

MEMORANDUM | 25 July 2016

TO Diana O'Neill, Ministry of Health
FROM Mark Johnson and Annita Wood, Research New Zealand
SUBJECT 2016 Profile of Patients aged 65 years plus – Green Prescription Patient Survey (#4838)

Profile of GRx patients aged 65 years plus

Survey participation

A total of n=959 valid, completed responses were received from patients aged 65 years plus during the survey period (n=87 online, n=820 on paper and 52 by telephone). This represents a participation rate of 47 percent. Table 40 on page 27 of this report, shows the achieved sample and participation rate for each of the providers¹.

Participation in the survey was boosted by three activities:

1. Reminder phone calls targeted at Māori and Pacific patients.
2. Sending reminder letters and emails to non-Māori and non-Pacific patients.
3. A prize draw incentive - three prizes of \$250 gift vouchers of the winner's choice. This was publicised in the invitation letter, on the survey questionnaire, in the reminder calls, letter and email.

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 18,849 eligible GRx patients referred to the initiative during the period in question.

The weighted results for the total sample in the 2016 survey have a maximum margin of error of plus or minus 1.8 percent, at the 95 percent confidence level. The maximum margin of error for the weighted results of patients aged 65 years plus is plus or minus 3.8 percent.

¹ In the providers' lists, there were 952 patients, among the achieved sample, whose age was listed as over 65 years. However, among those 952 patients aged over 65 years, 16 of them self-identified as aged under 65 years in the survey, while 23 patients who were identified as being aged under 65 in the sample self-identified as being aged 65 years plus in the survey.



Reasons patients aged 65 years plus were prescribed a GRx

- ◆ The most commonly cited reasons why patients aged 65 years plus were prescribed a GRx was for weight problems (36 percent, Table 1). Other common reasons included: arthritis (35 percent), high blood pressure or risk of stroke (30 percent), back pain or problems (22 percent), diagnosed with Type 2 diabetes (21 percent), and/or because they had high cholesterol (20 percent).
- ◆ Compared with all GRx patients, patients aged 65 years plus were more likely to have been referred to the GRx initiative for arthritis (35 percent compared with 22 percent overall), high blood pressure/risk of stroke (30 percent compared with 25 percent overall), diagnosed type 2 diabetes (21 percent compared with 17 percent overall), asthma/breathing problems (19 percent compared with 14 percent overall), heart problems (17 percent compared with 11 percent overall), fall prevention (12 percent compared with five percent overall) and/or osteoporosis (seven percent compared to four percent overall).
- ◆ However, overall they were less likely to be referred to the GRx initiative for weight problems (36 percent compared with 53 percent overall), stress related reasons (12 percent compared with 20 percent overall), sleep problems (12 percent compared with 16 percent overall), depression or anxiety (10 percent compared with 17 percent overall) and/or pre-diabetes or risk of diabetes (nine percent compared with 13 percent overall).

Following prescribed activities

- ◆ Forty-four percent of patients aged 65 years plus reported they were still following their GRx physical activities, 23 percent said they were doing physical activity that was different from that recommended in their GRx (Table 2). In addition to this, 14 percent reported they were temporarily off their GRx physical activities and 12 percent were no longer following their GRx physical activities.
- ◆ Compared with all GRx patients, patients aged 65 years plus were more likely to report that they were still following the GRx physical activities (44 percent compared with 39 percent overall).

However, they were less likely to report that they were no longer following their GRx physical activities (12 percent compared with 16 percent overall).

- ◆ The most frequently reported reason provided by patients aged 65 years plus as to why they were temporarily off or no longer following their GRx physical activities was an injury or health problem (40 percent, Table 3). Two other commonly cited reasons were a lack of energy or being too tired (13 percent) and/or financial reasons (11 percent).
- ◆ Compared with all GRx patients, patients aged 65 years plus were more likely to be temporarily off or no longer following their GRx physical activities because of an injury/health problem (40 percent compared with 30 percent overall).

However, they were less likely to be temporarily off or no longer following their GRx physical activities because of a lack of energy/too tired (13 percent compared with 19 percent overall),



cost (11 percent compared with 16 percent overall) and/or a lack of time due to family responsibilities (10 percent compared with 20 percent overall).

Positive changes in health

- ◆ Over two-thirds (71 percent) of patients aged 65 years plus reported they had noticed positive changes in their health since getting their GRx (Table 4).
- ◆ When asked what positive changes they had noticed, patients aged 65 years plus most commonly said that they: generally felt better (57 percent, Table 5), felt stronger or fitter (56 percent), had more energy (38 percent), had lost weight (36 percent), breathing easier (30 percent), had less joint pain or discomfort (28 percent) and/or felt less stressed (22 percent)
 - ◆ Where they had noticed changes, patients aged 65 years plus were less likely to say they had more energy (38 percent compared with 45 percent overall), had lost weight (36 percent compared to 48 percent), felt less stressed (22 percent compared with 34 percent overall), and/or were sleeping better (20 percent compared with 30 percent overall).

Spending more or less time being active

- ◆ Compared with the time before getting their GRx, 60 percent of patients aged 65 years plus reported that they were spending more time being active, while 25 percent said they were spending about the same amount of time and 8 percent were spending less time being active (Table 10).
- ◆ The two most frequently reported reasons provided by patients 65 years plus as to why they were spending the same amount of time being active now, as they were before getting their GRx included; illness, injury, pain or a medical condition (22 percent, Table 11) and/or a feeling that they were already active enough (15 percent).
- ◆ Amongst those who were less active, the most commonly cited reason was that they had an illness, injury, pain or a medical condition (68 percent, Table 12).

Advice on healthy eating

- ◆ Sixty-four percent of patients aged 65 years plus reported they had received specific advice on healthy eating (Table 13).
- ◆ Patients aged 65 years plus were less likely than all GRx patients to report that they had not made any changes to their food and/or drink intake since getting their GRx (60 percent compared with 70 percent overall, Table 14).
- ◆ The five main changes to patients aged 65 years plus food and/or drink intake were:
 - ◆ eating less, or avoiding, sugar and sugary foods, sweets and soft drinks (25 percent, Table 15),
 - ◆ eating less or smaller meals (24 percent),



- ◆ eating more vegetables (21 percent),
- ◆ eating more healthily or eating less junk food (19 percent),
- ◆ and/or drinking more water (17 percent).

First Contact with GRx Support person

- ◆ In terms of first contact, the majority of patients aged 65 years plus reported that their GRx support person contacted them first (62 percent, Table 16), while 29 percent visited them in person, and two percent called the number provided. Four percent said they had not had any contact with the GRx support person.

Follow-up by GRx Support person

- ◆ Where follow-up support has occurred, the majority of patients aged 65 years plus reported they had received a phone call (55 percent, Table 17) and/or face-to-face contact (47 percent).
 - ◆ Compared with all GRx patients, patients in this age group were more likely to report that they had received follow-up support through face-to-face contact (47 percent compared with 42 percent overall) and/or through a GRx community programme/group (22 percent compared with 13 percent overall).
 - ◆ In contrast, compared with all GRx patients, they were less likely to report that they had received follow-up support through a text or email (14 percent compared with 22 percent overall).

