

MEMORANDUM | 01 July 2015

TO Diana O'Neill, Ministry of Health
FROM Mark Johnson and Annita Wood, Research New Zealand
SUBJECT 2015 Profile of Pacific Patients – Green Prescription Patient Survey (#4693)

Profile of Pacific GRx patients

Survey participation rate

A total of n=218 valid, completed responses were received from Pacific patients during the survey period (n=17 online, n=159 on paper and n=42 by telephone). This represents a participation rate of 20 percent. Table 41 on page 24 of this report, shows the achieved sample and participation rate for each of the providers¹.

Participation in the survey was boosted by two activities:

1. Reminder phone calls targeted at Māori and Pacific patients.
2. A prize draw incentive - three prizes of \$200 gift vouchers of the winner's choice. This was publicised in both the invitation letter, on the survey questionnaire and through the reminder calls.

The data that the following results have been drawn from has been weighted proportionally to the number of patients referred to the 19 different providers so that it will be representative of all 17,198 eligible GRx patients referred to the initiative during the period in question.

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. The maximum margin of error for the weighted results of Pacific patients is plus or minus 9.2 percent.

¹ In the provider's lists, there were 194 patients, among the achieved sample, whose ethnicity was listed as Pacific peoples. However among those 194 patients, 176 identified as Pacific peoples, while 18 identified as being another ethnicity. A further 42 patients who were not identified as Pacific peoples on the provider's lists identified as being such in the survey.



Reasons Pacific patients were prescribed a GRx

- ◆ The most commonly cited reason why Pacific patients were prescribed a GRx was for weight problems (62 percent, Table 1). Other common reasons included: diagnosed with type 2 diabetes (32 percent), high blood pressure or risk of stroke (29 percent), high cholesterol (22 percent), back pain or problems (21 percent), arthritis (21 percent), and/or asthma or breathing problems (also 21 percent).
- ◆ Compared with all GRx patients, Pacific patients were more likely to have been referred to the GRx initiative after being diagnosed with type 2 diabetes (32 percent compared to 20 percent overall).

Following prescribed activities

- ◆ While 35 percent of Pacific patients reported they were still following the GRx physical activities, 20 percent said they were doing a physical activity that was different from that recommended in their GRx (Table 2). In addition to this, 12 percent reported they were temporarily off their GRx physical activities and 25 percent were no longer following their GRx physical activities.
- ◆ The most frequently reported reasons provided by Pacific patients as to why they were temporarily off or no longer following the GRx physical activities were: a lack of time due to family responsibilities (25 percent, Table 3), injury or health problems (21 percent), lack of time due to work commitments (19 percent) and/or cost (18 percent).

Positive changes in health

- ◆ Almost two-thirds of Pacific patients reported they had noticed positive changes in their health since getting their GRx (64 percent, Table 4).
- ◆ When asked to identify what positive changes they had noticed, Pacific patients most commonly said they lost weight (47 percent, Table 5), felt stronger or fitter (42 percent), could breathe easier (42 percent), generally felt better (40 percent) and/or had more energy (39 percent).

Spending more or less time being active

- ◆ Compared with the time before getting their GRx, 51 percent of Pacific patients reported they were spending more time being active, while 18 percent said they were spending the same amount of time and 14 percent were spending less time being active (Table 10).
- ◆ The most commonly cited reason provided by Pacific patients for spending about the same amount of time being active now, as they were before getting their GRx was due to work commitments (24 percent, Table 11).
- ◆ In terms of the reasons for being less active, the most commonly cited reason was illness or injury (37 percent, Table 12).



Advice on healthy eating

- ◆ Seventy-four percent of Pacific patients reported they had received advice on healthy eating since getting their GRx (Table 13).
- ◆ Sixty-seven percent of Pacific patients said they had made changes to their food and/or drink since getting their GRx (Table 14).
- ◆ The three main changes to Pacific patients' food and/or drink intake were:
 - ◆ eating more vegetables (35 percent, Table 15),
 - ◆ eating less or avoiding sugar and sugary foods, sweets and soft drinks (29 percent)
 - ◆ and/or drinking more water (27 percent).
- ◆ Compared with all GRx patients, Pacific patients were more likely to report they had been eating more vegetables (35 percent compared to 23 percent overall).

First Contact with GRx Support person

- ◆ In terms of first contact, the majority of Pacific patients reported that their GRx support person contacted them first (56 percent, Table 16), while 22 percent visited them in person, and four percent called the number provided. Fourteen percent said they had not had any contact with the GRx support person.
 - ◆ Compared with all GRx patients, Pacific patients were more likely to report they had not had any contact with the GRx support person (14 percent compared to seven percent overall).

Follow-up by GRx Support person

- ◆ Where follow-up support has occurred, the majority of Pacific patients reported they had received a phone call (55 percent, Table 17) and/or face-to-face contact (53 percent).
 - ◆ Compared with all GRx patients, Pacific patients were less likely to report they had received support through a brochure or leaflet (18 percent compared to 33 percent overall) and/or a GRx community programme or group (12 percent compared to 19 percent overall).

GRx support people and activity providers

- ◆ The four main physical activities suggested to Pacific patients by their GRx support person were: walking (71 percent, Table 19), swimming (52 percent), gym exercises (37 percent), and/or water or pool exercises (35 percent).
- ◆ In terms of activity provider referrals, Pacific patients most frequently reported being referred to a swimming pool (53 percent) and/or a gym (47 percent, Table 20) by their GRx support person.



- ◆ Seventy-four percent of Pacific patients considered the activity provider(s) they were referred to as appropriate, while fifteen percent thought it was not (Table 21).
- ◆ In terms of who Pacific patients do physical activity with, 55 percent said they do it by themselves (Table 23), 48 percent with family members and 25 percent with friends.
 - ◆ Pacific patients were more likely than all GRx patients to do physical activity with family members (48 percent compared with 33 percent overall).

Service and support received

- ◆ Ninety-one percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful*’ (Table 24).
- ◆ Ninety percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The physical activity options suggested were appropriate for me*’ (Table 25).
- ◆ Ninety-one percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The information and advice I was given was relevant to me*’ (Table 26).
- ◆ Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The person I spoke to motivated me to get or stay physically active*’ (Table 27).
- ◆ Ninety-two percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The person I spoke to was understanding and supportive*’ (Table 28).
- ◆ Ninety percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*As a result of receiving a GRx, I now understand the benefits of physical activity*’ (Table 29).
- ◆ Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*As a result of the support I got, I now feel more confident about doing physical activity regularly*’ (Table 30).
- ◆ Ninety-two percent of Pacific patients were either *very satisfied or satisfied* with the overall service provided to them (Table 31).
- ◆ When Pacific patients were asked to describe the reasons why they were satisfied with the service or their GRx in general, 29 percent said it was because of the encouragement, motivation, support and/or help they had received (Table 32). The next most frequently mentioned reasons were that the programme had improved their health, motivation, confidence and happiness (10 percent) and/or the follow-up contact received (also 10 percent).



