

MEMORANDUM | 25 July 2016

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

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## Profile of Māori GRx patients

### Survey participation rate

A total of n=739 valid, completed responses were received from Māori patients during the survey period (n=127 online, n=508 on paper and n=104 by telephone). This represents a participation rate of 24 percent. Table 40, on page 25 in this report, shows the achieved sample and participation rate for each of the providers<sup>1</sup>.

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 \$250 gift vouchers of the winner's choice. This was publicised in the invitation letter, on the survey questionnaire, through the reminder calls, reminder 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 Māori patients is plus or minus 4.3 percent.

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<sup>1</sup> In the provider's lists, there were 739 patients, among the achieved sample, whose ethnicity was listed as Māori. However, among those 739 Māori patients, 77 of them self-identified as non-Māori in the survey, while 77 patients who were identified as being non-Māori in the sample self-identified as Māori in the survey.



## Reasons Māori patients were prescribed a GRx

- ◆ The most common reason why Māori patients were prescribed a GRx was for weight problems (65 percent, Table 1). Other common reasons included: high blood pressure or risk of stroke (29 percent), stress (25 percent), back pain or problems (24 percent), high cholesterol (21 percent), diagnosed with type 2 diabetes (21 percent), sleep problems (21 percent) and/or depression/anxiety (21 percent).
- ◆ Māori patients were more likely than all GRx patients to have been referred to the GRx initiative for weight problems (65 percent compared to 53 percent overall) and/or stress (25 percent compared to 20 percent overall).

## Following prescribed activities

- ◆ While 34 percent of Māori patients 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). The proportions of those who mentioned they were temporarily off GRx physical activities or who were no longer following the GRx physical activities were 20 percent and 19 percent respectively.
- ◆ When compared with all GRx patients, Maori patients were more likely to be temporarily off GRx physical activities (20 percent compared with 16 percent overall).
- ◆ The most frequently mentioned reason provided by Māori patients as to why they were temporarily off or no longer following the GRx physical activities was because of an injury or health problems (29 percent, Table 3). Other commonly cited reasons were a lack of time due to work constraints (26 percent) and/or a lack of time due to family commitments (24 percent).

## Positive changes in health

- ◆ The proportion of Māori patients who had noticed positive changes in their health since getting their GRx (74 percent, Table 4) was far greater than those who had not noticed positive changes (12 percent).
- ◆ When asked what positive changes they had noticed, Māori patients most commonly mentioned that they: generally felt better (58 percent, Table 5), felt stronger or fitter and/or had lost weight (each 53 percent), had more energy and/or could breathe easier (each 48 percent).
- ◆ Where they had noticed changes, Māori patients were more likely than all GRx patients to say they could breathe easier (48 percent compared with 34 percent overall), felt less stressed (40 percent compared with 34 percent overall) and/or were sleeping better (36 percent compared with 30 percent overall).

## Spending more or less time being active

- ◆ Compared with the time before getting their GRx, the majority of Māori patients reported spending more time being active (56 percent), while 26 percent said they were spending the same amount of time on physical activity and 13 percent were spending less time being active (Table 10).



- ◆ The most common reason cited for spending about the same amount of time being active now, as they were before getting their GRx was due to work commitments (21 percent, Table 11). The next most common reason mentioned was illness, injury, pain or a medical condition (17 percent).
- ◆ In terms of the reasons for being less active, the most commonly cited reason was illness, injury, operation, pain or health problems (26 percent, Table 12).

### **Advice on healthy eating**

- ◆ Compared with all GRx patients, Māori patients were more likely to have received advice on healthy eating (76 percent compared with 68 percent overall, Table 13).
- ◆ Māori patients were also more likely than all GRx patients to have made changes to their food and/or drink since getting their GRx (77 percent compared with 70 percent overall, Table 14).
- ◆ The five main changes to Māori patients' food and/or drink intake were: eating less or avoiding sugar and sugary foods, sweets or soft drinks (31 percent, Table 15), drinking more water (30 percent), eating more healthily or less junk food (26 percent), eating less/smaller meals and/or eating more vegetables (each 21 percent).
  - ◆ Compared with all GRx patients, Māori patients were more likely to have increased their water intake (30 percent compared with 22 percent overall).