GRx support people and activity providers

- ◆ The four main physical activities suggested to patients aged 65 years plus by their GRx support person were: walking (64 percent, Table 19), swimming (45 percent), water or pool exercise (42 percent) and/or gym exercises (34 percent).
 - ◆ Compared with all GRx patients, patients in this age group were more likely to have been recommended gardening (25 percent compared with 17 percent overall), Tai Chi (13 percent compared with 10 percent overall) and/or fall prevention programmes (six percent compared with three percent overall).
 - ◆ In contrast, compared with all GRx patients, they were less likely to have been recommended walking (64 percent compared with 69 percent overall), swimming (45 percent compared with 54 percent overall), gym exercises (34 percent compared with 43 percent overall), cycling (10 percent compared to 15 percent overall) and/or Yoga, Pilates or Zumba (five percent compared with eight percent overall).
- ◆ In terms of activity provider referrals, patients aged 65 years plus most frequently reported being referred to a swimming pool by their GRx support person (61 percent, Table 20).



- ◆ Compared with all GRx patients, patients aged 65 years plus were less likely to have been referred to a gym (48 percent compared with 58 percent overall).
- ◆ Seventy-seven percent of patients aged 65 years plus considered the activity provider(s) they were referred to as appropriate, while 11 percent thought they were not (Table 21).
- ◆ Sixty-eight percent of patients aged 65 years plus said they do physical activity by themselves, 26 percent with adult family members and 23 percent with friends (Table 23).
 - ◆ Compared with all GRx patients, patients in this age group were more likely to do physical activity with a GRx community programme or group (20 percent compared with 15 percent overall) and/or another organised group (18 percent compared with 13 percent overall); while they were less likely to do physical activity with adult family members (26 percent compared with 32 percent overall) and/or child family members (5 percent compared with 15 percent overall).

Service and support received

- ◆ Ninety-two percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement '*The advice I was given was helpful*' (Table 24).
- ◆ Eighty-nine percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement '*The physical activity options suggested were appropriate for me*' (Table 25).
- ◆ Ninety percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement '*The information and advice I was given was relevant to me*' (Table 26).
- ◆ Eighty-six percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement '*The person I spoke to motivated me to get or stay physically active*' (Table 27).
- ◆ Ninety-one percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement '*The person I spoke to was understanding and supportive*' (Table 28).
- ◆ Eighty-six percent of patients aged 65 years plus 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-two percent of patients aged 65 years plus 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).
- ◆ Eighty-eight percent of patients aged 65 years plus were either *very satisfied or satisfied* with the overall service provided to them (Table 31).
- ◆ When patients aged 65 years plus were asked for the reasons why they were satisfied with the service or their GRx in general, 33 percent of patients said it was because of the encouragement,



motivation, support and/or help they had received (Table 32). The next most frequently mentioned reason was the motivation to be active/more active (18 percent).

- ◆ When asked to identify the reasons why they were less than satisfied with the service or their GRx in general, most patients aged 65 years plus said the follow-up contact was insufficient or that the contact stopped (33 percent, Table 33) and/or there was a lack of personal contact or not enough phone calls (23 percent).
- ◆ Sixty-one percent of patients aged 65 years plus reported they had encouraged others to become more active as a result of their GRx (Table 22).

Patient demographics

- ◆ Sixty-four percent of patients aged 65 years plus were female (Table 34).
- ◆ Fifty-nine percent of patients aged 65 years plus had a secondary school qualification or no qualifications. Thirty-seven percent had a tertiary qualification or other post-secondary qualifications (Table 35).
 - ◆ Compared with all GRx patients, patients aged 65 years plus were less likely to have a tertiary qualification (14 percent compared with 21 percent overall).
- ◆ Forty-eight percent of patients aged 65 years plus reported having a long-term disability or impairment (Table 36).
- ◆ The majority of patients aged 65 years plus reported they had retired (83 percent), while just 11 percent said they were still either working full-time or part-time (Table 38).
 - ◆ Patients aged 65 years plus were more likely to have retired compared with all GRx patients (83 percent compared with 28 percent overall). In contrast, patients in this age group were less likely to be working full-time (4 percent compared with 24 percent) or part-time (7 percent compared with 14 percent overall).
- ◆ Compared with all GRx patients, more patients aged 65 years plus reported having a Community Services Card (53 percent compared with 51 percent overall, Table 39).

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 a particular age group is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **13**) indicate a result that is significantly lower. Appendix A shows the survey tables for 2016 and Appendix B shows the survey tables for 2015.



Appendix A: 2016 survey tables

Table 1:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Arthritis	22	35	2	5	12	23	4
Asthma/breathing problems	14	19	11	7	10	15	13
Back pain or problems	22	22	16	16	20	25	10
Diagnosed type 2 diabetes	17	21	4	5	15	21	0
Pre-diabetes/risk of diabetes	13	9	8	13	18	15	0
High blood pressure/risk of stroke	25	30	6	8	21	30	4
High cholesterol	18	20	3	10	17	21	24
Sleep problems	16	12	14	18	18	17	13
To stop smoking	5	2	7	8	7	4	0
Stress	20	12	23	26	25	22	28
Weight problems	53	36	72	68	66	55	39
Depression/anxiety	17	10	42	27	22	17	7
Pregnancy	1	0	2	4	1	0	0
Heart problems	11	17	3	0	7	11	30
Osteoporosis	4	7	1	0	1	4	0
Fall prevention	5	12	1	0	1	3	0
Injury/surgery recovery	13	13	9	13	10	15	13
General fitness	3	4	7	2	2	2	7
Surgery recovery	0	0	2	0	0	0	0
Mental illness	0	0	2	0	0	0	0
Fibromyalgia	0	0	0	0	0	0	0
Other (Specify)	4	3	6	5	5	4	0
No response	7	9	2	6	6	7	10

Total may exceed 100% because of multiple responses.

