurse prescribed a "Green Prescription" (GRx) to help you get more active. 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 by **Friday 22 May 2015** or you can complete the survey online by visiting <https://surveys.researchnz.com/GRxSurvey2015> and entering your unique survey ID and password:

ID: IDNO

Password: Password

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. **BE IN TO WIN!** As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **Friday 22 May 2015** will go into a draw to win one of three prizes of \$200 worth of gift vouchers of your choice.

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: GRxSurvey2015@researchnz.com.

Kind regards

Annita Wood
Project Manager
Research New Zealand



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 in 2014.
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 to those that have not completed the survey after two weeks.
When does the survey close?	The survey will remain open until Friday 22 May 2015 .
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).



Rongoā Kākāriki
GREEN
PRESCRIPTION

GRx Patient Satisfaction SURVEY

April 2015

YOU CAN COMPLETE THIS SURVEY ONLINE!!!

By going to <https://surveys.researchnz.com/GRxSurvey2015> 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 your doctor or practice nurse prescribed a "Green Prescription" for you last year. The survey should take you around ten minutes to fill out.

You can still complete most of the survey even if you have not made any lifestyle changes.

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 When did your doctor or practice nurse first prescribe a Green Prescription (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

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

- 1 Still following the GRx physical activities - **Go to Q5**
- 2 Doing physical activity but different from that recommended in your GRx - **Go to Q5**
- 3 Temporarily off GRx physical activities
- 4 No longer following the GRx physical activities

2 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 Cancer |
| <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 recovery |
| <input type="checkbox"/> 9 To stop smoking | <input type="checkbox"/> 18 Other (please write in) |

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

- | | |
|--|--|
| <input type="checkbox"/> 1 Injury/health problems | <input type="checkbox"/> 6 Lack of energy/too tired |
| <input type="checkbox"/> 2 Lack of time due to work | <input type="checkbox"/> 7 I'm too old |
| <input type="checkbox"/> 3 Just didn't want to | <input type="checkbox"/> 8 It's too hard to stick to a routine |
| <input type="checkbox"/> 4 Lack of time due to family responsibilities | <input type="checkbox"/> 9 Other (please write in) |
| <input type="checkbox"/> 5 Cost | |



MANATŪ HAUORA

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



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

1 Yes

2 No - **Go to Q7**

3 Don't know/unsure - **Go to Q7**

6 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	13 <input type="checkbox"/> Sleeping better
3 <input type="checkbox"/> Less stressed	12 <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 _____	

7 Have you been back to the doctor since you were first issued a GRx?

1 Yes

2 No - **Go to Q11**

8 Did the doctor/practice nurse discuss your GRx with you?

1 Yes

2 No - **Go to Q11**

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

1 Tell you to stop your physical activity? - **Go to Q11**

2 Encourage you to change your physical activity?

3 Encourage you to continue your physical activity unchanged?

10 When the doctor/practice nurse encouraged you to continue your physical activity, did he/she...

1 Write a new/extend your current GRX?

2 Give verbal advice only?

3 Other (please specify) _____

11 Compared with the time before you were first prescribed 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?

12 Have you received any specific advice on healthy eating?

1 Yes

2 No

3 Don't know

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

1 No

2 Yes (please specify) _____

14 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

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 Q24 "About you"**

15 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) _____

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

1 Yes

2 No

3 Don't know



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

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

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

1 Gym
 2 Swimming pool
 3 Sports club
 4 Other (please specify) _____
 5 Not referred to any provider (Go to Q20)

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

1 No
 2 Yes

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

1 No
 2 Yes

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

1 A sports club
 2 A GRx Community programme/group
 3 Another organised group
 4 People from work
 5 By myself
 6 Family members
 7 Friends
 8 Other (please specify) _____

22 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

23 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?

1 Very Satisfied
 2 Satisfied
 3 Neither/nor
 4 Dissatisfied
 5 Very Dissatisfied

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



Rongoā Kākāriki GREEN PRESCRIPTION

About You

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

24 Are you...?

1 Male

2 Female

25 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)

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

1 Under 18 years

2 18 - 24 yrs

3 25 - 29 yrs

4 30 - 34 yrs

5 35 - 39 yrs

6 40 - 44 yrs

7 45 - 49 yrs

8 50 - 54 yrs

9 55 - 59 yrs

10 60 - 64 yrs

11 65 - 69 yrs

12 70 - 74 yrs

13 75 - 79 yrs

14 80 years or over

27 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

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

1 NZ European

2 Maori

3 Samoan

4 Cook Island Maori

5 Tongan

6 Niuean

7 Chinese

8 Indian

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

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

11 British/European

12 Other (please specify)

29 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

2 Working part-time

3 Unemployed/actively seeking a job

4 At home

5 Retired

6 Sick/invalid beneficiary

7 Student (full-time, including secondary school)

8 Other (please write in)

30 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 2015** 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 \$200 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. When did your doctor or practice nurse first prescribe a Green Prescription (GRx) for you?

	Total	Age					Highest Qualification					Employment Status							
		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
Base =	2709	68	179	515	939	983	679	786	538	586	25**	523	349	123	291	883	416	60	28**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	11	9	12	9	13	10	15	11	8	10	10	12	8	12	11	10	14	16	8
4 - 6 months ago	28	27	31	30	26	28	25	31	31	25	41	28	31	28	31	27	26	26	20
6 - 8 months ago	23	30	18	28	24	20	20	20	28	25	14	26	25	29	25	21	20	19	28
More than 8 months ago	36	34	33	32	35	40	37	35	33	38	36	33	35	31	30	40	38	35	32
No response	2	0	6	0	2	2	3	3	0	1	0	1	0	0	2	3	2	5	12
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.

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



Table 2: Q2. 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	Moderate	Most
Base =	2709	68	179	515	939	983	777	1908	1838	666	218	83	45	679	786	538	586	25**	507	1044	1158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	23	3	4	12	24	36	20	24	25	19	21	22	26	28	23	19	21	26	25	24	22
Asthma/breathing problems	17	20	8	12	21	18	20	16	15	21	21	6	5	23	16	10	17	16	13	15	20
Back pain or problems	22	15	7	17	27	25	24	22	22	21	21	29	29	26	24	16	23	12	22	21	23
Diagnosed type 2 diabetes	20	2	6	22	24	20	27	17	14	21	32	26	14	26	19	20	14	33	16	17	24
Pre-diabetes/risk of diabetes	14	14	12	14	18	11	16	13	11	20	19	15	10	14	14	15	14	11	13	12	16
High blood pressure/risk of stroke	26	4	2	20	32	30	30	24	21	30	29	22	21	31	26	24	22	27	26	22	29
High cholesterol	21	1	11	18	24	23	24	19	18	23	22	28	24	26	18	19	20	41	21	20	22
Sleep problems	17	29	12	14	19	15	19	16	15	21	17	11	27	21	18	12	13	14	10	15	20
To stop smoking	5	15	6	6	6	1	5	4	3	7	9	1	3	8	4	3	3	0	1	4	7
Stress	17	23	25	20	19	11	14	19	16	19	16	11	26	18	16	17	18	15	14	18	18
Weight problems	56	75	72	63	62	41	52	59	50	67	62	33	64	60	55	54	59	60	49	53	61
Depression/anxiety	15	29	27	19	16	9	16	15	16	17	11	8	21	16	15	14	18	18	13	16	16
Cancer	3	0	0	2	4	3	3	3	2	3	5	1	0	3	3	3	3	0	2	2	3
Heart problems	14	2	0	6	16	21	22	10	14	14	14	8	8	15	14	11	15	8	13	11	16
Osteoporosis	5	0	0	1	5	9	4	5	5	5	3	3	6	5	6	3	4	4	5	4	5
Fall prevention	7	0	0	2	5	14	5	7	8	4	5	6	3	8	6	6	6	6	7	7	6
Injury recovery	11	2	5	11	13	11	14	10	12	11	10	19	10	11	11	11	12	12	12	12	10
General fitness	1	1	1	1	1	2	2	1	2	1	0	0	0	1	1	1	3	0	1	1	2
Surgery recovery	2	1	2	2	1	4	3	2	3	2	1	0	2	2	2	2	3	0	2	2	2
Mental illness	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0

continued...



Table 2: (continued) Q2. 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	Moderate	Most
	Base = 2709	68	179	515	939	983	777	1908	1838	666	218	83	45	679	786	538	586	25**	507	1044	1158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Fibromyalgia	1	1	0	0	1	0	0	1	1	0	0	1	0	0	1	1	1	2	1	1	0
Other	6	6	11	7	6	6	5	7	7	6	7	5	7	5	7	5	9	6	6	7	6
No response	3	0	6	2	3	4	2	4	4	3	3	2	3	3	3	4	3	9	4	3	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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



Table 3: Q2. What were the main reasons you required a GRx for support to be more active?

	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 =	2709	523	349	123	291	883	416	60	28**	1412	1187	1300	1276	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	23	12	19	16	17	37	27	8	26	26	18	34	13	24	19	17
Asthma/breathing problems	17	12	15	17	15	18	29	13	6	23	10	22	13	18	13	12
Back pain or problems	22	14	22	22	19	25	35	4	20	26	17	31	15	23	17	15
Diagnosed type 2 diabetes	20	21	14	27	16	20	26	19	0	22	18	21	20	20	12	17
Pre-diabetes/risk of diabetes	14	18	16	8	19	11	15	7	15	13	16	13	15	14	15	12
High blood pressure/risk of stroke	26	23	26	22	23	29	32	4	14	28	24	28	24	27	17	17
High cholesterol	21	23	19	20	20	22	22	3	2	21	20	21	21	22	11	15
Sleep problems	17	11	14	17	17	15	30	9	19	21	11	21	13	17	16	8
To stop smoking	5	6	6	9	4	1	8	7	3	6	3	5	5	5	4	0
Stress	17	14	17	24	17	11	29	20	15	21	12	19	16	18	19	9
Weight problems	56	63	61	70	57	39	67	72	51	58	55	56	57	57	61	52
Depression/anxiety	15	11	14	21	16	9	31	24	8	20	10	19	13	16	13	14
Cancer	3	3	2	3	2	3	4	0	0	3	2	5	2	3	4	1
Heart problems	14	8	13	11	11	21	16	0	5	16	11	18	10	14	10	8
Osteoporosis	5	2	5	6	3	9	5	0	5	6	3	7	2	5	4	1
Fall prevention	7	2	4	3	4	14	8	1	0	9	3	10	4	7	3	6
Injury recovery	11	8	10	19	12	11	15	2	12	12	10	16	7	11	8	7
General fitness	1	1	1	2	1	2	1	0	9	2	1	1	2	2	1	1
Surgery recovery	2	3	1	0	1	4	1	0	2	2	2	3	1	2	2	9
Mental illness	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0



Table 3: (continued) Q2. What were the main reasons you required a GRx for support to be more active?

	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 = 2709	523	349	123	291	883	416	60	28**	1412	1187	1300	1276	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Fibromyalgia	1	0	1	0	1	0	1	0	0	1	0	1	0	1	1	0
Other	6	5	6	3	8	5	8	12	27	7	6	8	5	6	7	11
No response	3	3	5	3	2	4	2	5	2	3	4	3	4	3	3	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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



Table 4: Q3. Are you currently...?