- ◆ When asked for the reasons why they were less than satisfied, Pacific patients predominately commented on the insufficient follow-up or communication (4 of 9 patients), work or time barriers (2 of 9 patients), and/or lack of encouragement/need more support (2 of 9 patients).²
- ◆ Sixty-five percent of Pacific patients reported they had encouraged others to become more active as a result of their GRx experience (Table 22).

Patient demographics

- ◆ There were more female Pacific patients than male Pacific patients (62 percent compared to 38 percent respectively (Table 34).
- ◆ Fifty-six percent of Pacific patients had a secondary school education or no qualifications, while a further 40 percent had tertiary qualifications or other post-secondary qualifications (Table 35).
- ◆ Seventy-five percent of Pacific patients were aged 35 to 64 years, and 11 percent 65 years plus (Table 37).
 - ◆ Compared with all GRx patients, Pacific patients were more likely to be aged 35 to 49 years (32 percent compared with 22 percent overall), while they were less likely to be aged 65 years plus (11 percent compared with 31 percent overall).
- ◆ Thirty-seven percent of Pacific patients reported having a long-term disability or impairment (Table 38).
 - ◆ Compared with all GRx patients, Pacific patients were more likely to not have a long-term disability or impairment (61 percent compared to 50 percent overall).
- ◆ Twenty percent of Pacific patients said they were sickness or invalid beneficiaries, while 40 percent reported they were either working full-time or part-time (Table 39).
 - ◆ Compared with all GRx patients, Pacific patients were more likely report they were working full-time (31 percent compared to 22 percent overall). Significantly fewer Pacific patients said they were retired (eight percent compared to 28 percent overall).
- ◆ Fifty-three percent of Pacific patients reported they have a Community Services Card.

Interpreting the tables in Appendix A and B

When interpreting the tables on the following pages, please note that bolded figures with dark shading (e.g. **38**) indicate a result for Pacific patients is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **17**) indicate a result that is significantly lower. Appendix A shows the survey tables for 2015 and Appendix B shows the survey tables for 2014.

² Note: Due to the small sub-sample of dissatisfied Pacific patients, these figures are unweighted frequency counts, not weighted percentages.



Appendix A: 2015 survey tables

Table 1:

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

Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
Arthritis	23	21	25	19	22	26	10
Asthma/breathing problems	17	21	15	21	6	5	42
Back pain or problems	22	21	22	21	29	29	15
Diagnosed type 2 diabetes	20	32	14	21	26	14	39
Pre-diabetes/risk of diabetes	14	19	11	20	15	10	0
High blood pressure/risk of stroke	26	29	21	30	22	21	27
High cholesterol	21	22	18	23	28	24	28
Sleep problems	17	17	15	21	11	27	31
To stop smoking	5	9	3	7	1	3	3
Stress	17	16	16	19	11	26	29
Weight problems	56	62	50	67	33	64	48
Depression/anxiety	15	11	16	17	8	21	13
Cancer	3	5	2	3	1	0	3
Heart problems	14	14	14	14	8	8	18
Osteoporosis	5	3	5	5	3	6	3
Fall prevention	7	5	8	4	6	3	0
Injury recovery	11	10	12	11	19	10	6
General fitness	1	0	2	1	0	0	0
Surgery recovery	2	1	3	2	0	2	3
Mental illness	0	0	0	0	0	0	0
Fibromyalgia	1	0	1	0	1	0	0
Other (Specify)	6	7	7	6	5	7	2
No response	3	3	4	3	2	3	6

Total may exceed 100% because of multiple responses.

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



Table 2:

Q3. Are you currently...?

Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
Still following the GRx physical activities	39	35	41	34	51	43	48
Doing physical activity but different from that recommended in your GRx	21	20	22	18	20	28	20
Temporarily off GRx physical activities	15	12	17	17	7	10	9
No longer following the GRx physical activities	18	25	14	25	13	11	13
No response	7	8	7	6	9	8	11
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 3:

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

Base =	Total 994* %	Pacific 91 %	European 654 %	Maori 286 %	Asian 26** %	Other 12** %	No response 11** %
Injury/health problems	28	21	34	25	25	29	8
Lack of time due to work	16	19	13	17	4	13	19
Just didn't want to	6	5	6	6	7	0	22
Lack of time due to family responsibilities	17	25	13	17	25	6	0
Cost	17	18	13	23	13	17	18
Lack of energy/too tired	13	10	14	15	17	17	10
I'm too old	3	2	3	3	4	0	0
It's too hard to stick to a routine	10	10	8	11	14	0	12
The programme ran its course/wasn't renewed GRx	2	2	1	1	2	6	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	2	3	2	0	6	0
Moved elsewhere/out of town/on holiday	2	4	3	2	6	12	0
I'm doing other physical activities (not GRx)	2	2	2	3	5	0	0
Other (Specify)	14	13	12	17	5	6	10
No response	11	10	11	9	25	10	23

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 4:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	69	64	70	69	65	78	54
No	15	17	15	15	23	17	9
Don't know/unsure	11	11	11	11	10	5	18
No response	5	8	4	6	2	0	18
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 5:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2056*	168	1382	520	60	35	15**
	%	%	%	%	%	%	%
Breathing easier	33	42	26	40	29	20	58
Feel stronger/fitter	51	42	54	49	55	60	38
Less stressed	29	27	28	30	28	48	39
Less joint pain/discomfort	22	23	21	22	16	21	28
Less back pain	15	18	15	14	23	26	32
More energy	40	39	39	42	40	38	39
Lower cholesterol	13	15	10	15	29	16	28
Lower blood pressure	18	17	16	22	18	20	28
Less medication	7	10	6	7	5	14	32
Lost weight	43	47	41	46	47	45	27
Smoking less	6	7	5	8	1	0	4
Sleeping better	25	31	23	25	27	34	29
Fewer illnesses	7	10	6	8	3	4	28
Generally feel better	47	40	50	46	54	63	65
Feel less depressed/anxious	16	14	17	17	21	17	46
Increased mobility	21	15	23	24	20	18	31
Better balance/fewer falls	9	8	10	9	8	4	34
Improved blood sugar levels	14	18	11	16	38	15	28
Other (Specify)	3	3	2	5	4	0	0
No response	8	13	7	8	3	0	18

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 6:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	68	58	71	65	65	52	77
No	29	36	26	31	30	45	14
No response	4	6	2	4	5	3	9
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 7:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1967*	138	1377	465	56	26**	19**
	%	%	%	%	%	%	%
Yes	51	53	49	56	53	56	17
No	42	36	46	37	37	44	70
No response	7	11	5	6	10	0	12
Total	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 8:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1122*	94	734	304	36	13**	9**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	0	2	2	0	0	0
Encourage you to change your physical activity?	14	15	12	16	7	29	6
Encourage you to continue your physical activity unchanged?	70	62	75	69	72	71	62
No response	14	23	10	13	22	0	32
Total	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 9:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1100*	94	716	300	36	13**	9**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	21	16	20	25	25	38	48
Give verbal advice only?	60	57	64	56	56	57	20
Other (Specify)	2	4	2	1	0	0	0
No response	17	23	14	18	19	5	32
Total	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 10:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
More time being active?	58	51	61	55	70	60	56
About the same amount of time being active?	24	18	26	25	10	26	17
Less time being active?	11	14	9	14	12	9	9
No response	8	17	5	6	9	6	17
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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Table 11:

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		429*	30	305	108	7**	9**	2**
		%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from		24	17	29	20	53	19	0
Already doing enough, already/always been active/happy with what doing		17	7	21	19	30	0	0
Too busy/no time		11	16	9	10	0	14	0
Increased workload/long hours/work commitments		12	24	10	12	0	9	55
Lack of motivation/laziness/depression		6	8	5	5	0	0	0
Lack energy/tired		2	0	4	1	0	0	0
Specified type of activity/level of activity		0	0	0	0	0	0	0
Family responsibilities		7	7	6	12	0	23	0
GRx has not helped		1	0	1	1	0	0	0
Weather/darkness		1	1	1	2	0	0	0
Lack of support		2	6	2	2	0	8	0
Other commitments, holidays		3	0	2	4	0	0	0
Difficulty getting into, or lost, routine/didn't get into a habit		3	1	3	4	0	0	0
Costs/fees of activity too expensive		4	1	6	5	0	14	0
Getting too old/no longer up to it		1	0	2	0	0	0	0
Other		14	13	12	14	17	27	0
No particular reason		0	0	0	0	0	0	0
Don't know		1	6	0	0	0	0	45

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 12:

Q11b. If less time, why is this?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	189*	20**	112	59	8**	3**	3**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	42	37	53	36	70	29	63
Increased workload/longer hours/work commitments	13	28	8	8	17	37	37
Lack of motivation/confidence, laziness, depressed	13	20	10	12	0	0	0
Lack energy/tired	5	0	4	9	0	0	0
Specified type of activity not doing	1	1	2	1	0	0	0
Too busy/no time, other priorities/commitments (including study)	10	6	9	15	0	0	0
Family responsibilities (incl. pregnancy, home issues)	8	14	5	4	13	37	37
Weather/darkness/daylight saving over	3	6	2	2	0	0	0
Costs/fees of activities too expensive	2	0	4	2	0	0	0
Other	11	0	13	14	0	34	0
No particular reason	0	0	0	0	0	0	0
Don't know	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 13:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	71	74	67	77	72	60	80
No	24	18	29	18	20	33	7
Don't know	2	1	2	2	4	7	0
No response	4	6	2	3	5	0	13
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 14:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
No	27	21	32	20	30	25	24
Yes (Specify)	67	67	63	74	63	68	63
No response	7	12	4	6	7	7	13
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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Table 15:

Q13a. What changes?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1641*	139	1069	447	54	29**	13**
	%	%	%	%	%	%	%
Drink more water	20	27	15	28	21	27	0
Eating more healthily/less junk food (better choices, watch what I eat)	22	14	25	25	27	36	18
Eating less/smaller meals (portion control)	22	20	22	21	13	14	6
Cut down on fats/low fat foods	10	17	7	8	24	14	4
Less/avoid sugar and sugary foods, sweets, soft drinks	27	29	28	27	22	18	46
Eat more vegetables	23	35	16	26	31	26	14
Eat more fruit	10	9	10	11	8	6	9
Less alcohol	4	3	6	2	0	0	0
Reduce carbohydrates, including bread (gluten)	10	9	11	11	16	8	9
No snacking/regular meals, breakfasts	3	3	3	4	0	2	0
Diet plans	4	0	5	3	1	3	0
Eat less (red) meat/more fish	3	2	2	4	19	12	0
Cut down on salt use	4	5	4	5	3	0	0
Less takeaways/fast foods	4	4	2	6	1	0	0
Less dairy (milk, butters, etc.)	2	2	2	2	0	0	0
Less coffee/tea	1	1	2	2	2	0	0
More grain breads, fibre or similar	2	1	2	1	5	3	0
More protein	1	0	1	2	0	0	0
Supplements, dietary	1	0	0	2	0	0	0
Yes (in general)	0	1	0	1	0	0	0
Yes, reading labels on food	2	2	3	2	0	3	0
Stopped/reduced smoking	0	0	1	0	0	0	0
Other	13	21	13	12	8	10	23
No particular reason	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0

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 16:

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

Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
The support person contacted me (by phone call, letter, email)	64	56	70	57	75	68	26
I went to see them in person	21	22	20	27	4	16	50
I called 0800 ACTIVE or the local phone number provided	4	4	4	4	4	13	3
I have not had any contact with a GRx support person	7	14	4	7	16	3	0
No response	4	5	2	5	1	0	21
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 17:

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

Base =	Total 2595* %	Pacific 196 %	European 1784 %	Maori 631 %	Asian 76 %	Other 44 %	No response 23** %
Phone call	62	55	63	60	57	79	41
Face-to-face/in person	46	53	41	56	37	24	47
Brochures/leaflets	33	18	36	32	38	29	29
A GRx Community programme/group	19	12	22	20	14	13	2
Text or email	17	20	15	24	14	14	5
No support/follow up offered	3	4	3	4	7	5	3
I didn't want any support/follow up	2	1	2	2	5	2	3
Mail/letter	0	0	0	0	1	0	0
Watched DVD/Video	0	0	0	0	0	0	0
Other (Specify)	2	3	2	2	1	5	0
Don't know	0	0	0	0	0	0	0
No response	3	3	2	3	1	5	17

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 18:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
Yes	35	31	35	39	31	33	46
No	34	35	36	30	38	37	29
Don't know	22	25	20	21	27	20	6
No response	9	10	8	10	4	10	20
Total	100	100	100	100	100	100	100

*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 19:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
None	3	3	3	2	4	3	3
Walking	70	71	69	71	74	64	47
Swimming	51	52	48	56	45	54	56
Gardening	16	15	16	15	11	22	26
Other home based activities (e.g. exercycle/treadmill)	18	18	18	19	27	15	25
Water/pool exercises	42	35	42	43	31	39	29
Tai chi	9	6	11	7	8	9	7
Yoga/Pilates/Zumba	7	4	8	4	8	10	3
Cycling	12	7	14	10	8	6	25
Gym exercises (e.g. aerobics, weights)	38	37	35	43	39	57	29
Fall prevention programme	3	4	4	2	3	0	7
GRx Community programme/group	17	16	18	17	8	15	11
Sport/sporting activities	1	2	2	1	0	2	0
Other (Specify)	5	5	5	6	7	0	3
No response	4	8	3	5	1	0	17

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 20:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
Gym	42	47	37	54	52	59	32
Swimming pool	52	53	49	60	53	62	42
Sports club	4	6	4	4	15	13	5
Other	7	7	7	6	7	3	0
Not referred to any provider	21	19	23	16	9	14	16
Don't know	0	0	0	0	0	0	0
No response	6	7	6	5	1	3	35

Total may exceed 100% because of multiple responses.