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



Table 2:

Q4. Are you currently...?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Still following the GRx physical activities	39	44	31	33	35	40	27
Doing physical activity but different from that recommended in your GRx	24	23	23	30	23	24	39
Temporarily off GRx physical activities	16	14	11	13	18	18	0
No longer following the GRx physical activities	16	12	34	23	20	13	20
No response	4	6	0	2	2	5	14
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1005*	305	49	74	236	335	6**
	%	%	%	%	%	%	%
Injury/health problems	30	40	13	17	22	35	30
Lack of time due to work	22	7	17	33	36	21	23
Just didn't want to	7	4	21	15	10	4	0
Lack of time due to family responsibilities	20	10	22	27	33	17	0
Cost	16	11	17	17	19	18	30
Lack of energy/too tired	19	13	18	30	26	16	0
I'm too old	3	6	0	1	0	2	0
It's too hard to stick to a routine	11	10	14	13	13	9	0
The programme ran its course/wasn't renewed GRx	1	1	0	0	2	1	0
Issues with admin/paperwork (not helpful, no follow up etc.)	5	2	1	11	5	7	12
Moved elsewhere/out of town/on holiday	2	3	7	0	1	2	0
I'm doing other physical activities (not GRx)	3	6	8	7	2	1	0
Other (Specify)	12	14	16	10	9	11	36
No response	7	14	0	3	2	8	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 4:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Yes	72	71	58	62	74	75	65
No	15	16	18	21	15	13	27
Don't know/unsure	11	10	24	17	11	10	0
No response	2	3	0	0	1	2	8
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2099*	714	68	132	452	722	11**
	%	%	%	%	%	%	%
Breathing easier	34	30	36	43	36	36	45
Feel stronger/fitter	55	56	58	63	54	54	56
Less stressed	34	22	43	48	40	36	61
Less joint pain/discomfort	26	28	14	25	17	31	40
Less back pain	21	17	26	32	23	21	58
More energy	45	38	61	62	47	45	69
Lower cholesterol	14	10	8	13	13	19	27
Lower blood pressure	19	20	5	10	15	24	45
Less medication	11	8	5	19	12	12	13
Lost weight	48	36	65	60	55	50	74
Smoking less	6	2	7	13	9	7	0
Sleeping better	30	20	51	43	34	30	37
Fewer illnesses	12	8	24	22	10	12	13
Generally feel better	55	57	58	53	56	51	46
Feel less depressed/anxious	20	12	33	33	26	20	13
Increased mobility	29	27	29	32	24	32	45
Better balance/fewer falls	14	15	20	18	12	13	13
Improved blood sugar levels	17	14	15	11	16	21	0
Other (Specify)	4	2	1	6	6	3	0
No response	3	4	1	1	2	3	10

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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Yes	49	54	40	44	41	51	37
No	50	43	58	56	58	47	56
No response	2	3	2	1	1	1	7
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:

Q9. Did your referrer discuss your GRx with you?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1476*	563	50	90	264	503	6**
	%	%	%	%	%	%	%
Yes	64	63	48	64	68	65	9
No	31	29	49	32	29	31	75
No response	5	8	3	3	3	3	16
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1016*	398	27**	59	181	348	3**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	1	1	0	0	2	2	0
Encourage you to change your physical activity?	17	11	39	30	14	20	0
Encourage you to continue your physical activity unchanged?	74	76	53	68	77	72	0
No response	8	12	8	2	7	6	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 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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1000*	391	27**	59	178	342	3**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	26	26	8	25	28	27	0
Give verbal advice only?	60	58	69	67	61	60	36
Other (Specify)	6	5	8	4	5	7	0
Don't know	0	0	0	0	0	0	0
No response	8	11	15	4	6	6	64
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
More time being active?	61	60	61	62	61	61	48
About the same amount of time being active?	25	25	23	23	25	26	12
Less time being active?	10	8	14	13	12	10	13
No response	4	7	2	2	2	3	27
Total	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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Table 11:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	490*	149	19**	39	107	176	0**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	22	22	5	13	18	28	0
Already doing enough, already/always been active/happy with what doing	12	15	19	16	13	7	0
Too busy/no time	8	11	18	20	5	3	0
Increased workload/long hours/work commitments	16	5	3	15	23	21	0
Lack of motivation/laziness/depression	9	10	0	15	11	8	0
Lack energy/tired	6	5	5	8	8	5	0
Specified type of activity/level of activity	7	13	3	0	5	7	0
Family responsibilities	9	3	22	9	9	10	0
GRx has not helped	2	0	0	10	3	2	0
Weather/darkness	1	0	0	0	0	2	0
Lack of support	1	1	0	0	2	2	0
Other commitments, holidays	4	4	8	3	5	2	0
Difficulty getting into, or lost, routine/didn't get into a habit	3	0	3	7	8	1	0
Costs/fees of activity too expensive	3	0	3	4	3	4	0
Getting too old/no longer up to it	2	7	0	0	0	0	0
Other	15	15	33	18	9	17	0
No particular reason	1	0	0	2	0	2	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.

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Table 12:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	242*	66	12**	20**	64	80	0**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	41	68	16	13	31	43	0
Increased workload/longer hours/work commitments	11	3	4	2	21	11	0
Lack of motivation/confidence, laziness, depressed	16	5	52	34	19	12	0
Lack energy/tired	6	6	0	2	6	9	0
Specified type of activity not doing	0	1	0	0	0	1	0
Too busy/no time, other priorities/commitments (including study)	3	0	0	0	5	4	0
Family responsibilities (incl. pregnancy, home issues)	10	7	5	18	14	8	0
Weather/darkness/daylight saving over	3	0	0	0	3	6	0
Costs/fees of activities too expensive	4	0	16	2	4	6	0
Other	18	10	36	36	16	16	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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Yes	68	64	58	66	71	72	38
No	28	33	31	29	25	26	44
Don't know	2	2	11	4	2	1	0
No response	1	1	0	0	1	1	17
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
No	28	38	34	30	21	24	25
Yes (Specify)	70	60	66	69	79	75	48
No response	1	2	0	1	1	1	27
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 15:

Q14. What changes?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1799*	510	71	146	445	621	6**
	%	%	%	%	%	%	%
Drink more water	22	17	20	25	24	23	30
Eating more healthily/less junk food (better choices, watch what I eat)	25	19	38	36	27	26	0
Eating less/smaller meals (portion control)	21	24	24	18	21	18	9
Cut down on fats/low fat foods	7	6	5	4	6	8	22
Less/avoid sugar and sugary foods, sweets, soft drinks	29	25	43	32	30	28	31
Eat more vegetables	20	21	13	18	19	22	30
Eat more fruit	10	9	9	9	9	11	30
Less alcohol	6	7	3	3	7	5	0
Reduce carbohydrates, including bread (gluten)	11	12	3	10	10	12	0
No snacking/regular meals, breakfasts	4	3	10	5	4	3	0
Diet plans	5	4	5	4	7	4	8
Eat less (red) meat/more fish	4	5	0	1	4	3	0
Cut down on salt use	2	2	2	3	1	3	0
Less takeaways/fast foods	5	2	14	9	7	4	0
Less dairy (milk, butters, etc.)	2	2	1	2	2	3	0
Less coffee/tea	2	3	0	2	2	2	0
More grain breads, fibre or similar	1	1	1	2	1	1	0
More protein	1	1	1	1	1	1	0
Supplements, dietary	0	0	0	1	0	0	0
Yes (in general)	0	0	0	0	0	0	0
Yes, reading labels on food	3	4	0	1	2	4	0
Other	11	10	6	10	13	11	31
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	68	62	60	65	74	70	55
I went to see them in person (face-to-face)	23	29	20	24	19	21	11
I called 0800 ACTIVE or the local phone number provided	3	2	4	5	3	4	4
I have not had any contact with a GRx support person	5	4	17	6	4	4	23
No response	1	2	0	0	0	1	7
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2720*	919	100	196	584	909	12**
	%	%	%	%	%	%	%
Phone call	59	55	47	65	61	60	57
Face-to-face/in person	42	47	37	38	40	40	48
Brochures/leaflets	29	31	25	29	28	29	5
A GRx Community programme/group	18	22	11	14	15	19	0
Text or email	22	14	25	28	29	24	17
No support/follow up offered	4	3	5	8	5	4	0
I didn't want any support/follow up	2	2	4	3	2	2	0
Mail/letter	1	0	0	1	1	1	0
Watched DVD/Video	0	0	0	0	0	0	0
Other (Specify)	5	4	8	5	6	6	0
Don't know	0	0	0	0	0	0	0
No response	1	2	1	0	0	1	25

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:

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

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		2720*	919	100	196	584	909	12**
		%	%	%	%	%	%	%
Yes		34	35	23	25	33	37	21
No		37	34	39	45	39	37	51
Don't know		23	21	36	25	25	21	18
No response		6	10	1	5	4	4	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.