	Total	Age					Ethnic Group					Employment Status							Overall Satisfaction			
		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 = 2709	68	179	515	939	983	1838	666	218	83	45	523	349	123	291	883	416	60	28**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	39	25	38	32	42	43	41	34	35	51	43	36	41	38	38	45	33	35	61	46	16	9
Doing physical activity but different from that recommended in your GRx	21	27	22	25	20	19	22	18	20	20	28	25	23	20	16	18	22	18	12	22	24	20
Temporarily off GRx physical activities	15	13	11	14	14	18	17	17	12	7	10	15	15	11	17	16	16	7	7	16	15	10
No longer following the GRx physical activities	18	34	21	23	19	11	14	25	25	13	11	17	18	26	23	11	22	34	2	12	37	58
No response	7	1	8	7	5	10	7	6	8	9	8	6	3	4	5	10	8	5	18	5	8	4
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 5: Q4. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Total	Age					Highest Qualification					Employment Status							
		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
Base =	994*	28**	54	190	337	375	280	286	165	211	8**	180	116	45	109	318	176	25**	7**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	28	27	15	27	29	33	31	30	24	29	16	23	34	10	25	33	38	15	26
Lack of time due to work	16	29	26	15	18	9	8	20	30	9	18	48	21	8	2	5	3	22	0
Just didn't want to	6	18	14	4	6	3	6	6	5	6	0	8	14	2	5	4	3	3	7
Lack of time due to family responsibilities	17	7	31	24	16	12	17	22	14	16	17	19	18	28	27	11	16	15	0
Cost	17	26	14	24	19	10	16	14	18	25	11	12	17	24	18	11	28	33	0
Lack of energy/too tired	13	8	14	14	16	11	16	13	12	12	18	13	6	10	13	11	25	6	7
I'm too old	3	0	0	1	2	6	3	3	0	3	0	2	0	0	1	6	4	0	0
It's too hard to stick to a routine	10	14	8	10	13	8	14	11	6	8	14	13	7	15	9	8	12	11	0
The programme ran its course/wasn't renewed GRx	2	2	4	1	1	1	2	2	1	1	0	0	1	0	4	1	1	11	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	6	1	5	2	2	1	3	3	5	0	4	2	1	1	2	2	15	0
Moved elsewhere/out of town/on holiday	2	11	0	0	3	3	1	2	7	2	8	0	1	7	5	3	0	0	0
I'm doing other physical activities (not GRx)	2	2	5	0	3	1	2	1	3	3	0	0	5	6	1	1	1	12	0
Other	14	0	10	11	14	16	14	13	12	13	18	10	7	10	18	17	13	11	0
No response	11	0	9	12	7	15	11	10	6	12	42	9	7	6	11	17	8	0	66

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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: Q4. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Total	Community Services Card		Disability		Overall Satisfaction		
		Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	994*	563	381	523	419	681	112	71
	%	%	%	%	%	%	%	%
Injury/health problems	28	30	27	39	16	33	26	16
Lack of time due to work	16	9	26	11	22	16	24	11
Just didn't want to	6	4	7	4	7	6	8	6
Lack of time due to family responsibilities	17	17	18	11	24	17	19	21
Cost	17	21	12	19	16	15	27	30
Lack of energy/too tired	13	14	13	16	12	13	18	17
I'm too old	3	3	2	4	2	3	3	1
It's too hard to stick to a routine	10	10	11	9	12	10	18	5
The programme ran its course/wasn't renewed GRx	2	2	0	2	2	2	1	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	2	4	3	3	0	9	11
Moved elsewhere/out of town /on holiday	2	1	5	2	2	3	2	0
I'm doing other physical activities (not GRx)	2	3	0	1	3	2	1	1
Other (Specify)	14	15	12	14	13	12	10	18
No response	11	10	12	10	10	10	4	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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

		Overall Satisfaction		
		Satisfied	Neutral	Dissatisfied
Total				
Base = 2709		2189	208	111
%		%	%	%
Yes	69	79	37	22
No	15	9	45	58
Don't know/unsure	11	10	15	19
No response	5	2	2	0
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 8: Q6. If yes, what positive changes have you noticed?

	Total	Age					Ethnic Group					Employment Status							
		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
	Base = 2056*	44	137	377	731	752	1382	520	168	60	35	410	274	84	217	683	299	39	27**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	33	15	29	37	36	28	26	40	42	29	20	28	28	29	38	28	48	31	26
Feel stronger/fitter	51	49	45	56	50	51	54	49	42	55	60	53	50	53	53	52	45	53	61
Less stressed	29	26	32	35	32	21	28	30	27	28	48	31	30	48	31	22	28	40	20
Less joint pain/discomfort	22	8	10	19	24	26	21	22	23	16	21	20	20	16	19	27	24	21	6
Less back pain	15	7	9	14	17	16	15	14	18	23	26	11	14	15	14	16	20	18	4
More energy	40	42	48	45	43	32	39	42	39	40	38	40	46	39	45	34	42	49	48
Lower cholesterol	13	5	4	13	16	14	10	15	15	29	16	14	13	12	11	14	13	13	9
Lower blood pressure	18	5	6	17	20	20	16	22	17	18	20	16	15	14	16	20	24	12	10
Less medication	7	0	3	9	7	7	6	7	10	5	14	6	7	5	3	7	10	8	5
Lost weight	43	45	54	49	47	32	41	46	47	47	45	49	45	52	39	35	46	46	51
Smoking less	6	1	10	10	6	2	5	8	7	1	0	4	4	7	11	2	9	12	4
Sleeping better	25	29	28	31	25	19	23	25	31	27	34	25	24	28	28	17	33	30	22
Fewer illnesses	7	7	10	11	8	4	6	8	10	3	4	9	8	8	4	4	12	8	3
Generally feel better	47	51	41	48	47	48	50	46	40	54	63	47	45	47	44	49	47	41	48
Feel less depressed/anxious	16	22	23	25	16	9	17	17	14	21	17	14	15	25	18	9	24	33	26
Increased mobility	21	8	9	20	25	23	23	24	15	20	18	17	17	11	25	24	27	26	11
Better balance/fewer falls	9	1	5	5	10	13	10	9	8	8	4	4	6	13	8	14	10	12	3
Improved blood sugar levels	14	0	4	16	16	13	11	16	18	38	15	15	13	14	13	14	14	11	17
Other	3	2	6	3	3	3	2	5	3	4	0	5	2	1	2	3	3	10	8
No response	8	2	11	5	9	9	7	8	13	3	0	10	8	4	8	7	10	8	12

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 9: (continued) Q6. If yes, what positive changes have you noticed?

	Total	Community Services Card		Disability		Overall Satisfaction		
		Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2056*	1064	917	944	1008	1820	83	33
	%	%	%	%	%	%	%	%
Breathing easier	33	37	28	33	32	34	30	43
Feel stronger/fitter	51	51	53	48	54	54	35	46
Less stressed	29	30	28	28	30	31	26	23
Less joint pain/discomfort	22	23	21	23	22	23	23	26
Less back pain	15	17	14	17	14	16	13	7
More energy	40	40	41	35	45	43	29	31
Lower cholesterol	13	13	15	14	13	14	10	8
Lower blood pressure	18	18	18	17	19	19	15	2
Less medication	7	7	6	8	6	7	5	6
Lost weight	43	43	44	38	48	45	40	38
Smoking less	6	8	3	5	6	6	3	3
Sleeping better	25	26	24	23	26	26	20	4
Fewer illnesses	7	8	6	6	8	8	4	5
Generally feel better	47	46	49	47	48	50	44	36
Feel less depressed/anxious	16	19	13	16	17	17	13	11
Increased mobility	21	22	20	23	16	23	22	24
Better balance/fewer falls	9	11	7	13	6	10	7	7
Improved blood sugar levels	14	13	15	14	14	14	20	16
Other	3	3	3	3	3	3	0	4
No response	8	8	8	10	7	4	7	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 10: Q7. Have you been back to the doctor since you were first issued a GRx?

	Total	Age					Employment Status								Disability		Overall Satisfaction		
		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	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2709	68	179	515	939	983	523	349	123	291	883	416	60	28**	1300	1276	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	68	48	51	62	70	75	61	60	74	62	76	74	45	54	76	60	70	65	77
No	29	52	45	36	27	21	36	37	25	33	21	22	55	34	22	36	28	33	22
No response	4	0	4	3	3	4	2	4	2	5	3	4	0	12	3	3	2	2	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.

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



Table 11: Q8. Did the doctor/practice nurse discuss your GRx with you?

		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 = 1967*		333	232	91	196	705	332	32	22**	1598	148	88
%		%	%	%	%	%	%	%	%	%	%	%
Yes	51	48	54	46	55	48	65	31	38	56	38	30
No	42	47	40	53	36	44	30	69	36	40	59	68
No response	7	6	6	2	9	8	5	0	26	4	3	2
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 been back to the doctor since they were first issued a GRx.

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



Table 12: Q9. When the doctor/practice nurse discussed your GRx with you, did he/she...

		Overall Satisfaction		
		Satisfied	Neutral	Dissatisfied
Base =		960	63	28**
Total		%	%	%
Tell you to stop your physical activity?	2	2	3	4
Encourage you to change your physical activity?	14	14	31	38
Encourage you to continue your physical activity unchanged?	70	77	56	51
No response	14	8	10	7
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, and discussed their GRx.

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



Table 13: Q10. When the doctor/practice nurse encouraged you to continue your physical activity, did he/she...

	Total	Highest Qualification					Employment Status								Overall Satisfaction		
		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	Satisfied	Neutral	Dissatisfied
	Base = 1100*	290	325	184	247	12**	181	122	46	114	396	204	12**	15**	943	61	27**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Write a new/extend your current GRx?	21	17	18	20	33	22	12	25	35	20	20	23	11	36	23	17	8
Give verbal advice only?	60	57	69	64	51	58	70	60	60	54	61	57	81	13	65	61	75
Other	2	1	4	2	2	4	2	0	2	5	2	3	0	11	2	6	10
No response	17	25	9	13	13	15	15	15	3	21	18	18	8	40	11	16	8
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.

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

	Total	Age					Ethnic Group					Highest Qualification					Overall Satisfaction		
		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	Satisfied	Neutral	Dissatisfied
	Base = 2709	68	179	515	939	983	1838	666	218	83	45	679	786	538	586	25**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	58	59	63	54	58	60	61	55	51	70	60	50	62	62	62	78	65	39	34
About the same amount of time being active?	24	17	19	23	24	26	26	25	18	10	26	20	25	25	25	19	22	42	41
Less time being active?	11	24	11	16	10	7	9	14	14	12	9	15	9	9	9	0	9	16	24
No response	8	0	7	8	8	7	5	6	17	9	6	14	4	4	4	3	4	2	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.

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



Table 15: Q11a. If about the same time, why is this?

	Total	Employment Status							
		Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other
	Base = 429*	101	64	18**	39	125	64	10**	3**
	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	24	11	21	18	16	33	45	0	29
Already doing enough, already/always been active/happy with what doing	17	11	14	41	17	24	17	0	71
Too busy/no time	11	17	7	10	21	8	2	46	0
Increased workload/long hours/work commitments	12	29	21	6	5	2	1	0	0
Lack of motivation/laziness/depression	6	7	9	4	0	6	6	0	0
Lack energy/tired	2	3	1	4	0	3	2	7	0
Specified type of activity/level of activity	0	0	0	0	0	0	0	0	0
Family responsibilities	7	10	6	7	16	5	0	15	0
GRx has not helped	1	1	1	0	4	0	1	0	0
Weather/darkness	1	1	3	0	2	2	1	0	0
Lack of support	2	3	0	3	1	0	8	8	0
Other commitments, holidays	3	0	8	0	5	4	0	0	20
Difficulty getting into, or lost, routine/didn't get into a habit	3	4	6	4	0	4	1	7	0
Costs/fees of activity too expensive	4	7	2	6	7	3	3	14	0
Getting too old/no longer up to it	1	0	0	0	0	4	1	0	0
Other	14	12	20	5	12	14	17	10	0
No particular reason	0	0	0	0	0	0	0	0	0
Don't know	1	3	0	0	0	0	1	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 16: Q11b. If less time, why is this?