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

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

Table 21:

Q19. Was the activity provider right for you?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2072*	162	1393	532	67	40	18**
	%	%	%	%	%	%	%
No	11	15	10	9	9	16	2
Yes	77	74	77	82	75	72	76
No response	12	12	13	9	16	12	22
Total	100	100	100	100	100	100	100

*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 22:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
No	26	22	29	24	12	21	23
Yes	64	65	63	68	70	69	53
No response	10	13	9	9	18	10	24
Total	100	100	100	100	100	100	100

*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:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
A sports club	6	3	7	5	7	15	2
A GRx Community programme/group	21	19	21	20	19	6	23
Another organised group	13	14	13	12	5	12	13
People from work	4	5	3	5	2	3	4
By myself	65	55	67	67	62	60	50
Family members	33	48	28	36	27	27	20
Friends	26	25	24	28	14	28	8
Other (Specify)	4	2	4	5	8	4	3
No response	4	7	3	3	1	0	17

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 24:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The advice I was given was helpful

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2490*	187	1722	601	74	44	17**
	%	%	%	%	%	%	%
Strongly agree	47	44	46	48	48	48	69
Agree	46	47	47	45	47	44	24
Neither agree nor disagree	4	4	4	4	4	1	0
Disagree	2	2	2	1	0	7	3
Strongly disagree	1	2	1	1	1	0	4
Total	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 25:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The physical activity options suggested were appropriate for me

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2465*	181	1707	595	74	44	16**
	%	%	%	%	%	%	%
Strongly agree	36	31	37	39	31	39	49
Agree	53	59	51	52	57	46	38
Neither agree nor disagree	7	6	8	6	9	13	0
Disagree	3	3	3	3	3	2	8
Strongly disagree	1	1	1	1	0	0	5
Total	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 26:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2442*	179	1689	594	73	44	15**
	%	%	%	%	%	%	%
Strongly agree	39	35	38	43	35	46	51
Agree	51	56	51	48	58	43	36
Neither agree nor disagree	6	4	7	6	5	9	5
Disagree	2	4	3	2	1	2	4
Strongly disagree	1	1	1	1	1	0	5
Total	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 27:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2453*	183	1698	593	73	44	16**
	%	%	%	%	%	%	%
Strongly agree	44	39	43	48	46	49	42
Agree	42	48	41	38	46	32	50
Neither agree nor disagree	9	7	10	7	7	13	0
Disagree	4	5	4	4	0	5	4
Strongly disagree	2	2	2	2	1	2	5
Total	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 28:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The person I spoke to was understanding and supportive

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2472*	182	1705	602	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	51	42	52	54	51	53	41
Agree	40	50	39	37	45	40	51
Neither agree nor disagree	6	4	6	7	4	5	0
Disagree	2	3	2	2	0	0	3
Strongly disagree	1	1	1	1	1	2	4
Total	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 29:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2432*	180	1679	588	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	42	42	41	45	48	45	63
Agree	43	48	43	42	42	27	26
Neither agree nor disagree	10	7	12	9	8	17	4
Disagree	3	3	3	2	1	6	3
Strongly disagree	2	1	2	3	1	5	4
Total	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 30:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2431*	181	1678	589	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	40	40	38	41	50	52	39
Agree	42	47	41	41	39	23	45
Neither agree nor disagree	13	8	15	12	9	14	4
Disagree	4	3	4	5	1	4	3
Strongly disagree	2	3	2	2	1	7	9
Total	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:

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	Pacific	European	Maori	Asian	Other	No response
Base =	2508*	185	1736	608	73	44	18**
	%	%	%	%	%	%	%
Very satisfied	52	50	52	55	41	47	75
Satisfied	36	42	35	35	47	32	9
Neither/nor	7	5	9	6	9	10	4
Dissatisfied	2	2	3	2	2	11	7
Very dissatisfied	2	1	2	2	1	0	4
Total	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 32:

Q23a. Reasons for being satisfied (contains mixed comments)

	Base =	Total 1311*	Pacific 108	European 865	Maori 354	Asian 36	Other 25**	No response 8**
		%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful		36	29	36	39	42	29	62
Follow-up contact received/checks on progress		11	10	12	10	18	19	0
Motivated me to be active/more active, am more active as a result		6	9	7	6	12	4	0
Empathic, understands needs/situation, takes genuine interest, caring, listens		4	2	4	5	2	3	0
Improved health, motivation, confidence/Feel better, happier/See results		8	10	6	8	14	8	7
Friendly, lovely, pleasant, cheerful, enthusiastic people		3	1	4	3	5	0	9
Useful/Good information/advice/explanations/ideas/suggestions		8	9	8	8	11	0	10
Appropriate activities - suitable for my lifestyle, abilities, condition		5	5	5	3	3	0	10
Excellent/Great/Awesome team, support		5	8	5	3	6	3	0
Service great/good/impressive		5	4	4	6	2	8	0
Personal contact/attention		2	2	2	1	0	5	0
No pressure/non-judgmental		1	0	1	1	0	0	0
Easy to contact/talk to, accessible, approachable		1	3	1	1	0	0	0
Greater awareness/understanding of need to be/benefits of being more active		1	0	1	1	1	3	13
Help with activities/exercises		0	0	1	0	0	0	0
Great/good communicator - clear/concise/understandable		1	2	1	2	0	0	0
A lack of contact or follow-up/more follow-up required		1	2	1	1	0	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost		4	6	3	5	0	12	0
Already active/doing own thing		1	0	1	2	0	0	0
Illness/injury barriers - can't do exercises because of, doing what I can		2	3	3	1	2	0	6
Need support/motivation, lack of motivation		1	2	1	0	0	0	0
More face-to-face/personal contact/support desired		1	2	1	0	0	0	0
Inappropriate activities for condition/age		0	0	1	0	0	4	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues		0	0	0	0	3	0	0
Longer GRx period/GRx ran out, limited time only		1	0	1	1	0	0	0
More advice/information required		0	0	0	0	7	0	0
Self-motivated/Up to me/my decisions		1	0	1	3	0	0	0
Other - Negative comment		3	4	4	2	2	5	0
Other - Positive comment		16	17	16	16	8	17	0
No particular reason		3	2	3	3	2	9	0
Don't know		0	0	0	0	0	0	0

*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 33:

Q23b. Reasons for being less than satisfied

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	242*	9**	188	43	6**	8**	3**
	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	28	40	27	30	14	37	0
Lack of support/encouragement, need more support	17	13	18	23	0	0	0
A lack of personal contact; phone calls not sufficient	4	0	5	1	0	19	0
Cost barriers	11	24	8	7	38	22	68
More suitable ideas required (relevant to time available, travel distance, condition)	15	0	16	14	0	9	32
Work/Time barriers	4	27	3	0	0	0	0
Didn't change much/didn't help/no benefit	4	0	4	1	14	13	0
Insufficient staff/resources, lack of knowledge/experience	10	0	12	13	0	0	0
Did it/left to do it myself, already motivated	6	0	5	5	14	27	0
No advice re exercises	3	6	2	1	0	0	0
Empathy lacking, disinterested	6	6	5	5	0	0	32
Positive comment	7	0	9	7	0	9	0
Other	23	3	23	23	48	24	0
No particular reason	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0

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:

Q24. Are you...?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Male	31	38	27	32	43	28	5
Female	68	62	72	68	57	72	12
No response	1	0	0	0	0	0	82
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 35:

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2709	218	1838	666	83	45	23**
		%	%	%	%	%	%	%
No qualification		27	31	23	33	17	11	0
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.)		29	25	31	26	30	29	3
Tertiary qualification (e.g. Bachelor's Degree or higher)		20	23	20	16	38	32	7
Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma)		20	17	22	19	11	22	4
Other (Specify)		1	0	1	1	2	0	0
No response		4	5	3	4	2	5	86
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 36:

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2709	218	1838	666	83	45	23**
		%	%	%	%	%	%	%
Under 18 years		0	0	0	0	0	0	0
18 - 24 yrs		3	3	3	4	2	2	0
25 - 29 yrs		3	5	3	3	1	6	0
30 - 34 yrs		4	5	4	6	3	6	0
35 - 39 yrs		5	8	4	5	7	16	0
40 - 44 yrs		7	10	6	9	8	6	4
45 - 49 yrs		10	14	7	13	8	8	3
50 - 54 yrs		12	19	9	14	12	17	0
55 - 59 yrs		13	15	11	15	23	10	4
60 - 64 yrs		11	9	11	11	12	4	2
65 - 69 yrs		12	7	15	8	13	12	4
70 - 74 yrs		10	4	13	7	7	7	0
75 - 79 yrs		5	0	8	3	2	3	2
80 years or over		3	0	6	1	1	3	0
No response		1	0	0	1	0	0	81
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 37:

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2709	218	1838	666	83	45	23**
		%	%	%	%	%	%	%
Under 25 yrs		3	4	3	4	2	2	0
25 - 34 yrs		8	10	7	9	4	12	0
35 - 49 yrs		22	32	17	27	24	31	7
50 - 64 yrs		36	43	31	39	47	30	7
65+ yrs		31	11	42	19	23	25	5
No response		1	0	0	1	0	0	81
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

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?

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2709	218	1838	666	83	45	23**
		%	%	%	%	%	%	%
Yes		45	37	50	47	35	47	8
No		50	61	45	50	61	53	9
No response		4	2	4	3	5	0	82
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 39:

Q29. Which of the following best describes you?

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2709	218	1838	666	83	45	23**
		%	%	%	%	%	%	%
Working full-time		22	31	17	25	25	16	7
Working part-time		12	9	13	10	10	4	4
Unemployed/actively seeking a job		6	11	3	7	12	9	0
At home		11	14	10	12	16	11	0
Retired		28	8	39	17	22	25	0
Sick/invalid beneficiary		16	20	13	22	11	20	4
Student (full-time, including secondary school)		3	5	2	4	5	11	0
Other (Specify)		1	1	1	1	0	2	2
No response		2	1	1	1	1	2	83
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 40:

Q30. Do you have a Community Services Card?

Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
Yes	54	53	51	62	42	70	6
No	43	45	45	35	58	30	11
Don't know	1	1	2	1	0	0	0
No response	3	1	2	2	0	0	82
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 41: Population, sample, and participation rate for each GRx contract holder (where ethnicity was known)

GRx contract holder	Eligible population	Number Selected	Achieved Sample	Participation rate
Sport Northland	19	19	5	26%
Sport Auckland - Auckland	559	258	44	17%
Sport Auckland - Counties	982	253	72	28%
Harbour Sport	120	120	25	21%
HealthWest	58	56	10	18%
Sport Waikato	72	65	7	11%
Sport Gisborne	10	10	0	0%
Sport Bay of Plenty	18	16	2	13%
Sport Hawkes Bay	28	28	5	18%
Sport Taranaki	6	6	0	0%
Sport Whanganui	0	0	0	-
Sport Manawatu	12	12	4	33%
Sport Wellington	58	58	6	10%
Nelson Bays PHO	8	8	2	25%
CWCST - Canterbury	46	22	2	9%
CWCST - West Coast	0	0	0	-
Sport Otago	13	13	3	23%
Sport Southland	15	15	7	47%
Marlborough PHO	3	3	0	0%
Total	2027	962	194	20%

*Sub-sample based on those patients identified as being Pacific on the provider lists.

^Ethnicity of patients not provided.



Appendix B: 2014 survey tables

Table 42:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Arthritis	25	25	25	21	15	33	50
Asthma/breathing problems	15	17	13	20	14	6	0
Back pain or problems	23	29	23	19	13	40	0
Diagnosed type 2 diabetes	17	24	12	25	25	28	0
Pre-diabetes/risk of diabetes	11	24	8	14	13	9	50
High blood pressure/risk of stroke	28	43	25	34	27	32	0
High cholesterol	22	30	18	27	28	34	0
Sleep problems	16	19	14	21	13	19	100
To stop smoking	4	5	3	8	2	1	0
Stress	20	28	18	25	10	28	50
Weight problems	54	74	50	66	36	56	50
Depression/anxiety	18	17	18	19	13	24	50
Cancer	3	4	3	2	0	4	0
Heart problems	13	17	12	12	13	11	0
Osteoporosis	5	4	5	5	3	5	100
Fall prevention	6	4	7	4	5	4	0
Injury recovery	10	6	10	11	6	12	50
General fitness	2	4	2	2	3	2	0
Surgery recovery	2	0	2	1	0	2	0
Mental illness	1	0	1	0	0	2	0
Other (Specify)	5	3	5	4	1	6	0
No response	8	5	9	6	8	5	0

Total may exceed 100% because of multiple responses.

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



Table 43:

Q3. Are you currently...?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Still following the GRx physical activities	39	38	40	36	42	41	0
Doing physical activity but different from that recommended in your GRx	23	23	23	24	21	20	50
Temporarily off GRx physical activities	17	15	16	15	21	21	50
No longer following the GRx physical activities	14	16	14	17	11	15	0
No response	7	9	7	8	5	3	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 44:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1062*	60	743	242	46	22**	1**
	%	%	%	%	%	%	%
Injury/health problems	33	22	38	25	21	27	100
Lack of time due to work	17	19	15	22	26	14	0
Just didn't want to	6	11	6	6	0	0	0
Lack of time due to family responsibilities	19	33	15	23	30	31	0
Lack of energy/too tired	17	29	15	16	14	33	100
I'm too old	2	2	2	1	0	0	0
It's too hard to stick to a routine	11	9	10	11	20	17	0
Financial Reasons	6	5	6	9	5	8	0
The programme ran its course/wasn't renewed GRx	2	3	2	3	1	0	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	4	3	3	1	0	0
Moved elsewhere/out of town/on holiday	2	0	2	4	4	10	0
I'm doing other physical activities (not GRx)	5	3	6	3	4	7	0
Other (Specify)	11	6	11	14	15	10	0
No response	10	6	10	12	5	7	0