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

Table 19:

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

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		2720*	919	100	196	584	909	12**
		%	%	%	%	%	%	%
None		3	3	3	5	3	4	0
Walking		69	64	66	72	75	70	50
Swimming		54	45	47	62	58	57	63
Gardening		17	25	6	12	12	17	0
Other home based activities (e.g. exercycle/treadmill)		22	18	27	25	23	22	17
Water/pool exercises		45	42	38	43	44	49	41
Tai chi		10	13	5	9	7	10	0
Yoga/Pilates/Zumba		8	5	9	13	12	8	0
Cycling		15	10	21	15	19	17	10
Gym exercises (e.g. aerobics, weights)		43	34	63	48	49	42	58
Fall prevention programme GRx Community programme/group		3	6	0	4	3	2	0
Sport/sporting activities		19	16	15	23	25	18	5
Other (Specify)		0	0	0	0	0	0	0
No response		5	4	3	3	5	5	5
		1	2	3	2	1	1	9

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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2146*	738	74	147	447	731	9**
	%	%	%	%	%	%	%
Gym	58	48	31	70	62	59	43
Swimming pool	66	61	50	67	67	72	42
Sports club	7	5	9	14	7	6	15
Other	7	7	3	7	9	8	0
Don't know	0	0	0	0	0	0	0
No response	5	10	2	1	4	2	11

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:

Q20. Was the activity provider right for you?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2158*	740	74	149	452	734	9**
	%	%	%	%	%	%	%
No	11	11	20	14	10	11	27
Yes	80	77	74	82	83	81	56
No response	9	12	6	5	7	8	16
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 22:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2720*	919	100	196	584	909	12**
	%	%	%	%	%	%	%
No	28	29	34	33	28	25	31
Yes	65	61	61	64	66	69	45
No response	7	10	5	3	6	6	24
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 23:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2720*	919	100	196	584	909	12**
	%	%	%	%	%	%	%
By myself	72	68	70	78	73	74	78
Family members (adults)	32	26	45	41	33	34	5
Family members (children)	15	5	10	32	26	13	27
A GRx community programme/group	15	20	9	6	12	14	10
Friends	26	23	39	33	27	24	18
Another organised group	13	18	8	8	11	10	13
A sports club	4	4	10	5	4	3	17
People from work	4	1	7	6	7	4	0
Other (Specify)	5	4	8	6	6	5	0
No response	1	1	1	0	1	1	9

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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2672*	889	99	196	579	900	9**
	%	%	%	%	%	%	%
Strongly agree	47	47	36	46	51	46	38
Agree	42	45	50	39	38	43	40
Neither agree nor disagree	7	6	10	8	8	7	16
Disagree	2	1	4	4	2	2	0
Strongly disagree	2	1	1	3	2	2	6
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2644*	881	98	195	573	888	9**
	%	%	%	%	%	%	%
Strongly agree	39	36	41	40	42	38	29
Agree	47	53	41	42	43	47	49
Neither agree nor disagree	10	8	16	11	9	10	6
Disagree	3	2	1	3	3	3	16
Strongly disagree	2	1	1	4	2	2	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 26:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2641*	872	97	196	576	891	9**
	%	%	%	%	%	%	%
Strongly agree	41	38	38	44	45	41	22
Agree	45	52	42	40	40	44	55
Neither agree nor disagree	9	8	18	10	10	9	0
Disagree	3	2	1	5	3	3	23
Strongly disagree	2	1	1	2	2	2	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 27:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2641*	877	98	195	572	890	9**
	%	%	%	%	%	%	%
Strongly agree	44	43	43	45	44	45	43
Agree	37	43	24	28	32	37	28
Neither agree nor disagree	12	10	26	14	14	11	7
Disagree	4	2	5	9	5	4	16
Strongly disagree	3	1	1	4	4	3	6
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2644*	877	99	194	577	888	9**
	%	%	%	%	%	%	%
Strongly agree	51	50	48	52	52	51	49
Agree	38	41	37	32	35	39	22
Neither agree nor disagree	7	6	14	8	9	6	13
Disagree	2	1	1	5	1	2	16
Strongly disagree	2	1	1	2	3	2	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 29:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2632*	868	98	194	573	892	7**
	%	%	%	%	%	%	%
Strongly agree	43	43	42	42	44	44	32
Agree	38	43	30	32	35	39	40
Neither agree nor disagree	13	11	24	20	15	12	27
Disagree	3	2	3	4	4	3	0
Strongly disagree	2	1	1	3	3	2	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 30:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2632*	866	99	195	575	890	7**
	%	%	%	%	%	%	%
Strongly agree	39	39	34	40	40	39	32
Agree	38	43	40	29	34	39	31
Neither agree nor disagree	16	14	18	18	17	15	27
Disagree	4	2	6	7	5	4	0
Strongly disagree	3	2	2	7	5	3	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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2669*	893	99	195	575	899	8**
	%	%	%	%	%	%	%
Very satisfied	50	51	43	38	50	51	66
Satisfied	35	37	37	43	33	34	0
Neither/nor	9	8	15	10	10	9	27
Dissatisfied	3	2	2	4	3	3	8
Very dissatisfied	3	1	3	5	4	3	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 32:

Q24. Reasons for being satisfied

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1442*	458	48	102	327	502	5**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	38	33	51	46	40	37	78
Follow-up contact received/checks on progress	12	11	10	9	13	14	0
Motivated me to be active/more active, am more active as a result	14	18	13	9	10	15	0
Empathic, understands needs/situation, takes genuine interest, caring, listens	7	6	12	7	8	7	12
Improved health, motivation, confidence/Feel better, happier/See results	16	14	15	9	15	20	40
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	5	5	7	4	3	0
Useful/Good information/advice/explanations/ideas/suggestions	14	12	13	19	17	13	12
Appropriate activities - suitable for my lifestyle, abilities, condition	6	5	3	10	7	7	0
Excellent/Great/Awesome team, support	13	15	4	13	13	12	38
Service great/good/impressive	14	16	20	16	12	13	10
Personal contact/attention	9	8	8	8	9	10	0
No pressure/non-judgmental	3	3	0	3	3	2	0
Easy to contact/talk to, accessible, approachable	1	0	3	1	2	1	0
Greater awareness/understanding of need to be/benefits of being more active	3	3	3	4	2	3	0
Help with activities/exercises	2	2	1	2	2	1	0
Great/good communicator - clear/concise/understandable	2	1	3	0	3	2	0
A lack of contact or follow-up/more follow-up required	1	0	5	4	1	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 32: (continued)