	Total	Age					Employment Status							
		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
Base =	189*	8**	11**	55	63	50	44	23**	12**	20**	46	36	5**	1**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	42	28	54	27	45	60	29	37	40	42	58	52	29	0
Increased workload/longer hours/work commitments	13	4	5	23	15	1	40	28	3	0	0	0	0	0
Lack of motivation/confidence, laziness, depressed	13	15	5	15	18	7	7	13	37	3	6	30	0	100
Lack energy/tired	5	30	7	5	1	3	7	2	0	16	4	1	0	0
Specified type of activity not doing	1	0	0	1	0	4	1	0	0	0	4	0	0	0
Too busy/no time, other priorities/commitments (including study)	10	0	23	16	6	6	8	6	0	16	6	4	65	0
Family responsibilities (incl. pregnancy, home issues)	8	0	10	6	13	2	4	31	6	4	1	2	29	0
Weather/darkness/daylight saving over	3	0	0	2	6	2	3	0	0	13	3	2	0	0
Costs/fees of activities too expensive	2	0	0	2	4	2	4	0	0	3	3	4	0	0
Other	11	23	10	6	7	21	3	15	18	7	22	9	6	0
No particular reason	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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 17: Q12. Have you received any specific advice on healthy eating?

	Total	Ethnic Group					Overall Satisfaction		
		European	Maori	Pacific	Asian	Other	Satisfied	Neutral	Dissatisfied
Base =	2709	1838	666	218	83	45	2189	208	111
	%	%	%	%	%	%	%	%	%
Yes	71	67	77	74	72	60	76	53	52
No	24	29	18	18	20	33	21	39	45
Don't know	2	2	2	1	4	7	2	6	3
No response	4	2	3	6	5	0	1	2	0
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.

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



Table 18: Q13. Have you made any changes to your food and/or drink intake since being given your GRx?

	Total	Age					Ethnic Group					Highest Qualification				
		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 =	2709	68	179	515	939	983	1838	666	218	83	45	679	786	538	586	25**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	27	36	23	25	22	34	32	20	21	30	25	27	28	25	28	8
Yes (Specify)	67	64	71	70	69	61	63	74	67	63	68	63	67	72	67	88
No response	7	1	6	5	9	5	4	6	12	7	7	10	5	3	5	4
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 19: Q13. Have you made any changes to your food and/or drink intake since being given your GRx?

	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 = 2709	523	349	123	291	883	416	60	28**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%
No	27	20	24	33	25	36	23	27	19	25	44	36
Yes (Specify)	67	76	69	60	67	60	66	71	69	72	52	54
No response	7	5	7	6	8	4	11	2	12	3	5	10
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.

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



Table 20: Q13a. What changes?

	Total	Age					Ethnic Group					Employment Status							Overall Satisfaction			
		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 = 1641*	42	122	330	600	534	1069	447	139	54	29**	365	228	65	183	474	251	38	17**	1421	98	50
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	20	25	27	23	19	17	15	28	27	21	27	19	24	25	25	15	22	33	27	20	18	10
Eating more healthily/less junk food (better choices, watch what I eat)	22	36	20	21	22	23	25	25	14	27	36	22	17	32	23	24	18	29	39	23	18	8
Eating less/smaller meals (portion control)	22	22	18	20	22	24	22	21	20	13	14	26	20	18	19	24	20	12	3	23	8	13
Cut down on fats/low fat foods	10	15	4	9	11	11	7	8	17	24	14	10	8	5	12	12	12	5	8	9	9	7
Less/avoid sugar and sugary foods, sweets, soft drinks	27	30	33	30	27	22	28	27	29	22	18	26	26	12	31	23	35	14	58	28	21	21
Eat more vegetables	23	30	31	19	25	20	16	26	35	31	26	17	22	42	22	21	27	34	21	23	15	14
Eat more fruit	10	13	11	6	12	12	10	11	9	8	6	7	11	9	11	11	11	23	10	11	11	10
Less alcohol	4	3	3	3	4	7	6	2	3	0	0	4	6	1	1	7	5	0	4	4	4	13
Reduce carbohydrates, including bread (gluten)	10	3	9	15	9	9	11	11	9	16	8	15	7	8	7	9	14	11	0	11	13	11
No snacking/regular meals, breakfasts	3	5	3	3	4	3	3	4	3	0	2	3	6	4	5	3	1	8	3	3	3	2
Diet plans	4	0	3	4	3	5	5	3	0	1	3	3	8	3	3	5	3	1	0	3	11	4
Eat less (red) meat/more fish	3	2	3	1	3	6	2	4	2	19	12	1	2	6	3	6	3	0	2	3	8	0
Cut down on salt use	4	0	1	6	3	5	4	5	5	3	0	5	2	0	2	5	5	7	0	4	0	10
Less takeaways/fast foods	4	13	8	4	5	1	2	6	4	1	0	6	7	4	5	1	4	0	0	4	1	0

continued...



Table 20: (continued) Q13a. What changes?

	Total	Age					Ethnic Group					Employment Status							Overall Satisfaction			
		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 = 1641*	42	122	330	600	534	1069	447	139	54	29**	365	228	65	183	474	251	38	17**	1421	98	50
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less dairy (milk, butters, etc.)	2	0	0	1	3	3	2	2	2	0	0	2	3	5	2	3	1	2	0	2	1	2
Less coffee/tea	1	0	2	1	2	0	2	2	1	2	0	2	2	1	1	1	1	1	0	1	0	0
More grain breads, fibre or similar	2	3	0	1	3	1	2	1	1	5	3	2	1	5	1	1	2	2	0	1	4	0
More protein	1	3	3	3	1	1	1	2	0	0	0	2	1	8	1	1	1	2	0	2	2	0
Supplements, dietary	1	0	3	1	0	0	0	2	0	0	0	1	0	4	0	0	0	0	0	1	0	0
Yes (in general)	0	0	3	1	0	0	0	1	1	0	0	1	0	0	0	0	1	0	0	1	0	0
Yes, reading labels on food	2	9	3	1	2	2	3	2	2	0	3	2	3	0	2	2	1	7	19	2	4	1
Stopped/reduced smoking	0	0	0	1	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Other	13	1	9	15	17	10	13	12	21	8	10	18	11	4	19	11	13	7	9	12	18	14
No particular reason	0	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	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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

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



Table 21: Q14. How was contact first made with the GRx support person?

	Total	Age					Ethnic Group					Highest Qualification					NZDep Index			Overall Satisfaction		
		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	Moderate	Most	Satisfied	Neutral	Dissatisfied
Base = 2709		68	179	515	939	983	1838	666	218	83	45	679	786	538	586	25**	507	1044	1158	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	64	60	69	66	66	62	70	57	56	75	68	57	65	70	72	81	75	70	58	69	77	75
I went to see them in person	21	34	18	21	19	23	20	27	22	4	16	21	22	21	18	19	16	18	25	24	16	14
I called 0800 ACTIVE or the local phone number provided	4	1	4	4	4	4	4	4	4	4	13	4	3	4	4	0	3	4	4	4	7	8
I have not had any contact with a GRx support person	7	4	9	6	8	5	4	7	14	16	3	12	6	3	3	0	2	5	10	0	0	0
No response	4	1	0	4	3	5	2	5	5	1	0	5	4	1	3	0	3	4	4	3	1	4
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 22: Q15. After your first contact, how were you given support to follow your GRx activities?

	Total	Age					Ethnic Group					Highest Qualification					NZDep Index		
		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	Moderate	Most
	Base = 2595*	64	171	498	895	943	1784	631	196	76	44	627	756	525	572	25**	493	1010	1092
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	62	64	59	67	62	58	63	60	55	57	79	62	62	62	61	82	70	61	59
Face-to-face/in person	46	46	41	46	46	47	41	56	53	37	24	46	44	48	48	66	38	41	53
Brochures/leaflets	33	37	37	26	33	36	36	32	18	38	29	27	34	37	37	33	41	33	30
A GRx Community programme/group	19	17	10	16	18	25	22	20	12	14	13	16	20	19	22	22	21	19	18
Text or email	17	21	23	25	19	10	15	24	20	14	14	11	18	24	20	16	15	18	18
No support/follow up offered	3	7	3	2	5	3	3	4	4	7	5	4	4	4	3	0	2	3	4
I didn't want any support/follow up	2	1	5	1	2	2	2	2	1	5	2	1	2	3	1	3	2	2	1
Mail/letter	0	1	1	0	0	0	0	0	0	1	0	0	0	0	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
Other	2	1	1	2	3	3	2	2	3	1	5	2	2	3	4	0	2	2	3
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	3	1	2	1	4	3	2	3	3	1	5	3	2	1	3	0	2	4	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 23: Q15. After your first contact, how were you given support to follow your GRx activities?

	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 = 2595*	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	62	61	64	51	67	58	69	50	77	64	52	41
Face-to-face/in person	46	48	43	46	46	48	45	40	42	50	28	24
Brochures/leaflets	33	30	35	26	37	36	32	23	22	36	26	17
A GRx Community programme/group	19	13	18	14	23	26	19	7	7	21	13	6
Text or email	17	28	23	16	17	10	15	13	23	19	11	12
No support/follow up offered	3	2	5	2	3	2	4	12	12	2	13	20
I didn't want any support/follow up	2	2	2	1	5	2	1	0	0	1	4	7
Mail/letter	0	0	0	0	0	0	0	1	0	0	0	0
Watched DVD/Video	0	0	0	0	0	0	0	0	0	0	0	0
Other	2	1	5	1	1	3	3	2	20	2	3	4
Don't know	0	0	0	0	0	0	0	0	0	0	0	0
No response	3	2	4	3	4	2	2	6	0	1	1	4

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 24: Q16. Has your GRx support person given an extension for longer support during the last year?

	Total	Age					Employment Status								Overall Satisfaction		
		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 = 2595*	64	171	498	895	943	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	35	25	24	31	36	40	27	38	36	35	41	35	21	38	39	16	7
No	34	44	47	35	34	30	37	35	46	38	29	31	40	27	32	49	66
Don't know	22	31	25	26	21	19	28	19	11	19	20	26	27	12	21	31	22
No response	9	0	5	8	10	11	9	8	7	8	11	8	12	23	8	5	5
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.

*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 25: Q17. What, if any, physical activities did the GRx support person suggest to you?

	Total	Age					Gender		Employment Status								Overall Satisfaction		
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Male	Female	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Satisfied	Neutral	Dissatisfied
	Base = 2595*	64	171	498	895	943	731	1840	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	3	1	3	3	2	3	4	2	2	2	2	2	3	4	5	0	1	11	16
Walking	70	71	62	71	73	68	66	72	71	71	74	71	67	75	62	61	75	54	35
Swimming	51	52	42	54	57	43	44	54	55	53	47	57	44	53	64	45	54	38	34
Gardening	16	2	6	9	17	24	17	16	11	14	12	15	23	17	11	13	18	8	9
Other home based activities (e.g. exercycle/treadmill)	18	17	24	18	17	18	20	17	17	18	22	17	18	19	15	27	20	12	3
Water/pool exercises	42	30	28	42	46	41	32	46	41	45	37	43	42	43	30	43	45	31	26
Tai chi	9	2	3	4	8	14	5	10	5	7	4	6	16	8	0	0	10	3	5
Yoga/Pilates/Zumba	7	5	13	6	8	4	3	8	8	10	10	9	5	4	6	2	7	5	3
Cycling	12	11	8	14	13	10	16	10	15	16	8	10	10	10	20	2	13	9	7
Gym exercises (e.g. aerobics, weights)	38	57	46	44	37	32	38	38	47	38	35	32	32	40	44	56	41	31	27
Fall prevention programme	3	0	1	1	3	6	3	4	3	3	1	2	6	2	0	0	4	1	2
GRx Community programme/group	17	17	12	16	18	17	12	19	15	18	17	19	17	17	13	9	18	10	7
Sport/sporting activities	1	12	1	0	1	1	2	1	1	2	6	0	1	0	0	0	1	0	0
Other	5	9	8	5	4	4	4	5	7	3	7	4	4	3	6	4	4	10	10
No response	4	0	7	3	5	3	6	3	4	7	7	8	2	2	5	0	2	2	8

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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 26: Q18. Were you referred to any of the following activity provider(s)?