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 45:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Yes	72	72	71	74	79	74	100
No	14	15	15	13	6	13	0
Don't know/unsure	11	10	11	10	11	11	0
No response	3	3	3	2	3	2	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 46:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2151*	126	1518	487	94	51	2**
	%	%	%	%	%	%	%
Breathing easier	33	51	27	47	25	21	50
Feel stronger/fitter	57	68	56	55	65	51	50
Less stressed	30	39	26	40	34	48	0
Less joint pain/discomfort	22	30	21	22	20	32	0
Less back pain	18	36	16	16	18	22	0
More energy	42	61	38	49	40	44	50
Lower cholesterol	14	27	10	20	24	10	0
Lower blood pressure	19	43	14	24	18	29	0
Less medication	8	17	6	8	11	11	0
Lost weight	46	56	44	53	31	39	50
Smoking less	6	7	3	13	3	4	0
Sleeping better	27	48	22	33	34	29	0
Fewer illnesses	8	16	6	12	10	2	0
Generally feel better	53	54	52	57	42	45	50
Feel less depressed/anxious	17	22	16	21	12	30	0
Increased mobility	22	33	21	22	20	33	0
Better balance/fewer falls	10	15	9	10	2	10	0
Improved blood sugar levels	12	26	9	17	23	5	0
Other (Specify)	4	4	4	4	1	5	50
No response	4	4	4	5	5	3	0

*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 47:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Yes	68	67	69	66	62	69	50
No	30	32	29	32	34	27	50
No response	2	2	2	2	5	4	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 48:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2006*	111	1450	424	77	47	1**
	%	%	%	%	%	%	%
Yes	46	66	41	56	61	36	0
No	48	28	54	40	31	59	100
No response	6	7	6	5	8	5	0
Total	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 49:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1045*	84	684	269	50	19**	0**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	2	2	2	1	0	0
Encourage you to change your physical activity?	12	15	12	10	10	18	0
Encourage you to continue your physical activity unchanged?	75	80	74	75	77	67	0
No response	11	3	12	13	11	15	0
Total	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 50:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1024*	83	668	264	49	19**	0**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	23	32	21	20	31	26	0
Give verbal advice only?	59	63	59	59	51	47	0
Other (Specify)	3	1	4	2	6	0	0
No response	15	5	15	18	11	26	0
Total	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 51:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
More time being active?	61	58	62	62	67	65	100
About the same amount of time being active?	24	19	26	21	15	12	0
Less time being active?	9	13	8	11	12	15	0
No response	5	10	4	6	7	8	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 52:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	436*	17**	341	76	12**	6**	0**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing or recovering	28	12	30	23	6	57	0
Already doing enough, already/always been active/happy with what doing	13	12	15	9	5	13	0
Too busy/no time	9	11	9	10	23	12	0
Increased workload/long hours/work commitments	8	6	8	14	6	0	0
Lack of motivation/laziness/depression	7	6	6	9	0	0	0
Lack energy/tired	3	0	4	0	5	0	0
Specified type of activity/level of activity	6	0	5	10	0	0	0
Family responsibilities	10	24	8	13	31	0	0
GRx has not helped	0	0	0	0	0	0	0
Weather/darkness	1	0	2	1	0	0	0
Lack of support	1	0	0	3	0	0	0
Other commitments, holidays	6	12	3	9	19	0	0
Difficulty getting into, or lost, routine/didn't get into a habit	2	0	2	5	0	12	0
Costs/fees of activity too expensive	3	3	3	2	5	0	0
Getting too old/no longer up to it	1	0	2	0	0	0	0
Other	21	47	20	18	22	7	0
No particular reason	0	0	0	0	0	0	0
Don't know	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 about the same amount of time being active after first prescribed a GRx.

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



Table 53:

Q11b. If less time, why is this?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	182*	15**	112	51	10**	5**	0**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	44	34	58	28	6	19	0
Increased workload/longer hours/work commitments	10	14	6	17	11	29	0
Lack of motivation/confidence, laziness, depressed	16	27	13	13	50	0	0
Lack energy/tired	5	9	4	9	0	0	0
Specified type of activity not doing	2	3	1	5	5	0	0
Too busy/no time, other priorities/commitments (including study)	15	19	9	16	34	39	0
Family responsibilities (incl. pregnancy, home issues)	5	17	4	4	0	0	0
Weather/darkness/daylight saving over	2	0	2	2	0	0	0
Costs/fees of activities too expensive	2	3	2	2	6	0	0
Other	11	15	10	14	5	13	0
No particular reason	0	0	0	0	0	0	0
Don't know	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 54:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Yes	68	76	65	77	64	66	50
No	28	18	32	20	26	31	50
Don't know	2	3	2	2	6	1	0
No response	2	2	2	1	4	3	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 55:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
No	31	19	34	24	33	31	0
Yes (Specify)	63	74	62	69	60	61	50
No response	5	7	4	6	7	8	50
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 56:

Q13a. What changes?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1694*	110	1199	395	61	41	1**
	%	%	%	%	%	%	%
Drink more water	16	31	13	25	5	10	100
Eating more healthily/less junk food (better choices, watch what I eat)	23	17	23	25	35	21	0
Eating less/smaller meals (portion control)	20	20	22	17	15	16	0
Cut down on fats/low fat foods	12	11	12	10	18	37	100
Less/avoid sugar and sugary foods, sweets, soft drinks	23	29	22	21	26	18	0
Eat more vegetables	20	28	16	23	19	28	0
Eat more fruit	15	16	15	17	7	22	0
Less alcohol	6	6	6	6	4	0	0
Reduce carbohydrates, including bread (gluten)	11	12	10	12	21	10	0
No snacking/regular meals, breakfasts	5	5	5	7	2	6	0
Diet plans	5	1	6	3	5	3	0
Eat less (red) meat/more fish	4	5	4	3	5	7	0
Cut down on salt use	3	4	2	4	4	0	0
Less takeaways/fast foods	3	8	3	5	4	0	0
Less dairy (milk, butters, etc.)	3	1	3	5	0	0	0
Less coffee/tea	1	0	1	1	0	0	0
More grain breads, fibre or similar	2	0	2	3	3	2	0
More protein	2	0	2	3	5	2	100
Supplements, dietary	1	0	0	1	0	0	0
Yes (in general)	0	0	0	0	0	0	0
Yes, reading labels on food	3	0	3	2	3	3	0
Other	12	11	12	10	9	17	0
No particular reason	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0

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 57:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	66	63	67	63	60	66	100
I went to see them in person	24	27	23	25	28	24	0
I called 0800 ACTIVE or the local phone number provided	5	4	5	5	2	4	0
I have not had any contact with a GRx support person	3	2	3	4	7	3	0
No response	2	4	2	3	3	3	0
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 58:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2767*	157	1985	601	106	65	2**
	%	%	%	%	%	%	%
Phone call	58	61	60	56	49	62	100
Face-to-face/in person	47	54	44	52	52	52	0
Brochures/leaflets	32	32	34	33	28	35	0
A GRx Community programme/group	20	20	21	20	13	18	0
Text or email	15	26	15	17	16	8	50
No support/follow up offered	5	9	4	4	3	10	0
I didn't want any support/follow up	3	2	2	2	3	2	0
Mail/letter	0	0	0	0	0	0	0
Other (Specify)	3	2	3	3	1	0	0
Don't know	0	0	0	0	0	0	0
No response	2	2	2	3	3	3	0

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 59:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2767*	157	1985	601	106	65	2**
	%	%	%	%	%	%	%
Yes	33	28	33	37	37	23	100
No	36	35	38	31	32	39	0
Don't know	22	25	22	22	21	30	0
No response	8	12	7	10	10	8	0
Total	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.