Q24. Reasons for being partially satisfied

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
	1442*	458	48	102	327	502	5**	
	%	%	%	%	%	%	%	%
Other barriers: distance to travel, family responsibilities, work, time, cost	5	3	3	4	6	6	0	
Already active/doing own thing	2	2	1	0	2	2	0	
Illness/injury barriers - can't do exercises because of, doing what I can	3	4	0	3	2	3	0	
Need support/motivation, lack of motivation	2	1	3	5	3	2	12	
More face-to-face/personal contact/support desired	1	1	3	1	2	1	0	
Inappropriate activities for condition/age	2	2	0	2	1	2	0	
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	1	0	0	0	1	0	
Longer GRx period/GRx ran out, limited time only	2	1	0	0	1	3	0	
More advice/information required	1	2	0	3	0	1	0	
Self-motivated/Up to me/my decisions	0	0	0	1	0	0	0	
Other - Negative comment	3	4	0	4	4	3	0	
Other - Positive comment	8	9	3	8	7	8	38	
No particular reason	4	5	5	3	3	4	0	
Don't know	0	0	0	0	1	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 33:

Q24. Reasons for being less than satisfied

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	128*	23**	6**	17**	32	49	1**
	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	38	33	68	48	49	24	100
Lack of support/encouragement, need more support	19	17	44	21	22	15	0
A lack of personal contact; phone calls not sufficient	11	23	10	11	5	8	100
Cost barriers	7	9	0	22	3	4	0
More suitable ideas required (relevant to time available, travel distance, condition)	23	20	10	22	28	22	0
Work/Time barriers	1	2	0	0	0	1	0
Didn't change much/didn't help/no benefit	19	6	0	27	16	26	0
Insufficient staff/resources, lack of knowledge/experience	10	14	0	0	5	16	0
Did it/left to do it myself, already motivated	2	3	23	0	0	2	0
No advice re exercises	3	5	13	0	1	3	0
Empathy lacking, disinterested	16	5	13	21	24	15	0
Positive comment	7	11	0	5	4	9	0
Other	20	16	0	13	18	28	0
No particular reason	1	0	0	0	0	4	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:

Q25. Are you...?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Male	29	35	26	20	25	28	24
Female	70	64	74	80	75	71	27
No response	1	0	0	0	0	1	49
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
No qualification	23	25	17	13	22	24	0
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)	31	34	47	34	29	28	0
Tertiary qualification (e.g. Bachelor's Degree or higher)	21	14	22	33	26	22	0
Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)	22	23	13	19	22	23	10
Other (Specify)	0	0	0	0	0	1	0
No response	2	3	1	2	1	2	90
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:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Yes	44	48	31	27	38	50	20
No	52	48	67	72	59	47	0
No response	4	5	2	1	3	3	80
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:

Q29. Which ethnic group do you mainly identify with?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
European	59	78	48	48	47	55	0
Maori	28	15	36	34	35	33	10
Pacific	13	6	19	18	20	14	0
Asian	4	2	5	8	5	5	0
Other	2	2	0	5	2	2	0
No response	1	1	4	0	1	0	90

Total may exceed 100% because of multiple responses.

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



Table 38:

Q30. Which of the following best describes you?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Working full-time	24	4	12	34	39	33	0
Working part-time	14	7	12	17	16	17	10
Unemployed/actively seeking a job	7	0	14	7	13	9	0
At home	9	3	9	20	12	9	0
Retired	28	83	0	0	0	7	0
Sick/invalid beneficiary	13	2	8	12	16	21	0
Student (full-time, including secondary school)	4	0	43	7	4	1	0
Other (Specify)	1	0	0	2	1	2	0
No response	1	1	2	1	0	0	90
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:

Q31. Do you have a community services card?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2843	959	116	206	607	941	14**
	%	%	%	%	%	%	%
Yes	51	53	59	52	53	46	20
No	46	42	38	45	46	52	0
Don't know	1	2	2	2	1	1	0
No response	2	3	0	1	1	1	80
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: Population, sample, and participation rate for each GRx contract holder (where age was known)

GRx contract holder	Eligible population*	Number Selected	Achieved Sample**	Participation rate
Sport Northland	348	119	49	41%
Sport Auckland - Auckland	366	120	33	28%
Sport Auckland - Counties	309	113	45	40%
Harbour Sport	222	83	28	34%
HealthWest	112	112	40	36%
Sport Waikato	568	127	59	46%
Sport Gisborne	108	108	58	54%
Sport Bay of Plenty	274	119	56	47%
Sport Hawke's Bay	114	114	62	54%
Sport Taranaki	130	130	57	44%
Sport Whanganui	142	142	94	66%
Sport Manawatu	167	166	92	55%
Sport Wellington	168	101	41	41%
Nelson Bays PHO	102	102	54	53%
CWCST - Canterbury	517	57	24	42%
CWCST - West Coast	103	83	35	42%
Sport Otago	53	53	24	45%
Sport Southland	130	130	80	62%
Marlborough PHO	53	53	28	53%
Total	3986	2032	959	47%

*Sub-sample based on those patients identified as being aged 65 years plus on the provider lists.

**Sub-sample based on those patients who identified themselves as being 65 years plus of age in the survey.



Appendix B: 2015 survey tables

Table 41:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Arthritis	23	36	3	4	12	24	20
Asthma/breathing problems	17	18	20	8	12	21	44
Back pain or problems	22	25	15	7	17	27	16
Diagnosed type 2 diabetes	20	20	2	6	22	24	45
Pre-diabetes/risk of diabetes	14	11	14	12	14	18	9
High blood pressure/risk of stroke	26	30	4	2	20	32	34
High cholesterol	21	23	1	11	18	24	32
Sleep problems	17	15	29	12	14	19	20
To stop smoking	5	1	15	6	6	6	2
Stress	17	11	23	25	20	19	25
Weight problems	56	41	75	72	63	62	51
Depression/anxiety	15	9	29	27	19	16	9
Cancer	3	3	0	0	2	4	0
Heart problems	14	21	2	0	6	16	23
Osteoporosis	5	9	0	0	1	5	6
Fall prevention	7	14	0	0	2	5	3
Injury recovery	11	11	2	5	11	13	8
General fitness	1	2	1	1	1	1	0
Surgery recovery	2	4	1	2	2	1	0
Mental illness	0	0	0	1	0	0	0
Fibromyalgia	1	0	1	0	0	1	0
Other (Specify)	6	6	6	11	7	6	1
No response	3	4	0	6	2	3	6

Total may exceed 100% because of multiple responses.