	Total	Age					Ethnic Group					Employment Status							Overall Satisfaction			
		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 = 2595*	64	171	498	895	943	1784	631	196	76	44	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	42	62	43	52	44	32	37	54	47	52	59	53	37	54	39	32	45	63	52	46	27	33
Swimming pool	52	42	37	55	58	47	49	60	53	53	62	55	51	57	58	47	56	45	26	56	37	32
Sports club	4	7	3	4	4	5	4	4	6	15	13	3	5	6	7	5	3	5	0	5	3	2
Other	7	3	9	6	7	9	7	6	7	7	3	5	6	10	6	10	8	6	2	7	6	6
Not referred to any provider	21	22	31	21	18	22	23	16	19	9	14	23	22	16	17	23	19	17	31	18	44	40
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
No response	6	1	4	3	6	9	6	5	7	1	3	2	8	6	7	8	5	1	0	4	4	5

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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

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



Table 27: Q19. Was the activity provider right for you?

	Total	Age					Employment Status								Overall Satisfaction		
		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 = 2072*	50	124	391	740	746	389	271	98	229	673	316	47	20**	1804	132	62
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	11	7	19	14	11	8	14	8	4	17	7	14	20	3	8	32	39
Yes	77	90	73	79	76	77	79	75	85	69	79	75	76	92	83	55	45
No response	12	3	8	7	13	15	7	16	11	14	14	11	4	5	9	12	15
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.

*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 28: Q20. As a result of your GRx experience, have you encouraged others to become more active?

	Total	Ethnic Group					Employment Status								Overall Satisfaction		
		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 = 2595*	1784	631	196	76	44	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	26	29	24	22	12	21	30	23	23	27	25	25	28	22	22	57	68
Yes	64	63	68	65	70	69	65	66	68	61	64	64	67	74	71	36	23
No response	10	9	9	13	18	10	5	11	9	12	11	11	5	4	7	6	9
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.

*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 29: Q21. When you do physical activity, who is it with?

	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 = 2595*	64	171	498	895	943	731	1840	1784	631	196	76	44	627	756	525	572	25**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
A sports club	6	5	3	6	5	8	8	5	7	5	3	7	15	7	5	7	4	7
A GRx Community programme/group	21	8	12	14	18	30	15	23	21	20	19	19	6	20	21	19	22	15
Another organised group	13	8	10	11	13	16	12	13	13	12	14	5	12	10	13	14	16	7
People from work	4	0	3	5	6	1	3	4	3	5	5	2	3	3	3	7	3	29
By myself	65	63	60	72	68	57	64	65	67	67	55	62	60	57	66	70	68	96
Family members	33	43	47	37	36	25	30	35	28	36	48	27	27	34	33	37	32	29
Friends	26	29	33	30	29	17	19	29	24	28	25	14	28	22	28	25	28	34
Other	4	7	1	4	4	4	4	4	4	5	2	8	4	6	4	2	5	3
No response	4	3	5	2	4	3	5	3	3	3	7	1	0	6	3	2	2	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

*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: Q21. When you do physical activity, who is it with?

	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 = 2595*	501	341	117	275	849	394	57	27**	2189	208	111
	%	%	%	%	%	%	%	%	%	%	%	%
A sports club	6	6	6	5	6	7	4	2	2	6	4	7
A GRx Community programme/group	21	11	15	17	21	32	21	3	23	23	6	9
Another organised group	13	9	11	10	15	17	13	8	20	14	10	7
People from work	4	12	6	0	2	1	2	0	5	4	2	5
By myself	65	72	70	57	69	58	64	68	74	66	70	59
Family members	33	39	29	45	46	25	32	39	18	35	30	26
Friends	26	28	31	33	28	19	26	30	12	27	25	14
Other	4	3	2	9	1	4	5	3	10	4	4	6
No response	4	3	7	2	4	3	4	0	4	1	5	5

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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

	Total	Age					Highest Qualification					Overall Satisfaction		
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	No qualification	Secondary	Tertiary	Other post-secondary	Other	Satisfied	Neutral	Dissatisfied
	Base = 2490*	64	168	491	869	879	594	727	515	556	25**	2153	201	107
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	47	28	51	44	49	46	48	45	47	46	70	52	4	4
Agree	46	67	40	47	44	48	47	49	44	45	27	46	62	31
Neither agree nor disagree	4	3	6	4	4	4	4	3	6	5	3	1	29	26
Disagree	2	1	3	2	2	1	0	3	1	2	0	0	4	26
Strongly disagree	1	1	1	3	1	1	1	1	3	2	0	1	1	12
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 32: Please indicate how strongly you agree or disagree with each of these statements...The physical activity options suggested were appropriate for me

		Overall Satisfaction		
		Satisfied	Neutral	Dissatisfied
Total				
Base = 2465*		2134	200	105
%		%	%	%
Strongly agree	36	41	6	3
Agree	53	54	48	27
Neither agree nor disagree	7	4	33	25
Disagree	3	1	9	33
Strongly disagree	1	1	3	11
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 contact with a GRx support person and who gave a rating.

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



Table 33: Please indicate how strongly you agree or disagree with each of these statements...The information and advice I was given was relevant to me

		Overall Satisfaction		
		Satisfied	Neutral	Dissatisfied
Total				
Base = 2442*		2112	197	105
%		%	%	%
Strongly agree	39	43	4	7
Agree	51	52	53	31
Neither agree nor disagree	6	3	34	19
Disagree	2	1	9	31
Strongly disagree	1	1	0	13
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 contact with a GRx support person and who gave a rating.

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



Table 34: 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

		Overall Satisfaction		
		Satisfied	Neutral	Dissatisfied
Total				
Base = 2453*		2131	195	106
%		%	%	%
Strongly agree	44	49	7	4
Agree	42	44	32	17
Neither agree nor disagree	9	6	37	19
Disagree	4	1	22	37
Strongly disagree	2	1	2	23
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 contact with a GRx support person and who gave a rating.

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



Table 35: Please indicate how strongly you agree or disagree with each of these statements...The person I spoke to was understanding and supportive

		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 = 2472*		493	325	113	263	794	375	55	27**	2144	199	103
%		%	%	%	%	%	%	%	%	%	%	%
Strongly agree	51	48	54	36	55	52	56	42	44	57	7	6
Agree	40	40	38	58	37	42	35	49	33	40	53	26
Neither agree nor disagree	6	9	5	4	6	3	6	8	0	3	32	31
Disagree	2	2	2	1	1	2	3	1	8	0	8	26
Strongly disagree	1	1	1	0	0	1	0	0	15	1	0	12
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 36: 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	Highest Qualification					Community Services Card		Overall Satisfaction		
		No qualification	Secondary	Tertiary	Other post-secondary	Other	Yes	No	Satisfied	Neutral	Dissatisfied
	Base = 2432*	576	715	503	544	24**	1261	1085	2112	196	101
	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	42	43	43	42	39	66	42	42	47	5	4
Agree	43	50	44	36	41	28	47	38	45	33	28
Neither agree nor disagree	10	4	10	17	12	6	6	15	6	49	25
Disagree	3	2	2	2	4	0	3	2	1	8	26
Strongly disagree	2	1	0	4	3	0	2	2	1	4	16
Total	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 37: 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

		Agee					Overall Satisfaction		
Total		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Satisfied	Neutral	Dissatisfied
Base = 2431*		64	168	485	853	843	2113	198	101
%		%	%	%	%	%	%	%	%
Strongly agree	40	39	45	34	42	39	44	2	9
Agree	42	24	34	42	40	46	45	21	8
Neither agree nor disagree	13	25	18	14	12	11	9	58	22
Disagree	4	12	2	5	4	2	1	15	34
Strongly disagree	2	1	2	5	1	1	1	3	27
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 contact with a GRx support person and who gave a rating.

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



Table 38: 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?

	Total	Age					Overall Satisfaction		
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs	Satisfied	Neutral	Dissatisfied
	Base = 2508*	64	169	490	867	900	2189	208	111
	%	%	%	%	%	%	%	%	%
Very satisfied	52	31	54	47	54	55	59	0	0
Satisfied	36	55	30	38	36	37	41	0	0
Neither/nor	7	13	10	9	6	6	0	100	0
Dissatisfied	2	1	5	3	2	2	0	0	58
Very dissatisfied	2	1	1	3	2	1	0	0	42
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 contact with a GRx support person and who gave a rating.

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



Table 39: Q23a. Reasons for being satisfied (contains mixed comments)

	Age					
	Total	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs
Base =	1311*	35	97	237	485	448
	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	36	60	39	35	34	33
Follow-up contact received/checks on progress	11	7	18	13	9	11
Motivated me to be active/more active, am more active as a result	6	5	8	6	5	7
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	4	5	4	5	2
Improved health, motivation, confidence/Feel better, happier/See results	8	3	1	11	9	6
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	5	1	3	3	3
Useful/Good information/advice/explanations/ideas/suggestions	8	9	21	8	8	5
Appropriate activities - suitable for my lifestyle, abilities, condition	5	5	2	5	6	5
Excellent/Great/Awesome team, support	5	1	4	7	5	5
Service great/good/impressive	5	0	4	8	6	2
Personal contact/attention	2	1	3	0	2	2
No pressure/non-judgmental	1	5	0	2	1	0
Easy to contact/talk to, accessible, approachable	1	0	0	3	1	2
Greater awareness/understanding of need to be/benefits of being more active	1	0	0	2	0	1
Help with activities/exercises	0	0	0	0	0	1
Great/good communicator - clear/concise/understandable	1	0	3	0	1	0
A lack of contact or follow-up/more follow-up required	1	0	0	0	1	2
Other barriers: distance to travel, family responsibilities, work, time, cost	4	0	1	5	4	4

continued...



Table 39: (continued) Q23a. Reasons for being satisfied (contains mixed comments)

	Total	Age				
		Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	65+ yrs
Base =	1311*	35	97	237	485	448
	%	%	%	%	%	%
Already active/doing own thing	1	0	4	0	1	2
Illness/injury barriers - can't do exercises because of, doing what I can	2	4	1	3	2	3
Need support/motivation, lack of motivation	1	4	0	1	1	1
More face-to-face/personal contact/support desired	1	0	3	2	0	0
Inappropriate activities for condition/age	0	0	0	0	1	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	0	0	0	1
Longer GRx period/GRx ran out, limited time only	1	0	0	1	1	0
More advice/information required	0	0	0	1	0	0
Self-motivated/Up to me/my decisions	1	2	3	1	1	2
Other - Negative comment	3	21	2	1	4	3
Other - Positive comment	16	3	11	13	17	20
No particular reason	3	0	4	1	3	5
Don't know	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple response.