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

Table 60:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2767*	157	1985	601	106	65	2**
	%	%	%	%	%	%	%
None	3	4	4	3	2	1	50
Walking	68	69	66	76	63	79	50
Swimming	51	56	49	59	48	57	0
Gardening	17	16	16	20	12	18	50
Other home based activities (e.g. exercycle/treadmill)	16	24	15	18	22	11	0
Water/pool exercises	44	53	43	46	25	49	0
Tai chi	10	2	10	11	6	17	0
Yoga/Pilates/Zumba	7	4	8	6	10	4	0
Cycling	13	17	13	15	13	12	0
Gym exercises (e.g. aerobics, weights)	44	59	41	49	50	45	0
Fall prevention programme GRx Community programme/group	3	1	3	2	1	3	0
Sport/sporting activities	20	28	19	22	10	26	0
Other (Specify)	2	4	2	2	0	1	0
No response	3	4	3	4	4	6	0
No response	3	3	3	4	3	2	0

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 61:

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

	Base =	Total 2256*	Pacific 134	European 1583	Maori 515	Asian 85	Other 57	No response 1**
		%	%	%	%	%	%	%
Gym		56	74	52	60	61	61	0
Swimming pool		63	65	62	66	59	59	0
Sports club		5	5	5	5	8	12	0
Other		10	7	10	10	8	10	0
Don't know		0	0	0	0	0	0	0
No response		7	4	7	6	7	4	100

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents...

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

Table 62:

Q19. Was the activity provider right for you?

	Base =	Total 2256*	Pacific 134	European 1583	Maori 515	Asian 85	Other 57	No response 1**
		%	%	%	%	%	%	%
No		11	7	12	9	10	18	0
Yes		77	83	76	79	81	73	0
No response		12	11	12	12	10	10	100
Total		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 63:

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

	Base =	Total 2767*	Pacific 157	European 1985	Maori 601	Asian 106	Other 65	No response 2**
		%	%	%	%	%	%	%
No		28	25	31	22	14	16	50
Yes		61	61	60	67	73	78	0
No response		11	15	10	11	12	6	50
Total		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.

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



Table 64:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2767*	157	1985	601	106	65	2**
	%	%	%	%	%	%	%
A sports club	6	9	6	6	5	9	0
A GRx Community programme/group	19	23	20	15	19	29	0
Another organised group	14	11	15	14	12	6	50
People from work	4	7	3	5	4	4	0
By myself	68	59	70	66	58	66	50
Family members	31	49	27	35	35	39	0
Friends	24	31	24	28	21	23	0
Other (Specify)	1	0	2	1	0	2	0
No response	2	3	2	3	5	2	50

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 65:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The advice I was given was helpful

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2645*	151	1901	575	100	61	2**
	%	%	%	%	%	%	%
Strongly agree	44	50	42	50	40	57	50
Agree	48	42	50	43	53	32	50
Neither agree nor disagree	6	7	6	5	6	4	0
Disagree	2	1	2	1	0	1	0
Strongly disagree	1	0	1	1	1	6	0
Total	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 66:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The physical activity options suggested were appropriate for me

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2625*	151	1887	570	99	62	2**
	%	%	%	%	%	%	%
Strongly agree	38	42	36	43	31	50	0
Agree	50	44	52	46	62	41	50
Neither agree nor disagree	8	8	8	7	4	2	50
Disagree	3	4	3	2	2	5	0
Strongly disagree	1	2	1	1	1	1	0
Total	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 67:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2607*	149	1876	565	100	61	1**
	%	%	%	%	%	%	%
Strongly agree	37	38	35	45	32	51	0
Agree	51	49	53	46	64	38	100
Neither agree nor disagree	8	10	8	7	3	2	0
Disagree	2	1	2	1	0	6	0
Strongly disagree	1	2	1	1	1	1	0
Total	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 68:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2623*	151	1886	568	99	62	2**
	%	%	%	%	%	%	%
Strongly agree	42	44	40	49	39	59	50
Agree	40	41	41	37	48	26	50
Neither agree nor disagree	11	9	13	8	12	4	0
Disagree	4	1	5	4	0	9	0
Strongly disagree	2	4	2	2	1	1	0
Total	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 69:

Q22. Please indicate how strongly you agree or disagree with each of these statements...The person I spoke to was understanding and supportive

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2645*	151	1902	573	101	63	2**
	%	%	%	%	%	%	%
Strongly agree	48	48	47	52	44	57	50
Agree	40	39	41	38	45	31	50
Neither agree nor disagree	8	9	8	7	10	4	0
Disagree	2	2	3	2	0	2	0
Strongly disagree	1	2	1	1	1	5	0
Total	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 70:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2602*	150	1864	568	99	61	1**
	%	%	%	%	%	%	%
Strongly agree	41	48	38	46	39	51	0
Agree	42	39	43	41	53	36	0
Neither agree nor disagree	13	11	15	11	7	7	100
Disagree	3	3	3	2	1	5	0
Strongly disagree	1	0	2	1	1	1	0
Total	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 71:

Q22. 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	Pacific	European	Maori	Asian	Other	No response
Base =	2607*	151	1868	567	100	61	1**
	%	%	%	%	%	%	%
Strongly agree	37	49	32	43	41	47	0
Agree	42	32	44	39	48	37	100
Neither agree nor disagree	15	14	17	12	9	9	0
Disagree	4	3	4	3	0	6	0
Strongly disagree	2	2	2	3	1	1	0
Total	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 72:

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	Pacific	European	Maori	Asian	Other	No response
Base =	2665*	152	1913	580	101	62	2**
	%	%	%	%	%	%	%
Very satisfied	47	49	47	54	35	49	0
Satisfied	37	35	36	34	53	40	50
Neither/nor	9	10	10	8	8	1	50
Dissatisfied	4	4	4	3	1	8	0
Very dissatisfied	2	2	2	2	3	1	0
Total	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 73:

Q23a. Reasons for being satisfied (contains mixed comments)