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



Table 42:

Q3. Are you currently...?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Still following the GRx physical activities	39	43	25	38	32	42	40
Doing physical activity but different from that recommended in your GRx	21	19	27	22	25	20	21
Temporarily off GRx physical activities	15	18	13	11	14	14	5
No longer following the GRx physical activities	18	11	34	21	23	19	27
No response	7	10	1	8	7	5	7
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 43:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	994*	375	28**	54	190	337	10**
	%	%	%	%	%	%	%
Injury/health problems	28	33	27	15	27	29	0
Lack of time due to work	16	9	29	26	15	18	5
Just didn't want to	6	3	18	14	4	6	15
Lack of time due to family responsibilities	17	12	7	31	24	16	7
Cost	17	10	26	14	24	19	14
Lack of energy/too tired	13	11	8	14	14	16	7
I'm too old	3	6	0	0	1	2	0
It's too hard to stick to a routine	10	8	14	8	10	13	8
The programme ran its course/wasn't renewed GRx	2	1	2	4	1	1	0
Issues with admin/paperwork (not helpful, no follow up etc.)	3	2	6	1	5	2	0
Moved elsewhere/out of town/on holiday	2	3	11	0	0	3	0
I'm doing other physical activities (not GRx)	2	1	2	5	0	3	0
Other (Specify)	14	16	0	10	11	14	39
No response	11	15	0	9	12	7	27

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 44:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Yes	69	71	66	67	66	70	48
No	15	14	22	12	17	14	7
Don't know/unsure	11	11	12	13	14	10	34
No response	5	4	0	8	3	6	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 45:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2056*	752	44	137	377	731	15**
	%	%	%	%	%	%	%
Breathing easier	33	28	15	29	37	36	55
Feel stronger/fitter	51	51	49	45	56	50	50
Less stressed	29	21	26	32	35	32	40
Less joint pain/discomfort	22	26	8	10	19	24	31
Less back pain	15	16	7	9	14	17	28
More energy	40	32	42	48	45	43	49
Lower cholesterol	13	14	5	4	13	16	37
Lower blood pressure	18	20	5	6	17	20	37
Less medication	7	7	0	3	9	7	30
Lost weight	43	32	45	54	49	47	32
Smoking less	6	2	1	10	10	6	4
Sleeping better	25	19	29	28	31	25	33
Fewer illnesses	7	4	7	10	11	8	31
Generally feel better	47	48	51	41	48	47	59
Feel less depressed/anxious	16	9	22	23	25	16	38
Increased mobility	21	23	8	9	20	25	34
Better balance/fewer falls	9	13	1	5	5	10	38
Improved blood sugar levels	14	13	0	4	16	16	26
Other (Specify)	3	3	2	6	3	3	0
No response	8	9	2	11	5	9	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 46:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Yes	68	75	48	51	62	70	52
No	29	21	52	45	36	27	22
No response	4	4	0	4	3	3	26
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 47:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1967*	780	27**	103	342	697	18**
	%	%	%	%	%	%	%
Yes	51	51	22	45	51	55	21
No	42	41	78	48	43	39	50
No response	7	8	0	6	6	6	29
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 48:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1122*	459	7**	48	186	411	11**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	2	0	2	3	2	0
Encourage you to change your physical activity?	14	11	17	16	21	13	0
Encourage you to continue your physical activity unchanged?	70	74	83	67	59	73	47
No response	14	13	0	16	17	12	53
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 49:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1100*	452	7**	47	177	406	11**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	21	19	14	25	19	22	33
Give verbal advice only?	60	62	86	57	62	59	14
Other (Specify)	2	2	0	1	1	3	0
No response	17	17	0	17	18	16	53
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 50:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
More time being active?	58	60	59	63	54	58	44
About the same amount of time being active?	24	26	17	19	23	24	25
Less time being active?	11	7	24	11	16	10	8
No response	8	7	0	7	8	8	23
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 51:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	429*	140	13**	21**	85	166	4**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	24	31	12	11	22	24	0
Already doing enough, already/always been active/happy with what doing	17	23	0	4	17	16	48
Too busy/no time	11	8	30	34	13	8	0
Increased workload/long hours/work commitments	12	7	21	28	14	12	24
Lack of motivation/laziness/depression	6	5	0	2	6	8	0
Lack energy/tired	2	3	0	2	2	2	0
Specified type of activity/level of activity	0	0	0	0	0	0	0
Family responsibilities	7	5	0	7	14	5	0
GRx has not helped	1	1	0	0	2	0	0
Weather/darkness	1	2	0	0	0	2	0
Lack of support	2	0	8	6	1	3	28
Other commitments, holidays	3	7	0	0	1	0	0
Difficulty getting into, or lost, routine/didn't get into a habit	3	4	7	2	2	4	0
Costs/fees of activity too expensive	4	2	7	13	8	2	28
Getting too old/no longer up to it	1	3	0	0	0	0	0
Other	14	11	22	8	7	21	0
No particular reason	0	0	0	0	0	0	0
Don't know	1	0	0	0	4	1	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 52:

Q11b. If less time, why is this?

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		189*	50	8**	11**	55	63	2**
		%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems		42	60	28	54	27	45	56
Increased workload/longer hours/work commitments		13	1	4	5	23	15	0
Lack of motivation/confidence, laziness, depressed		13	7	15	5	15	18	0
Lack energy/tired		5	3	30	7	5	1	0
Specified type of activity not doing		1	4	0	0	1	0	0
Too busy/no time, other priorities/commitments (including study)		10	6	0	23	16	6	0
Family responsibilities (incl. pregnancy, home issues)		8	2	0	10	6	13	44
Weather/darkness/daylight saving over		3	2	0	0	2	6	0
Costs/fees of activities too expensive		2	2	0	0	2	4	0
Other		11	21	23	10	6	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 less time being active after first prescribed a GRx.

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

Table 53:

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

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		2709	983	68	179	515	939	25**
		%	%	%	%	%	%	%
Yes		71	67	69	64	73	74	70
No		24	28	27	30	20	21	7
Don't know		2	2	3	3	4	1	0
No response		4	3	2	3	3	4	23
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 54:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
No	27	34	36	23	25	22	25
Yes (Specify)	67	61	64	71	70	69	52
No response	7	5	1	6	5	9	23
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:

Q13a. What changes?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1641*	534	42	122	330	600	13**
	%	%	%	%	%	%	%
Drink more water	20	17	25	27	23	19	6
Eating more healthily/less junk food (better choices, watch what I eat)	22	23	36	20	21	22	23
Eating less/smaller meals (portion control)	22	24	22	18	20	22	12
Cut down on fats/low fat foods	10	11	15	4	9	11	0
Less/avoid sugar and sugary foods, sweets, soft drinks	27	22	30	33	30	27	48
Eat more vegetables	23	20	30	31	19	25	24
Eat more fruit	10	12	13	11	6	12	20
Less alcohol	4	7	3	3	3	4	0
Reduce carbohydrates, including bread (gluten)	10	9	3	9	15	9	4
No snacking/regular meals, breakfasts	3	3	5	3	3	4	12
Diet plans	4	5	0	3	4	3	0
Eat less (red) meat/more fish	3	6	2	3	1	3	0
Cut down on salt use	4	5	0	1	6	3	0
Less takeaways/fast foods	4	1	13	8	4	5	0
Less dairy (milk, butters, etc.)	2	3	0	0	1	3	0
Less coffee/tea	1	0	0	2	1	2	0
More grain breads, fibre or similar	2	1	3	0	1	3	0
More protein	1	1	3	3	3	1	0
Supplements, dietary	1	0	0	3	1	0	0
Yes (in general)	0	0	0	3	1	0	0
Yes, reading labels on food	2	2	9	3	1	2	0
Stopped/reduced smoking	0	0	0	0	1	0	0
Other	13	10	1	9	15	17	16
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 56:

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

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		2709	983	68	179	515	939	25**
		%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)		64	62	60	69	66	66	29
I went to see them in person		21	23	34	18	21	19	43
I called 0800 ACTIVE or the local phone number provided		4	4	1	4	4	4	2
I have not had any contact with a GRx support person		7	5	4	9	6	8	13
No response		4	5	1	0	4	3	12
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 57:

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

	Base =	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
		2595*	943	64	171	498	895	24**
		%	%	%	%	%	%	%
Phone call		62	58	64	59	67	62	51
Face-to-face/in person		46	47	46	41	46	46	49
Brochures/leaflets		33	36	37	37	26	33	32
A GRx Community programme/group		19	25	17	10	16	18	4
Text or email		17	10	21	23	25	19	8
No support/follow up offered		3	3	7	3	2	5	0
I didn't want any support/follow up		2	2	1	5	1	2	3
Mail/letter		0	0	1	1	0	0	0
Watched DVD/Video		0	0	0	0	0	0	0
Other (Specify)		2	3	1	1	2	3	2
Don't know		0	0	0	0	0	0	0
No response		3	3	1	2	1	4	12

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 58:

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

	Base =	Total 2595*	65+ yrs 943	Under 25 yrs 64	25 - 34 yrs 171	35 - 49 yrs 498	50 - 64 yrs 895	No response 24**
		%	%	%	%	%	%	%
Yes		35	40	25	24	31	36	56
No		34	30	44	47	35	34	16
Don't know		22	19	31	25	26	21	10
No response		9	11	0	5	8	10	18
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 59:

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

	Base =	Total 2595*	65+ yrs 943	Under 25 yrs 64	25 - 34 yrs 171	35 - 49 yrs 498	50 - 64 yrs 895	No response 24**
		%	%	%	%	%	%	%
None		3	3	1	3	3	2	0
Walking		70	68	71	62	71	73	51
Swimming		51	43	52	42	54	57	53
Gardening		16	24	2	6	9	17	31
Other home based activities (e.g. exercycle/treadmill)		18	18	17	24	18	17	26
Water/pool exercises		42	41	30	28	42	46	27
Tai chi		9	14	2	3	4	8	3
Yoga/Pilates/Zumba		7	4	5	13	6	8	3
Cycling		12	10	11	8	14	13	23
Gym exercises (e.g. aerobics, weights)		38	32	57	46	44	37	38
Fall prevention programme GRx Community programme/group		3	6	0	1	1	3	6
		17	17	17	12	16	18	4
Sport/sporting activities		1	1	12	1	0	1	0
Other (Specify)		5	4	9	8	5	4	6
No response		4	3	0	7	3	5	19

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 60:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2595*	943	64	171	498	895	24**
	%	%	%	%	%	%	%
Gym	42	32	62	43	52	44	43
Swimming pool	52	47	42	37	55	58	48
Sports club	4	5	7	3	4	4	5
Other	7	9	3	9	6	7	0
Not referred to any provider	21	22	22	31	21	18	13
Don't know	0	0	0	0	0	0	0
No response	6	9	1	4	3	6	28

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 61:

Q19. Was the activity provider right for you?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2072*	746	50	124	391	740	21**
	%	%	%	%	%	%	%
No	11	8	7	19	14	11	4
Yes	77	77	90	73	79	76	83
No response	12	15	3	8	7	13	14
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 62:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2595*	943	64	171	498	895	24**
	%	%	%	%	%	%	%
No	26	26	36	24	30	23	26
Yes	64	62	59	71	63	66	51
No response	10	12	5	5	7	11	23
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 63:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2595*	943	64	171	498	895	24**
	%	%	%	%	%	%	%
A sports club	6	8	5	3	6	5	1
A GRx Community programme/group	21	30	8	12	14	18	21
Another organised group	13	16	8	10	11	13	8
People from work	4	1	0	3	5	6	4
By myself	65	57	63	60	72	68	56
Family members	33	25	43	47	37	36	19
Friends	26	17	29	33	30	29	6
Other (Specify)	4	4	7	1	4	4	7
No response	4	3	3	5	2	4	12

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 64:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2490*	879	64	168	491	869	19**
	%	%	%	%	%	%	%
Strongly agree	47	46	28	51	44	49	65
Agree	46	48	67	40	47	44	32
Neither agree nor disagree	4	4	3	6	4	4	4
Disagree	2	1	1	3	2	2	0
Strongly disagree	1	1	1	1	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 65:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2465*	867	64	168	489	859	18**
	%	%	%	%	%	%	%
Strongly agree	36	37	30	44	36	35	45
Agree	53	54	59	42	51	54	47
Neither agree nor disagree	7	6	10	9	7	7	4
Disagree	3	3	1	5	3	3	0
Strongly disagree	1	0	0	0	3	1	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 66:

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	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2442*	852	64	167	487	854	18**
	%	%	%	%	%	%	%
Strongly agree	39	37	32	42	38	41	43
Agree	51	54	57	49	49	51	49
Neither agree nor disagree	6	7	9	7	7	5	8
Disagree	2	2	0	3	3	2	0
Strongly disagree	1	0	1	0	2	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 person I spoke to motivated me to get/stay physically active

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2453*	858	63	167	490	858	17**
	%	%	%	%	%	%	%
Strongly agree	44	45	44	48	40	44	40
Agree	42	46	37	33	41	41	56
Neither agree nor disagree	9	6	14	12	11	9	0
Disagree	4	2	3	5	5	4	4
Strongly disagree	2	1	1	3	3	2	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 was understanding and supportive

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2472*	873	64	168	487	861	19**
	%	%	%	%	%	%	%
Strongly agree	51	52	52	56	45	53	44
Agree	40	42	34	28	43	40	52
Neither agree nor disagree	6	4	13	9	8	5	0
Disagree	2	2	1	5	1	2	4
Strongly disagree	1	1	0	1	3	0	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...As a result of receiving a GRx, I now understand the benefits of physical activity

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2432*	844	64	167	488	851	18**
	%	%	%	%	%	%	%
Strongly agree	42	43	35	42	40	43	66
Agree	43	47	46	37	40	43	26
Neither agree nor disagree	10	8	15	14	13	10	8
Disagree	3	2	3	5	3	2	0
Strongly disagree	2	1	0	2	4	2	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 the support I got, I now feel more confident about doing physical activity regularly