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

**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. When did your doctor or practice nurse 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	11	7	12	5	19	11	11	12	8	17	9	6	12	21	5	17	9	8	12	11
4 - 6 months ago	28	27	31	28	26	16	30	34	24	24	27	43	22	27	31	40	28	29	28	27
6 - 8 months ago	23	22	27	21	18	29	16	19	23	24	33	26	24	15	21	27	25	26	24	29
More than 8 months ago	36	43	30	44	33	42	42	33	44	34	30	24	40	34	41	15	37	32	32	33
No response	2	1	0	1	4	1	0	2	1	1	1	1	2	3	1	1	1	5	4	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 2: Q2. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	23	26	22	21	15	23	31	20	36	28	28	37	25	31	23	29	20	25	24	23
Asthma/breathing problems	17	13	16	22	20	20	17	19	16	18	21	7	12	21	13	22	17	20	6	14
Back pain or problems	22	28	24	24	16	28	21	21	24	24	25	29	20	27	15	30	19	26	22	22
Diagnosed type 2 diabetes	20	16	14	26	31	26	9	17	19	10	15	11	13	11	15	10	12	23	15	24
Pre-diabetes/risk of diabetes	14	13	10	18	23	12	7	12	12	21	8	11	11	6	7	11	5	12	18	13
High blood pressure/risk of stroke	26	20	29	23	24	30	30	26	34	26	22	22	20	24	21	27	18	36	18	34
High cholesterol	21	23	22	23	19	23	21	17	22	24	19	22	14	18	16	24	18	24	14	25
Sleep problems	17	14	18	19	15	19	8	18	14	19	18	15	16	15	16	27	13	19	10	18
To stop smoking	5	2	4	8	7	5	2	2	3	1	5	2	1	2	4	1	4	7	0	3
Stress	17	19	18	19	16	20	15	17	21	20	21	18	15	11	16	26	20	14	14	18
Weight problems	56	43	50	61	64	48	41	51	49	52	58	54	47	48	53	73	56	63	55	64
Depression/anxiety	15	14	13	18	11	14	8	19	12	16	22	17	14	21	13	24	22	16	12	17
Cancer	3	3	4	2	5	3	1	4	3	5	4	1	1	2	3	4	1	2	3	4
Heart problems	14	10	18	15	13	1	20	16	11	13	7	12	13	15	15	13	13	16	13	15
Osteoporosis	5	6	5	4	3	3	9	4	4	2	4	2	11	5	6	2	3	4	5	6
Fall prevention	7	3	9	6	2	5	7	6	3	1	4	5	9	6	12	9	7	11	21	5
Injury recovery	11	20	14	12	9	14	17	6	8	11	10	7	11	15	3	10	10	12	10	9
General fitness	1	1	4	0	1	2	3	0	2	1	1	2	1	0	1	0	3	3	3	1
Surgery recovery	2	1	1	1	2	4	5	3	7	2	2	2	3	6	1	1	3	2	4	2
Mental illness	0	1	0	0	0	0	0	0	0	1	1	0	0	0	0	0	1	0	0	0

continued...



Table 2: (continued) Q2. 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Fibromyalgia	1	0	1	0	0	0	0	1	0	6	1	2	1	0	0	0	1	0	1	2
Other (Specify)	6	5	6	8	7	6	8	6	8	6	8	5	7	8	7	4	3	5	3	7
No response	3	3	3	2	4	7	0	4	1	4	2	2	6	0	1	2	6	4	3	3

Total may exceed 100% because of multiple responses.



Table 3: Q3. 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	39	45	39	36	32	38	42	26	43	47	42	38	37	39	38	55	39	42	51	53
Doing physical activity but different from that recommended in your GRx	21	21	25	20	12	24	19	26	14	19	25	31	27	18	31	15	24	22	18	19
Temporarily off GRx physical activities	15	11	21	13	13	8	16	16	27	16	18	12	16	24	16	20	18	13	18	14
No longer following the GRx physical activities	18	14	12	26	33	20	12	18	7	11	12	13	12	5	8	6	14	16	5	11
No response	7	8	3	5	10	9	11	14	8	7	4	6	8	15	7	5	5	7	8	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 4: Q4. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	994*	71	77	42	69	37	42	69	61	42	55	32	77	27**	43	25**	66	69	24**	66
Weighted base =	1082*	55	73	165	248	21**	28**	50	22**	15**	34	18**	87	14**	23**	12**	36	112	12**	56
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	28	23	36	14	26	24	36	29	43	36	33	25	36	30	37	44	33	30	29	35
Lack of time due to work	16	13	22	19	16	14	26	7	13	12	24	6	13	11	9	16	15	12	21	17
Just didn't want to	6	13	4	10	3	5	10	3	2	2	4	3	5	0	7	12	3	9	4	6
Lack of time due to family responsibilities	17	14	22	12	25	22	24	17	11	19	15	22	13	4	9	12	12	13	8	24
Cost	17	21	10	21	16	27	12	28	10	14	24	12	12	19	19	12	14	19	8	20
Lack of energy/too tired	13	18	10	10	12	22	10	12	5	26	20	22	8	11	14	20	15	26	25	5
I'm too old	3	1	4	2	1	5	2	1	2	5	0	0	5	0	5	4	2	6	8	0
It's too hard to stick to a routine	10	10	14	7	10	5	10	13	11	10	20	12	5	7	12	8	11	16	0	6
The programme ran its course/wasn't renewed GRx	2	6	0	0	3	0	0	3	2	2	4	0	0	11	2	0	2	0	0	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	4	1	0	3	0	7	7	3	0	5	12	1	4	0	4	5	3	0	3
Moved elsewhere/out of town/on holiday	2	1	4	5	0	0	5	1	0	0	0	3	5	0	0	4	3	1	0	3
I'm doing other physical activities (not GRx)	2	0	0	2	3	5	2	4	2	0	2	0	0	0	2	0	3	0	0	5
Other (Specify)	14	8	4	21	16	5	12	10	8	14	5	6	19	15	0	0	9	19	8	6
No response	11	14	6	10	9	19	12	10	16	10	9	16	13	7	12	12	9	10	29	12

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 5: Q5. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty	
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237	
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	69	76	78	58	60	70	73	65	81	72	67	71	71	79	79	73	74	70	67	78	
No	15	13	10	22	18	19	16	14	9	11	16	17	15	11	7	18	9	13	13	9	
Don't know /unsure	11	8	10	16	10	6	8	15	6	15	14	10	10	5	11	9	15	11	18	11	
No response	5	3	1	4	12	5	4	7	3	2	4	2	5	5	3	0	2	6	3	3	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

Total may not sum to 100% due to rounding.



Table 6: Q6. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2056*	169	168	59	89	74	81	103	123	90	116	76	162	52	111	60	135	143	54	191
Weighted base =	1999*	131	160	232	319	41	54	74	44	32	71	43	184	27**	59	28**	74	233	28**	163
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	33	30	33	44	38	34	37	35	21	32	25	16	26	33	29	28	29	29	28	37
Feel stronger/fitter	51	56	60	56	38	54	51	43	51	51	56	58	51	52	45	52	49	48	65	61
Less stressed	29	31	37	29	24	32	27	19	33	26	39	25	30	33	31	30	36	24	19	34
Less joint pain/discomfort	22	30	28	20	27	26	19	18	31	18	31	17	17	21	14	20	20	17	20	19
Less back pain	15	19	21	19	13	31	11	18	17	17	20	5	10	12	11	20	12	17	17	10
More energy	40	44	49	44	33	50	37	33	33	41	47	36	35	38	35	37	47	41	41	46
Lower cholesterol	13	22	15	12	15	26	16	17	15	13	16	9	6	13	12	10	11	12	9	14
Lower blood pressure	18	22	20	14	19	20	14	21	20	17	20	14	14	10	12	10	15	22	11	25
Less medication	7	9	8	8	9	8	11	5	6	6	4	7	3	4	2	3	9	6	9	7
Lost weight	43	44	44	42	49	55	33	37	34	43	47	50	31	37	48	48	51	38	50	46
Smoking less	6	4	5	12	6	4	6	2	4	1	6	1	2	10	5	0	7	8	4	3
Sleeping better	25	23	30	29	27	32	17	22	20	23	31	17	20	19	29	23	30	23	20	20
Fewer illnesses	7	6	9	14	9	7	4	11	7	4	10	1	5	6	7	5	10	4	0	5
Generally feel better	47	47	55	47	35	53	44	47	54	49	51	45	55	58	50	47	51	47	54	47
Feel less depressed /anxious	16	18	18	24	11	19	16	11	12	17	22	11	17	25	16	27	25	13	17	14
Increased mobility	21	19	29	17	20	22	22	21	15	19	28	16	27	29	23	25	20	21	26	18
Better balance/fewer falls	9	8	11	7	9	7	10	7	7	6	9	4	15	10	10	12	10	11	13	9

continued...



Table 6: (continued) Q6. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2056*	169	168	59	89	74	81	103	123	90	116	76	162	52	111	60	135	143	54	191
Weighted base =	1999*	131	160	232	319	41	54	74	44	32	71	43	184	27**	59	28**	74	233	28**	163
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Improved blood sugar levels	14	15	14	15	20	23	9	16	13	12	14	1	9	10	12	3	9	14	13	15
Other (Specify)	3	2	2	5	4	3	4	3	2	7	4	4	2	2	0	0	0	5	0	2
No response	8	5	4	8	18	4	7	12	3	1	4	7	6	6	7	2	4	9	4	5

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 7: Q7. Have you been back to the doctor 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	68	68	69	71	56	76	70	76	78	67	73	74	69	84	71	66	69	61	77	71
No	29	29	28	28	33	20	28	21	20	32	27	24	27	16	26	33	31	36	21	28
No response	4	3	2	1	10	4	2	3	2	2	1	2	3	0	4	1	1	3	3	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 8: Q8. Did the doctor/practice nurse 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	1967*	153	152	68	83	79	76	114	116	84	121	79	156	52	101	55	124	121	62	171
Weighted base =	1924*	119	145	267	298	44	51	82	42	30	74	45	177	27**	54	26**	68	197	32	146
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	51	57	61	54	46	48	49	58	63	40	48	54	44	58	57	53	41	50	45	54
No	42	39	31	44	36	43	47	37	34	54	51	43	49	40	39	45	55	41	53	43
No response	7	5	8	1	18	9	4	5	3	6	1	3	6	2	4	2	4	8	2	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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

	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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	1122*	94	105	38	53	45	40	72	77	39	59	45	79	31	62	30	56	71	29**	97
Weighted base =	1117*	73	100	149	190	25**	27**	52	28**	14**	36	25**	90	16**	33	14**	31	116	15**	83
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	1	4	3	0	2	0	1	1	3	5	0	4	3	2	3	2	3	0	0
Encourage you to change your physical activity?	14	11	13	11	19	16	10	11	10	13	8	7	18	10	18	13	12	17	14	12
Encourage you to continue your physical activity unchanged?	70	79	70	74	51	69	82	76	82	67	85	87	66	81	76	73	77	66	79	81
No response	14	10	13	13	30	13	8	11	6	18	2	7	13	6	5	10	9	14	7	6
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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 10: Q10. When the doctor/practice nurse encouraged you to continue your physical activity, did he/she...