	Base =	Total 1304*	Pacific 67	European 923	Maori 321	Asian 40	Other 33	No response 0**
		%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful		33	38	33	37	25	17	0
Follow-up contact received/checks on progress		10	2	11	11	6	5	0
Motivated me to be active/more active, am more active as a result		17	23	15	17	12	32	0
Empathic, understands needs/situation, takes genuine interest, caring, listens		7	11	7	5	5	11	0
Improved health, motivation, confidence/Feel better, happier/See results		16	27	14	17	27	22	0
Friendly, lovely, pleasant, cheerful, enthusiastic people		3	9	4	1	0	0	0
Useful/Good information/advice/explanations/ideas/suggestions		13	14	14	14	20	7	0
Appropriate activities - suitable for my lifestyle, abilities, condition		9	8	9	9	8	14	0
Excellent/Great/Awesome team, support		1	1	2	0	0	7	0
Service great/good/impressive		6	8	7	4	5	13	0
Personal contact/attention		3	0	4	3	0	8	0
No pressure/non-judgmental		2	1	2	2	0	0	0
Easy to contact/talk to, accessible, approachable		3	1	3	3	0	2	0
Greater awareness/understanding of need to be/benefits of being more active		5	11	4	7	3	0	0
Help with activities/exercises		2	0	2	0	0	0	0
Great/good communicator - clear/concise/understandable		1	3	0	0	0	0	0
A lack of contact or follow-up/more follow-up required		0	0	0	0	1	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost		6	3	7	6	6	11	0
Already active/doing own thing		3	0	4	4	0	3	0
Illness/injury barriers - can't do exercises because of, doing what I can		6	0	7	5	0	3	0
Need support/motivation, lack of motivation		2	0	2	3	3	4	0
More face-to-face/personal contact/support desired		2	8	2	0	1	4	0
Inappropriate activities for condition/age		1	1	2	0	0	0	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues		1	1	1	0	5	5	0
Longer GRx period/GRx ran out, limited time only		3	1	3	3	0	8	0
More advice/information required		1	1	1	1	5	2	0
Self-motivated/Up to me/my decisions		2	0	3	3	0	0	0
Other - Negative comment		5	2	4	7	6	7	0
Other - Positive comment		14	17	14	14	15	16	0
No particular reason		0	0	1	0	0	0	0
Don't know		0	0	0	0	0	0	0

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 74:

Q23b. Reasons for being less than satisfied

	Base =	Total 283* %	Pacific 17** %	European 225 %	Maori 40 %	Asian 9** %	Other 4** %	No response 1** %
Insufficient follow-up/communication, contact stopped		26	23	27	24	10	76	0
Lack of support/encouragement, need more support		17	25	15	15	30	0	0
A lack of personal contact; phone calls not sufficient		5	17	5	1	0	0	0
Cost barriers		13	10	15	12	5	24	0
More suitable ideas required (relevant to time available, travel distance, condition)		16	3	18	15	16	22	0
Work/Time barriers		7	13	7	11	0	0	0
Didn't change much/didn't help/no benefit		14	4	15	20	0	0	0
Insufficient staff/resources, lack of knowledge/experience		12	27	10	8	5	22	0
Did it/left to do it myself, already motivated		12	4	11	12	21	0	100
No advice re exercises		6	2	7	2	0	28	0
Empathy lacking, disinterested		5	0	5	7	0	0	0
Positive comment		9	11	8	8	38	0	0
Other		17	20	17	16	15	0	0
No particular reason		0	0	0	0	0	0	0
Don't know		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 75:

Q24. Are you...?

	Base =	Total 2858 %	Pacific 162 %	European 2045 %	Maori 627 %	Asian 113 %	Other 66 %	No response 2** %
Male		32	41	28	31	47	33	50
Female		68	59	72	69	53	67	50
No response		0	0	0	0	0	0	0
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 76:

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

	Base =	Total 2858 %	Pacific 162 %	European 2045 %	Maori 627 %	Asian 113 %	Other 66 %	No response 2** %
No qualification		26	32	23	33	7	24	0
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.)		32	37	33	29	23	25	50
Tertiary qualification (e.g. Bachelor's Degree or higher)		20	16	19	15	49	35	0
Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma)		19	11	21	18	19	15	0
Other (Specify)		1	2	1	2	1	0	0
No response		2	2	2	3	1	1	50
Total		100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 77:

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

	Base =	Total 2858 %	Pacific 162 %	European 2045 %	Maori 627 %	Asian 113 %	Other 66 %	No response 2** %
Under 18 years		1	0	1	1	0	0	0
18 - 24 yrs		3	6	2	4	2	1	0
25 - 29 yrs		2	4	2	3	1	0	0
30 - 34 yrs		3	5	2	5	4	2	0
35 - 39 yrs		5	8	4	9	5	8	50
40 - 44 yrs		7	16	6	8	12	10	0
45 - 49 yrs		9	12	7	13	8	11	0
50 - 54 yrs		11	17	10	15	12	13	0
55 - 59 yrs		11	9	11	14	10	10	0
60 - 64 yrs		12	10	12	12	26	10	0
65 - 69 yrs		13	9	15	9	12	18	0
70 - 74 yrs		11	3	14	5	6	13	0
75 - 79 yrs		6	2	8	3	3	3	0
80 years or over		4	0	6	1	1	1	0
No response		0	0	0	0	0	0	50
Total		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 78:

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Under 25 yrs	3	6	3	5	2	1	0
25 - 34 yrs	6	10	5	8	5	2	0
35 - 49 yrs	21	36	17	29	25	29	50
50 - 64 yrs	35	35	32	41	48	33	0
65+ yrs	35	14	43	17	21	34	0
No response	0	0	0	0	0	0	50
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 79:

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	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Yes	46	44	47	48	24	41	50
No	48	51	47	47	74	50	0
No response	5	4	5	6	2	9	50
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 80:

Q29. Which of the following best describes you?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Working full-time	20	29	18	22	34	15	0
Working part-time	14	7	15	14	9	12	0
Unemployed/actively seeking a job	4	8	2	5	8	14	0
At home	8	19	6	8	13	8	50
Retired	30	9	38	12	19	28	0
Sick/invalid beneficiary	16	19	14	27	5	13	0
Student (full-time, including secondary school)	3	4	2	6	2	4	0
Other (Specify)	4	2	3	5	8	4	0
No response	1	3	1	0	2	2	50
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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



Table 81:

Q30. Do you have a Community Services Card?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2858	162	2045	627	113	66	2**
	%	%	%	%	%	%	%
Yes	53	63	49	60	45	63	50
No	42	33	46	35	46	33	0
Don't know	2	1	2	2	6	2	0
No response	3	3	3	3	3	1	50
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 82: Population, sample, and participation rate for each GRx contract holder (where ethnicity was known)

GRx contract holder	Eligible population	Number Selected	Achieved Sample	Participation rate
Sport Northland	20	18	3	17%
Sport Auckland - Auckland	439	194	30	15%
Sport Auckland - Counties	647	234	43	18%
Harbour Sport	-	-	-	-
HealthWest	43	43	13	30%
Sport Waikato	37	25	6	24%
Sport Gisborne	13	13	1	8%
Sport Bay of Plenty	18	15	3	20%
Sport Hawkes Bay	30	30	6	20%
Sport Taranaki	5	5	3	60%
Sport Wanganui	2	2	1	50%
Sport Manawatu	8	8	2	25%
Sport Wellington	59	59	9	15%
Nelson Bays PHO	12	12	3	25%
CWCST - Canterbury	33	19	6	32%
CWCST - West Coast	2	2	0	0%
Sport Otago	7	7	3	43%
Sport Southland	7	7	0	0%
Marlborough PHO	5	5	1	20%
Total	1387	698	133	19%

*Sub-sample based on those patients identified as being Pacific on the provider lists.

^Ethnicity of patients not provided.