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2431*	843	64	168	485	853	18**
	%	%	%	%	%	%	%
Strongly agree	40	39	39	45	34	42	42
Agree	42	46	24	34	42	40	46
Neither agree nor disagree	13	11	25	18	14	12	4
Disagree	4	2	12	2	5	4	0
Strongly disagree	2	1	1	2	5	1	8
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:

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	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2508*	900	64	169	490	867	18**
	%	%	%	%	%	%	%
Very satisfied	52	55	31	54	47	54	84
Satisfied	36	37	55	30	38	36	4
Neither/nor	7	6	13	10	9	6	4
Dissatisfied	2	2	1	5	3	2	4
Very dissatisfied	2	1	1	1	3	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 72:

Q23a. Reasons for being satisfied (contains mixed comments)

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	1311*	448	35	97	237	485	9**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	36	33	60	39	35	34	73
Follow-up contact received/checks on progress	11	11	7	18	13	9	0
Motivated me to be active/more active, am more active as a result	6	7	5	8	6	5	9
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	2	4	5	4	5	0
Improved health, motivation, confidence/Feel better, happier/See results	8	6	3	1	11	9	6
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	3	5	1	3	3	15
Useful/Good information/advice/explanations/ideas/suggestions	8	5	9	21	8	8	0
Appropriate activities - suitable for my lifestyle, abilities, condition	5	5	5	2	5	6	0
Excellent/Great/Awesome team, support	5	5	1	4	7	5	0
Service great/good/impressive	5	2	0	4	8	6	0
Personal contact/attention	2	2	1	3	0	2	0
No pressure/non-judgmental	1	0	5	0	2	1	0
Easy to contact/talk to, accessible, approachable	1	2	0	0	3	1	0
Greater awareness/understanding of need to be/benefits of being more active	1	1	0	0	2	0	12
Help with activities/exercises	0	1	0	0	0	0	0
Great/good communicator - clear/concise/understandable	1	0	0	3	0	1	0
A lack of contact or follow-up/more follow-up required	1	2	0	0	0	1	0
Other barriers: distance to travel, family responsibilities, work, time, cost	4	4	0	1	5	4	8
Already active/doing own thing	1	2	0	4	0	1	0
Illness/injury barriers - can't do exercises because of, doing what I can	2	3	4	1	3	2	0
Need support/motivation, lack of motivation	1	1	4	0	1	1	0
More face-to-face/personal contact/support desired	1	0	0	3	2	0	0
Inappropriate activities for condition/age	0	0	0	0	0	1	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	1	0	0	0	0	0
Longer GRx period/GRx ran out, limited time only	1	0	0	0	1	1	0
More advice/information required	0	0	0	0	1	0	0
Self-motivated/Up to me/my decisions	1	2	2	3	1	1	0
Other - Negative comment	3	3	21	2	1	4	0
Other - Positive comment	16	20	3	11	13	17	0
No particular reason	3	5	0	4	1	3	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 73:

Q23b. Reasons for being less than satisfied

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	242*	67	8**	22**	65	77	3**
	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	28	22	41	34	27	30	34
Lack of support/encouragement, need more support	17	14	0	31	21	12	0
A lack of personal contact; phone calls not sufficient	4	8	0	2	2	4	34
Cost barriers	11	4	0	9	7	19	66
More suitable ideas required (relevant to time available, travel distance, condition)	15	16	0	27	16	11	0
Work/Time barriers	4	3	12	2	7	3	0
Didn't change much/didn't help/no benefit	4	7	0	0	6	1	0
Insufficient staff/resources, lack of knowledge/experience	10	23	0	0	6	10	0
Did it/left to do it myself, already motivated	6	6	13	4	7	5	0
No advice re exercises	3	5	11	0	4	0	0
Empathy lacking, disinterested	6	6	0	2	6	7	0
Positive comment	7	6	16	2	8	7	0
Other	23	29	19	14	27	19	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 74:

Q24. Are you...?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Male	31	32	30	22	34	30	1
Female	68	67	70	78	66	70	36
No response	1	0	0	0	0	0	63
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 75:

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

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
No qualification	27	28	25	17	30	28	16
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.)	29	33	57	27	22	28	0
Tertiary qualification (e.g. Bachelor's Degree or higher)	20	14	8	26	25	22	0
Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma)	20	19	9	24	19	20	6
Other (Specify)	1	1	0	1	1	0	3
No response	4	5	1	4	3	2	75
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:

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	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Yes	45	50	36	24	40	51	7
No	50	44	63	73	59	46	23
No response	4	6	1	3	1	3	70
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:

Ethnicity

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Pacific	19	7	25	25	28	23	2
European	53	73	59	48	42	46	7
Maori	32	20	49	38	40	34	29
Asian	3	2	2	1	3	3	0
Other	1	1	1	2	2	1	0
No response	1	0	0	0	0	0	63

Total may exceed 100% because of multiple responses.

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



Table 78:

Q29. Which of the following best describes you?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Working full-time	22	3	19	31	38	26	6
Working part-time	12	7	17	11	11	17	0
Unemployed/actively seeking a job	6	0	14	8	8	8	0
At home	11	3	9	20	14	15	3
Retired	28	83	0	0	0	5	13
Sick/invalid beneficiary	16	3	18	16	21	26	3
Student (full-time, including secondary school)	3	0	24	8	6	1	0
Other (Specify)	1	0	0	3	2	1	0
No response	2	1	0	3	0	1	75
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:

Q30. Do you have a Community Services Card?

	Total	65+ yrs	Under 25 yrs	25 - 34 yrs	35 - 49 yrs	50 - 64 yrs	No response
Base =	2709	983	68	179	515	939	25**
	%	%	%	%	%	%	%
Yes	54	59	62	58	53	49	22
No	43	36	37	37	45	49	12
Don't know	1	1	1	2	1	1	0
No response	3	4	0	2	1	1	66
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: Population, sample, and participation rate for each GRx contract holder (where age was known)

GRx contract holder	Eligible population*	Number Selected	Achieved Sample**	Participation rate
Sport Northland	307	176	80	45%
Sport Auckland - Auckland	431	42	14	33%
Sport Auckland - Counties	362	38	14	37%
Harbour Sport	211	177	76	43%
HealthWest	70	70	27	39%
Sport Waikato	575	184	74	40%
Sport Gisborne	110	110	45	41%
Sport Bay of Plenty	253	180	89	49%
Sport Hawke's Bay	150	150	61	41%
Sport Taranaki	127	127	63	50%
Sport Whanganui	128	128	73	57%
Sport Manawatu	76	76	48	63%
Sport Wellington	97	97	36	37%
Nelson Bays PHO	118	118	45	38%
CWCST - Canterbury	466	221	112	51%
CWCST - West Coast	40	40	25	63%
Sport Otago	34	34	18	53%
Sport Southland	95	95	46	48%
Marlborough PHO	71	71	37	52%
Total	3721	2134	983	46%

*Sub-sample based on those patients identified as being aged 65 years plus on the provider lists.

**Sub-sample based on those patients who identified themselves as being 65 years plus of age in the survey.