	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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	1100*	93	101	37	53	44	40	71	76	38	56	45	76	30	61	29**	55	69	29**	97
Weighted base =	1096*	72	96	145	190	25**	27**	51	27**	14**	34	25**	86	16**	32	14**	30	112	15**	83
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Write a new/ extend your current GRx?	21	40	28	24	13	11	35	24	55	13	20	18	9	47	11	17	35	9	10	18
Give verbal advice only?	60	49	54	62	51	73	52	61	29	61	71	76	71	43	75	72	55	67	79	67
Other (Specify)	2	3	3	3	2	2	2	3	7	8	2	0	4	0	2	0	0	0	0	1
No response	17	8	15	11	34	14	10	13	9	18	7	7	16	10	11	10	11	25	10	14
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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 11: Q11. Compared with the time before you were first prescribed 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	58	64	63	57	49	61	57	54	56	67	59	56	61	58	65	62	66	53	63	66
About the same amount of time being active?	24	23	23	24	12	18	28	28	28	26	25	30	23	24	29	28	26	33	24	24
Less time being active?	11	8	9	11	21	11	9	10	11	7	12	10	9	10	4	6	6	8	8	6
No response	8	4	4	8	18	10	6	8	6	1	4	5	7	8	3	4	2	6	5	4
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 12: Q11a. If about the same time, 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
Unweighted base =	429*	31	32	13**	12**	11**	15**	26**	24**	22**	28**	24**	33	9**	23**	14**	28**	34	14**	36
Weighted base =	401*	24**	30	51	43	6**	10**	19**	9**	8**	17**	14**	37	5**	12**	7**	15**	55	7**	31
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain /medical condition preventing, recovering from	24	19	25	31	8	18	13	27	29	27	46	33	27	33	22	43	21	18	29	28
Already doing enough, already/always been active/happy with what doing	17	29	19	15	8	9	13	31	38	9	11	21	27	0	30	0	11	15	21	14
Too busy/no time	11	10	12	23	8	18	7	4	17	18	7	17	15	0	4	0	14	3	21	8
Increased workload/long hours/work commitments	12	3	19	8	25	9	33	4	8	0	14	12	3	11	26	7	18	9	14	14
Lack of motivation /laziness/depression	6	6	6	0	8	9	0	4	0	9	0	4	3	0	0	7	7	15	7	8
Lack energy/tired	2	6	3	0	0	0	7	4	4	5	4	8	3	0	4	0	4	0	0	3
Specified type of activity/level of activity	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Family responsibilities	7	0	3	0	8	9	0	8	8	9	7	0	6	11	4	0	7	18	0	14
GRx has not helped	1	3	0	0	0	0	0	8	0	0	0	4	0	0	0	7	0	0	0	0
Weather/darkness	1	0	3	0	0	0	7	0	0	5	4	0	0	0	9	0	4	3	0	0
Lack of support	2	3	0	8	0	0	7	0	4	5	0	0	0	0	4	14	4	0	0	6
Other commitments, holidays	3	0	0	8	0	0	0	4	4	0	0	0	0	0	0	14	0	3	0	8
Difficulty getting into, or lost, routine/didn't get into a habit	3	3	6	0	8	0	0	8	0	0	0	0	3	0	0	7	11	3	7	3
Costs/fees of activity too expensive	4	13	6	0	8	18	13	8	0	5	0	4	3	0	0	0	0	6	0	0
Getting too old/no longer up to it	1	0	0	0	0	9	7	0	0	0	4	0	0	0	4	0	7	0	0	3

continued...



Table 12: (continued) Q11a. If about the same time, 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
Unweighted base =	429*	31	32	13**	12**	11**	15**	26**	24**	22**	28**	24**	33	9**	23**	14**	28**	34	14**	36
Weighted base =	401*	24**	30	51	43	6**	10**	19**	9**	8**	17**	14**	37	5**	12**	7**	15**	55	7**	31
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Other	14	10	16	15	17	9	7	15	8	18	7	8	15	44	9	21	14	21	0	6
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	1	0	0	0	8	9	0	0	0	0	0	4	0	0	0	0	0	0	7	0

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 13: Q11b. If less time, 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	189*	17**	16**	9**	20**	7**	7**	11**	11**	4**	15**	8**	15**	4**	5**	5**	8**	14**	3**	10**
Weighted base =	233*	13**	15**	35	72	4**	5**	8**	4**	1**	9**	5**	17**	2**	3**	2**	4**	23**	2**	9**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	42	41	62	22	40	43	43	55	45	25	40	50	53	100	80	40	25	50	67	30
Increased workload/longer hours/work commitments	13	6	6	22	15	14	43	9	9	25	7	0	20	0	0	20	12	0	0	20
Lack of motivation/confidence, laziness, depressed	13	6	12	22	15	14	0	9	18	0	13	12	7	0	0	0	0	14	0	20
Lack energy/tired	5	6	0	11	5	0	0	9	9	25	0	0	0	0	0	0	25	0	33	0
Specified type of activity not doing	1	0	0	0	0	0	0	0	0	0	7	0	7	0	0	0	12	0	0	0
Too busy/no time, other priorities/commitments (including study)	10	6	6	11	15	0	0	9	9	0	7	0	7	0	0	20	0	14	0	0
Family responsibilities (incl. pregnancy, home issues)	8	6	0	0	10	29	43	9	0	25	0	0	7	0	20	20	0	7	0	20
Weather/darkness/daylight saving over	3	6	0	0	5	0	0	0	0	0	0	12	0	0	0	0	0	7	0	10
Costs/fees of activities too expensive	2	0	0	0	0	0	0	9	0	0	0	25	13	0	0	0	0	7	0	0

continued...



Table 13: (continued) Q11b. If less time, 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	189*	17**	16**	9**	20**	7**	7**	11**	11**	4**	15**	8**	15**	4**	5**	5**	8**	14**	3**	10**
Weighted base =	233*	13**	15**	35	72	4**	5**	8**	4**	1**	9**	5**	17**	2**	3**	2**	4**	23**	2**	9**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Other	11	24	12	11	5	0	0	18	9	0	27	12	7	0	0	0	25	14	33	20
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

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 14: Q12. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	71	58	62	79	72	65	65	70	63	83	71	67	64	53	75	72	64	80	71	75
No	24	35	33	18	16	32	30	24	34	15	25	28	32	39	18	26	30	17	27	21
Don't know	2	4	3	1	1	1	2	2	1	2	4	1	1	2	4	2	5	2	1	3
No response	4	3	2	2	11	2	3	3	1	0	1	4	3	6	2	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

Total may not sum to 100% due to rounding.



Table 15: Q13. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	27	36	35	21	22	30	25	33	33	26	30	27	36	52	23	38	27	21	31	20
Yes (Specify)	67	61	62	69	64	66	71	61	65	70	68	70	58	42	75	61	68	74	67	77
No response	7	4	3	9	15	4	5	6	2	4	2	3	6	6	2	1	4	6	3	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 16: Q13a. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	1641*	118	121	60	74	57	67	77	84	79	106	68	118	23**	92	46	111	123	49	168
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	20	17	13	22	28	16	21	17	23	18	18	32	10	26	18	22	22	24	8	19
Eating more healthily/less junk food (better choices, watch what I eat)	22	13	23	18	19	21	18	22	19	24	24	21	30	9	25	24	30	27	24	25
Eating less/smaller meals (portion control)	22	21	23	10	28	23	16	31	18	27	18	16	23	26	17	13	22	24	35	24
Cut down on fats/low fat foods	10	11	11	13	11	7	6	4	14	13	8	13	8	9	7	15	14	8	10	10
Less/avoid sugar and sugary foods, sweets, soft drinks	27	25	36	32	24	19	33	21	31	23	29	16	25	22	32	22	28	24	31	28
Eat more vegetables	23	27	21	33	31	21	15	14	17	20	19	16	18	17	16	26	18	18	16	17
Eat more fruit	10	19	7	10	9	4	13	9	11	19	11	10	7	9	12	9	10	15	8	7
Less alcohol	4	6	2	3	1	5	3	9	8	6	5	7	4	4	7	4	9	2	12	8
Reduce carbohydrates, including bread (gluten)	10	20	19	12	5	23	12	12	10	10	11	4	3	9	4	9	9	7	8	16
No snacking/regular meals, breakfasts	3	3	2	3	3	2	4	4	4	4	3	9	5	0	4	4	6	3	4	3
Diet plans	4	7	6	2	0	9	3	4	6	4	7	6	6	9	5	4	5	5	6	3
Eat less (red) meat/more fish	3	6	2	3	5	5	3	4	5	3	4	6	2	4	1	7	5	2	0	2
Cut down on salt use	4	1	9	7	4	4	3	5	4	3	4	4	4	0	4	0	0	2	4	2
Less takeaways/fast foods	4	0	2	2	9	4	7	1	0	3	3	0	1	0	4	7	5	4	0	4

continued...



Table 16: (continued) Q13a. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	1641*	118	121	60	74	57	67	77	84	79	106	68	118	23**	92	46	111	123	49	168
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less dairy (milk, butters, etc.)	2	2	5	0	1	2	6	1	4	1	4	3	2	0	7	4	1	2	4	1
Less coffee/tea	1	0	3	0	1	0	3	0	5	0	1	0	1	0	1	2	3	2	2	2
More grain breads, fibre or similar	2	1	2	0	1	2	3	0	1	3	5	3	2	4	2	0	4	2	0	2
More protein	1	1	2	3	1	4	0	3	2	1	2	1	0	0	1	0	0	0	4	2
Supplements, dietary	1	0	0	2	1	2	0	0	1	0	0	0	0	0	0	0	0	0	0	1
Yes (in general)	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yes, reading labels on food	2	0	1	3	0	0	3	1	1	1	2	1	4	0	3	0	2	2	2	4
Stopped/reduced smoking	0	0	1	2	0	0	0	0	0	0	0	0	0	4	0	0	1	0	0	0
Other	13	14	7	15	19	12	9	17	10	4	12	19	12	9	9	17	14	12	10	13
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 17: Q14. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	64	86	59	59	49	71	60	74	52	59	84	87	71	73	85	73	86	57	67	60
I went to see them in person	21	2	32	23	23	11	27	14	35	23	7	5	19	18	9	24	7	30	22	31
I called 0800 ACTIVE or the local phone number provided	4	5	5	2	3	7	4	1	5	11	5	2	4	0	4	2	2	6	4	4
I have not had any contact with a GRx support person	7	3	2	11	18	8	4	7	2	4	2	2	4	3	1	0	2	4	5	4
No response	4	4	2	5	6	3	5	3	6	4	2	5	3	6	1	0	3	3	3	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 18: Q15. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	62	89	73	51	53	76	68	66	52	30	72	68	61	45	81	83	81	53	19	60
Face-to-face/in person	46	6	50	61	57	18	48	25	54	44	18	22	41	65	16	33	25	62	72	67
Brochures/leaflets	33	30	27	18	24	38	24	34	26	45	51	63	42	12	44	41	39	39	26	43
A GRx Community programme/group	19	7	12	15	15	10	19	22	11	53	9	27	28	22	19	27	21	25	34	24
Text or email	17	7	9	22	21	3	10	8	9	18	19	12	20	5	7	22	11	29	7	25
No support/follow up offered	3	2	3	5	2	8	4	4	8	3	4	7	1	8	4	2	2	5	4	1
I didn't want any support/follow up	2	2	1	4	1	4	1	5	3	1	2	4	3	3	0	1	1	1	0	0
Mail/letter	0	0	0	0	0	0	1	1	0	0	0	0	0	2	1	2	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)	2	1	4	2	2	3	5	3	1	0	2	3	2	0	1	4	2	3	7	3
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	3	2	1	2	6	1	4	4	4	2	2	2	3	3	1	0	2	2	4	0

Total may exceed 100% because of multiple responses.

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



Table 19: Q16. 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	35	46	35	38	25	23	33	29	47	44	27	27	34	35	33	27	46	38	36	41
No	34	30	36	29	44	48	38	42	27	29	33	53	29	35	37	38	27	27	23	32
Don't know	22	15	21	26	21	22	16	15	15	21	37	11	26	18	16	32	18	26	24	19
No response	9	9	9	7	11	7	13	14	10	6	4	9	12	12	13	4	9	9	16	8
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 20: Q17. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	3	6	2	4	2	8	4	5	8	6	7	3	2	5	0	1	1	1	1	0
Walking	70	62	70	67	68	58	61	60	56	66	60	75	79	58	68	87	76	76	70	79
Swimming	51	56	52	49	47	49	57	54	51	54	59	59	46	62	62	73	54	44	50	50
Gardening	16	16	19	13	17	13	15	8	10	12	15	13	20	15	28	11	13	18	19	19
Other home based activities (e.g. exercycle /treadmill)	18	10	25	20	15	9	17	14	13	18	8	10	22	23	24	27	16	25	14	17
Water/pool exercises	42	34	38	31	38	51	53	44	46	45	40	60	48	45	52	60	45	36	51	51
Tai chi	9	6	6	1	6	3	16	10	4	6	6	7	24	5	13	7	19	6	12	13
Yoga/Pilates/Zumba	7	5	7	4	4	4	13	5	4	4	7	12	15	5	7	5	6	6	3	9
Cycling	12	6	9	9	4	8	13	17	8	20	7	23	20	20	22	12	16	11	22	19
Gym exercises (e.g. aerobics, weights)	38	32	50	45	38	47	44	32	36	40	40	19	29	30	21	39	35	38	26	48
Fall prevention programme	3	1	2	1	4	1	7	4	0	2	2	7	7	2	9	1	2	2	18	4
GRx Community programme/group	17	11	14	9	15	11	22	10	6	29	6	26	25	27	15	27	17	24	24	21
Sport/sporting activities	1	0	1	2	0	0	1	0	2	3	0	1	3	0	3	1	2	1	0	0
Other (Specify)	5	4	4	8	5	3	1	7	4	5	2	3	5	3	4	2	5	4	1	4
No response	4	3	1	7	10	4	2	6	5	2	2	2	2	5	1	0	2	3	5	2

Total may exceed 100% because of multiple responses.

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



Table 21: Q18. Were you referred to any of the following activity provider(s)?

	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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	42	41	58	56	52	58	44	46	38	47	48	22	19	33	25	34	33	28	18	51
Swimming pool	52	61	49	52	58	45	60	54	71	46	64	61	41	53	55	72	49	37	50	56
Sports club	4	5	4	6	2	0	4	3	1	11	4	3	10	3	9	2	2	3	1	5
Other	7	7	4	4	8	5	5	4	5	6	4	3	13	7	7	9	6	9	9	11
Not referred to any provider	21	15	16	19	16	21	13	19	15	28	14	27	32	18	22	18	26	31	26	15
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	6	3	4	7	8	7	12	7	6	8	3	6	9	3	7	2	5	4	14	4

Total may exceed 100% because of multiple responses.

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



Table 22: Q19. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2072*	178	176	69	86	72	90	111	121	86	139	75	145	49	107	67	130	124	55	192
Weighted base =	2013*	138	168	271	309	40	60	80	44	31	86	42	164	26**	57	31	72	202	28**	164
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	11	14	10	9	20	11	10	14	7	6	12	15	7	6	16	4	12	5	9	7
Yes	77	75	83	81	69	79	72	69	81	76	78	73	70	86	79	85	77	83	78	86
No response	12	11	7	10	12	10	18	16	12	19	11	12	23	8	6	10	12	12	13	7
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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 23: Q20. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	26	26	25	29	22	27	25	30	19	26	28	39	25	28	23	28	25	26	32	24
Yes	64	62	67	60	67	62	65	60	71	60	61	55	62	63	73	68	64	66	61	69
No response	10	11	8	11	12	11	10	10	10	14	11	6	13	8	4	4	11	8	7	7
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 24: Q21. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2595*	208	208	85	102	91	102	134	142	118	162	102	207	60	135	82	175	181	74	227
Weighted base =	2526*	162	198	334	366	51	68	97	51	42	100	58	235	32	72	38	96	295	38	194
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
A sports club	6	6	10	4	4	8	9	6	6	3	6	6	5	7	5	2	9	7	3	7
A GRx Community programme/ group	21	13	18	21	20	11	21	14	18	43	7	26	23	28	11	26	14	23	28	33
Another organised group	13	13	9	18	5	13	25	9	2	10	15	12	18	17	13	12	15	13	11	17
People from work	4	6	4	2	5	10	3	1	1	3	4	2	3	3	4	2	5	6	3	6
By myself	65	60	68	64	52	71	62	66	63	67	76	68	64	53	76	77	73	71	69	67
Family members	33	36	38	40	38	19	30	30	28	33	31	36	26	22	33	45	33	31	28	27
Friends	26	25	25	29	20	20	24	19	31	22	30	25	22	47	32	28	34	24	16	32
Other (Specify)	4	3	4	4	5	7	8	3	4	5	1	6	4	2	3	1	4	3	3	4
No response	4	3	3	4	8	3	3	5	3	1	4	2	3	2	3	0	2	2	7	0

Total may exceed 100% because of multiple responses.

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



Table 25: 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2490*	201	202	78	95	87	99	125	134	118	158	100	193	58	130	82	166	172	71	221
Weighted base =	2399*	156	192	306	341	49	66	90	48	42	97	56	219	31	69	38	91	280	37	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	47	43	50	41	45	38	44	44	43	58	38	44	53	57	58	44	49	49	49	48
Agree	46	47	46	53	46	45	48	46	50	38	51	42	43	34	37	48	44	45	42	48
Neither agree nor disagree	4	7	3	3	5	14	5	5	4	2	8	7	2	7	3	7	4	3	4	3
Disagree	2	2	0	1	2	2	1	3	1	2	2	5	0	2	1	0	3	2	3	0
Strongly disagree	1	1	0	3	1	1	1	2	1	0	2	2	2	0	1	1	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

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 26: 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2465*	196	200	77	94	86	97	124	134	117	155	100	189	58	128	82	164	174	69	221
Weighted base =	2376*	152	190	302	337	48	65	89	48	42	95	56	214	31	68	38	90	283	36	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	35	43	30	36	26	33	35	42	48	29	35	38	48	37	35	41	35	36	42
Agree	53	50	47	58	55	52	60	50	49	44	49	47	53	43	52	54	51	55	51	50
Neither agree nor disagree	7	8	9	6	3	14	4	9	4	7	19	11	7	7	6	9	4	7	7	5
Disagree	3	5	1	4	3	8	2	5	2	1	3	6	1	2	4	2	4	2	6	2
Strongly disagree	1	2	1	1	2	0	1	2	2	0	0	1	2	0	2	0	0	1	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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: 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2442*	196	197	77	92	84	94	125	130	116	154	100	187	58	127	82	163	171	68	221
Weighted base =	2353*	152	188	302	330	47	63	90	47	42	95	56	212	31	67	38	90	279	35	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	37	42	40	38	27	35	38	44	42	32	34	39	47	43	34	40	37	37	43
Agree	51	46	51	47	57	55	52	46	45	50	52	52	56	43	46	57	48	56	53	49
Neither agree nor disagree	6	12	6	6	3	11	10	11	5	5	13	6	4	7	7	4	7	5	9	5
Disagree	2	4	1	5	1	7	2	4	2	1	3	6	1	3	2	4	4	1	1	2
Strongly disagree	1	2	1	1	1	0	1	2	3	2	1	2	1	0	2	1	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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: 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2453*	194	199	77	95	84	94	122	132	112	155	99	190	58	128	82	167	172	70	223
Weighted base =	2371*	151	189	302	341	47	63	88	48	40	95	56	215	31	68	38	92	280	36	191
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	44	37	50	39	40	36	45	43	44	46	43	37	44	52	45	38	50	48	47	48
Agree	42	43	38	45	45	42	41	38	41	41	37	36	45	36	41	39	38	40	39	42
Neither agree nor disagree	9	15	9	8	6	12	9	10	11	10	13	17	7	5	9	21	8	6	7	8
Disagree	4	3	3	5	7	8	3	7	2	2	4	4	3	5	2	1	3	3	3	1
Strongly disagree	2	2	1	3	1	2	2	3	2	2	3	5	1	2	2	1	1	2	4	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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: 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2472*	197	201	76	96	87	95	124	134	114	158	100	189	57	130	81	167	176	68	222
Weighted base =	2387*	153	191	298	344	49	64	89	48	41	97	56	214	30	69	38	92	287	35	190
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	51	46	62	43	45	33	47	52	51	53	48	45	57	56	56	49	57	55	50	58
Agree	40	43	31	45	47	49	46	36	42	39	38	40	39	33	35	42	36	38	43	38
Neither agree nor disagree	6	9	6	8	4	11	4	9	4	5	9	9	3	9	5	7	5	6	4	3
Disagree	2	2	0	3	3	5	2	2	2	2	4	3	1	0	1	0	1	2	1	0
Strongly disagree	1	1	0	1	1	1	0	2	1	1	1	3	1	2	2	1	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

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: 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2432*	193	198	75	96	85	91	119	133	115	154	98	189	55	126	81	163	171	69	221
Weighted base =	2352*	150	188	294	344	47	61	86	48	41	95	55	214	29**	67	38	90	279	36	189
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	42	42	48	43	37	31	41	41	45	47	34	34	44	55	47	32	45	43	46	46
Agree	43	40	38	45	50	41	43	36	41	41	46	37	44	38	37	42	40	45	36	40
Neither agree nor disagree	10	12	11	5	7	21	14	17	11	11	15	21	8	4	13	17	12	10	13	11
Disagree	3	3	1	4	3	7	2	3	2	0	3	3	2	4	0	6	4	1	1	2
Strongly disagree	2	3	2	3	2	0	0	3	2	1	2	5	1	0	2	2	0	1	3	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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 31: 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2431*	193	196	74	96	85	94	122	132	114	155	100	189	56	127	80	165	169	66	218
Weighted base =	2345*	150	187	290	344	47	63	88	48	41	95	56	214	30	67	37	91	275	34	187
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	40	42	43	43	32	34	35	36	43	42	37	28	40	41	46	34	38	41	42	44
Agree	42	37	42	36	50	32	49	42	39	44	39	42	43	38	36	39	43	43	39	39
Neither agree nor disagree	13	16	12	14	8	22	11	11	13	10	19	19	14	14	16	18	13	12	11	13
Disagree	4	3	2	5	7	11	3	7	3	4	2	5	2	5	0	8	5	1	8	2
Strongly disagree	2	3	1	1	2	1	2	5	2	1	4	6	1	2	2	2	0	2	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2508*	198	203	78	93	89	99	129	134	115	160	99	195	58	132	82	171	176	73	224
Weighted base =	2410*	154	193	306	334	50	66	93	48	41	98	56	221	31	70	38	94	287	38	192
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	52	49	57	50	48	45	49	45	49	52	48	39	56	57	57	41	60	52	49	62
Satisfied	36	33	33	41	41	34	42	39	39	37	35	38	35	26	33	40	28	36	37	33
Neither/nor	7	13	7	1	8	15	4	10	6	7	11	11	7	10	8	16	9	9	5	5
Dissatisfied	2	4	1	5	1	4	3	2	4	3	4	8	1	3	2	1	2	1	5	0
Very dissatisfied	2	2	1	3	2	2	1	4	3	0	3	3	1	3	2	1	1	2	3	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

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: Q23a. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	1311*	91	108	51	55	41	44	64	59	66	78	50	109	27**	74	45	93	95	27**	134
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	36	36	34	29	42	39	25	31	32	32	31	28	32	41	31	38	39	39	41	43
Follow-up contact received/checks on progress	11	21	19	6	11	12	18	8	14	3	10	10	5	4	15	16	20	9	7	10
Motivated me to be active/more active, am more active as a result	6	9	2	4	9	5	0	6	7	6	5	6	6	4	11	7	2	6	0	10
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	3	8	4	4	0	0	3	2	3	6	4	5	0	1	2	5	2	0	4
Improved health, motivation, confidence/Feel better, happier/See results	8	7	9	8	13	15	7	8	14	11	5	4	3	11	9	7	4	4	11	7
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	3	4	0	4	7	2	3	3	6	1	2	8	0	4	2	0	4	7	1
Useful/Good information/ advice/ explanations/ ideas/ suggestions	8	4	9	8	7	2	2	5	0	15	8	12	11	4	7	4	8	14	7	9
Appropriate activities - suitable for my lifestyle, abilities, condition	5	3	5	6	4	2	7	6	3	9	5	6	8	0	4	2	8	4	0	4
Excellent/Great/Awesome team, support	5	4	5	6	7	5	7	3	7	6	5	6	6	4	4	2	6	4	0	4
Service great/ good/impressive	5	2	4	4	9	5	7	5	5	6	5	12	6	4	5	2	1	4	0	1

continued...



Table 33: (continued) Q23a. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	1311*	91	108	51	55	41	44	64	59	66	78	50	109	27**	74	45	93	95	27**	134
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Personal contact/attention	2	1	3	0	2	2	0	3	0	0	1	4	3	0	1	0	1	1	7	3
No pressure/non-judgmental	1	1	2	0	0	0	2	2	0	2	1	0	1	4	1	0	2	1	4	1
Easy to contact/talk to, accessible, approachable	1	1	0	4	0	0	2	2	2	0	0	0	2	0	1	2	2	1	0	1
Greater awareness/ understanding of need to be/benefits of being more active	1	3	0	0	0	0	0	2	0	5	0	2	2	0	0	0	1	2	0	0
Help with activities/exercises	0	0	1	0	0	0	0	2	0	2	0	0	2	0	0	0	2	0	0	1
Great/good communicator-clear/concise/understandable	1	0	0	4	0	0	0	2	0	0	1	0	0	4	0	0	0	1	0	0
A lack of contact or follow-up/more follow-up required	1	0	1	4	0	0	0	2	2	0	4	2	0	0	1	0	1	0	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost	4	8	2	2	5	2	5	6	0	5	5	2	6	11	1	7	4	5	0	2
Already active/doing own thing	1	1	0	2	0	0	2	3	0	3	0	4	1	0	3	0	1	2	4	1
Illness/injury barriers - can't do exercises because of, doing what I can	2	1	1	2	2	2	2	2	0	2	10	0	3	0	4	0	4	4	4	1
Need support/motivation, lack of motivation	1	0	1	2	0	0	0	0	2	0	3	4	1	0	1	4	0	1	0	0

continued...



Table 33: (continued) Q23a. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	1311*	91	108	51	55	41	44	64	59	66	78	50	109	27**	74	45	93	95	27**	134
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More face-to-face/personal contact/support desired	1	0	1	2	0	0	2	2	2	0	0	4	0	0	1	4	0	1	0	0
Inappropriate activities for condition/age	0	1	2	0	0	0	0	2	0	0	0	2	0	0	3	4	0	0	0	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	0	0	0	0	0	0	2	2	0	0	1	0	0	0	0	1	0	1
Longer GRx period/GRx ran out, limited time only	1	0	1	0	0	0	5	2	2	2	4	4	1	11	1	0	1	0	0	1
More advice/information required	0	0	1	0	0	0	0	2	0	2	1	0	0	0	0	0	0	1	0	0
Self-motivated/Up to me/my decisions	1	0	0	4	2	0	5	2	2	0	1	0	1	0	0	0	1	1	0	0
Other - Negative comment	3	5	3	4	2	10	2	8	5	3	4	4	6	7	1	2	0	1	4	4
Other - Positive comment	16	14	13	24	7	10	25	17	19	20	13	12	14	22	22	18	12	19	22	20
No particular reason	3	2	4	2	2	5	2	0	3	0	5	4	4	4	0	0	5	6	11	4
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 34: Q23b. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	242*	29**	14**	6**	7**	10**	8**	18**	15**	8**	24**	17**	11**	8**	8**	11**	15**	15**	9**	9**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	28	21	21	0	29	10	50	22	27	25	38	59	18	38	25	18	7	60	33	33
Lack of support/encouragement, need more support	17	7	29	17	14	20	12	11	27	38	12	12	18	12	62	27	20	20	0	11
A lack of personal contact; phone calls not sufficient	4	10	7	0	0	0	0	0	13	25	4	6	0	0	25	0	7	7	0	0
Cost barriers	11	10	7	33	0	10	12	28	0	25	12	24	0	0	0	9	13	0	11	0
More suitable ideas required (relevant to time available, travel distance, condition)	15	14	7	17	0	10	0	11	20	38	12	18	9	25	12	27	27	27	33	33
Work/Time barriers	4	0	0	0	14	10	12	11	7	0	0	0	0	0	0	18	0	7	0	0
Didn't change much/didn't help/no benefit	4	7	14	0	0	20	0	0	7	0	4	0	0	0	0	0	7	0	11	11
Insufficient staff/resources, lack of knowledge/experience	10	14	7	17	29	20	0	6	13	0	4	12	0	25	0	9	0	0	0	11
Did it/left to do it myself, already motivated	6	7	0	0	0	20	0	6	13	0	12	0	18	12	0	0	0	7	11	11
No advice re exercises	3	0	14	0	0	10	12	6	7	25	0	0	0	0	0	9	0	0	0	0
Empathy lacking, disinterested	6	3	7	0	0	0	0	11	7	0	12	6	9	12	0	9	7	13	0	0

continued...



Table 34: (continued) Q23b. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Base =	242*	29**	14**	6**	7**	10**	8**	18**	15**	8**	24**	17**	11**	8**	8**	11**	15**	15**	9**	9**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Positive comment	7	3	14	17	0	20	12	0	0	0	0	6	18	0	0	0	7	7	0	11
Other	23	38	21	17	14	20	12	22	13	0	25	24	36	38	25	36	33	13	33	22
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 respondents that had contact with a GRx support person.

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



Table 35: Q24. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	31	32	31	40	39	30	25	31	32	28	29	19	23	19	26	29	24	23	33	32
Female	68	67	69	59	60	68	73	67	66	70	70	31	76	79	74	71	76	77	67	68
No response	1	1	0	1	1	2	2	3	2	2	1	0	1	2	0	0	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 36: Q25. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty	
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237	
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203	
%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	27	22	24	27	39	26	23	26	27	24	18	19	26	32	33	20	23	26	27	23	
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)	29	26	37	26	23	30	33	34	22	30	22	19	30	34	34	26	34	35	27	25	
Tertiary qualification (e.g. Bachelor's Degree or higher)	20	24	15	19	18	24	18	15	16	16	35	31	17	8	13	21	13	22	12	29	
Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma)	20	23	21	19	16	14	21	19	32	25	22	27	22	21	17	33	27	12	31	18	
Other (Specify)	1	0	1	1	0	1	0	2	1	2	1	2	0	0	0	0	1	1	0	3	
No response	4	5	2	7	4	4	6	5	3	2	1	2	5	5	3	1	2	5	4	3	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

Total may not sum to 100% due to rounding.



Table 37: Q26. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25 yrs	3	2	3	4	2	3	3	3	1	2	4	1	2	2	2	0	4	2	3	3
25 - 34 yrs	8	5	7	5	15	5	5	3	2	3	8	12	4	6	10	12	9	10	3	5
35 - 49 yrs	22	21	16	29	34	18	8	17	13	22	30	8	11	21	17	28	24	14	14	20
50 - 64 yrs	36	35	35	45	36	43	41	32	33	32	36	37	30	29	38	38	27	34	33	34
65+ yrs	31	36	38	15	11	27	42	42	50	39	22	43	52	40	34	22	35	39	47	38
No response	1	1	1	1	2	3	1	2	1	2	0	0	1	2	0	0	0	1	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 38: Q27. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	45	45	48	47	31	48	56	61	45	54	52	50	41	63	42	49	46	47	58	47
No	50	50	49	52	65	45	42	32	48	40	44	49	52	29	53	48	48	48	37	49
No response	4	5	3	1	3	6	3	7	8	7	4	1	7	8	5	4	6	6	5	4
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 39: Ethnicity

	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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
NZ European	49	57	52	18	10	49	61	62	71	75	64	83	86	87	81	84	78	49	87	60
Maori	32	12	46	46	43	20	37	28	24	14	19	8	4	16	8	4	18	50	14	36
Samoan	8	4	1	20	28	3	2	3	1	2	4	0	0	2	1	2	0	2	0	0
Cook Island Maori	4	1	1	9	11	3	1	1	1	0	2	0	1	0	2	0	0	4	0	0
Tongan	4	6	0	11	10	3	0	0	0	1	0	0	0	0	1	1	1	0	0	0
Niuean	2	0	0	9	3	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Chinese	0	2	0	0	0	3	0	0	0	2	0	0	0	0	0	0	0	1	0	0
Indian	1	3	0	1	2	8	0	1	0	2	4	2	0	0	1	0	1	1	0	2
Other Asian (e.g. Korean, Filipino)	1	6	1	0	0	3	1	0	1	2	3	2	1	0	1	0	0	0	0	0
Other Pacific (e.g. Tokelauan, Fijian)	2	0	0	3	6	3	0	1	0	1	2	1	1	0	1	1	0	0	0	0
British/European	4	9	5	2	2	7	3	6	7	5	4	8	6	0	4	6	7	4	3	5
Other (Specify)	1	4	2	0	0	4	2	0	1	0	2	1	1	0	1	4	2	1	1	2
No response	1	1	0	1	1	3	1	3	1	2	0	0	1	2	1	0	0	0	0	1

Total may exceed 100% because of multiple responses.



Table 40: Ethnicity

	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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	53	65	56	20	11	56	64	67	77	80	68	89	92	87	85	89	84	52	88	65
Maori	32	12	46	46	43	20	37	28	24	14	19	8	4	16	8	4	18	50	14	36
Pacific	19	11	3	49	56	10	3	5	1	3	8	1	2	2	6	5	1	6	0	1
Asian	3	11	1	1	2	14	1	1	1	6	7	4	1	0	1	0	1	2	0	2
Other	1	4	2	0	0	4	2	0	1	0	2	1	1	0	1	4	2	1	1	2
No response	1	1	0	1	1	3	1	3	1	2	0	0	1	2	1	0	0	0	0	1

Total may exceed 100% because of multiple responses.



Table 41: Q29. 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	Kimi Haurua Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	22	21	19	20	36	25	19	10	12	11	28	19	14	10	21	24	18	19	19	19
Working part-time	12	14	11	9	8	9	13	11	16	15	16	10	14	16	12	20	13	11	13	14
Unemployed/ actively seeking a job	6	5	5	14	7	7	4	4	1	2	6	5	3	0	7	5	3	2	4	4
At home	11	10	14	11	15	11	8	10	9	11	12	12	9	8	13	13	13	10	10	6
Retired	28	32	32	11	11	21	38	37	46	37	17	45	48	32	29	17	32	37	42	35
Sick/invalid beneficiary	16	11	16	26	15	22	11	21	10	23	16	9	8	26	15	18	16	17	10	15
Student (full-time, including secondary school)	3	2	3	5	5	0	4	3	1	0	3	1	1	3	2	2	2	2	0	3
Other (Specify)	1	2	1	2	1	1	1	0	3	0	1	0	0	2	1	0	2	2	0	0
No response	2	2	0	2	2	3	2	3	1	1	0	0	2	3	0	0	1	1	1	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.



Table 42: Q30. 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	Kimi Hauora Marlborough PHO	Sport Bay of Plenty
Unweighted base =	2709	214	212	95	124	99	106	144	145	123	165	104	215	62	136	82	179	189	78	237
Weighted base =	2709	166	202	373	445	55	71	104	52	44	102	59	244	33	72	38	99	308	40	203
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	54	43	57	66	51	61	51	61	52	55	44	41	43	56	49	56	55	55	47	56
No	43	52	42	31	45	36	44	34	41	37	55	57	52	35	49	40	42	41	50	38
Don't know	1	2	1	2	0	1	2	1	1	3	1	0	0	3	1	0	2	2	0	3
No response	3	2	0	1	4	2	3	4	6	4	0	2	4	5	2	4	2	3	3	3
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.