### **First Contact with GRx Support person**

- ◆ In terms of first contact, the majority of Māori patients reported that their GRx support person contacted them first (68 percent, Table 16), while 24 percent visited them in person, and four percent called the number provided. Three percent said they had not had any contact with the GRx support person.

### **Follow-up by GRx Support person**

- ◆ In terms of follow-up support, the majority of Māori patients reported they had received a phone call (61 percent, Table 17) and/or face-to-face support (46 percent).

### **GRx support people and activity providers**

- ◆ The four main physical activities suggested to Māori patients by their GRx support person were: walking (75 percent, Table 19), swimming (58 percent), water or pool exercises (52 percent) and/or gym exercises (50 percent).
- ◆ In terms of activity provider referrals, Māori patients were most frequently referred to a swimming pool (72 percent, Table 20) and/or gym (65 percent) by their GRx support person.
  - ◆ Compared with all GRx patients Māori patients were more likely to have been referred to a swimming pool (72 percent compared to 66 percent overall) and/or a gym (65 percent compared to 58 percent overall).



- ◆ Eighty percent of Māori patients considered the activity provider(s) they were referred to as appropriate, while 11 percent thought it was not (Table 21).
- ◆ In terms of who Māori patients do physical activity with, 72 percent said they do it by themselves, 35 percent with adult family members, and 29 percent with friends (Table 23).
  - ◆ Compared with all GRx patients, Māori patients were more likely to do physical activity with child family members (21 percent compared with 15 percent overall).

### **Service and support received**

- ◆ Ninety-two percent of Māori patients either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful*’ (Table 24).
- ◆ Eighty-eight percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The physical activity options suggested were appropriate for me*’ (Table 25).
- ◆ Eighty-eight percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The information and advice I was given was relevant to me*’ (Table 26).
- ◆ Eighty-three percent of Māori 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 percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The person I spoke to was understanding and supportive*’ (Table 28).
- ◆ Eighty-five percent of Māori 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).
- ◆ Seventy-nine percent of Māori 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).
- ◆ Eighty-eight percent of Māori patients were either *very satisfied or satisfied* with the overall service provided to them (Table 31).



- ◆ When Māori patients were asked for the reasons why they were satisfied with the service or their GRx in general, 41 percent said they were satisfied because of the encouragement, motivation, support and/or help they had received (Table 32). The next most frequently mentioned reason was related to the follow-up contact received (16 percent).
- ◆ When asked for the reasons why they were less than satisfied with the service or their GRx in general, 31 percent reported that the follow-up contact was insufficient or that the contact had stopped (Table 33), 27 percent reported that they felt empathy was lacking and 25 percent said that more suitable ideas were required.

### **Patient demographics**

- ◆ Māori patients were more likely to be female than male (73 percent and 27 percent respectively, Table 34).
- ◆ Fifty-eight percent of Māori patients had a secondary school qualification or no qualifications at all (Table 35). Thirty-eight percent have tertiary qualifications or other post-secondary school qualifications.
  - ◆ Compared with all GRx patients, Māori patients were more likely to have no qualification (28 percent compared with 23 percent overall).
- ◆ Forty percent of Māori patients were aged 50 to 64 years, 28 percent were aged 35 to 49 years and 16 percent were aged 65 years or older (Table 36).
  - ◆ Compared with all GRx patients, more Māori patients were aged 50 to 64 (40 percent compared to 34 percent overall).
- ◆ Forty-four percent of Māori patients reported having a long-term disability or impairment (Table 38).
- ◆ Twenty-eight percent of Māori patients reported they were working full-time, while 18 percent said they were sickness or invalid beneficiaries (Table 38).
  - ◆ Compared with all GRx patients, more Māori patients mentioned they were sickness or invalid beneficiaries (18 percent compared with 13 percent overall) and unemployed (11 percent compared with 7 percent overall), while fewer Māori patients had retired (13 percent compared with 28 percent overall).
- ◆ Compared with all GRx patients, more Māori patients said they had a Community Services Card (59 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. **37**) indicate a result for Māori 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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Arthritis	22	18	23	21	22	16	11
Asthma/breathing problems	14	19	12	18	5	12	13
Back pain or problems	22	24	20	25	22	28	30
Diagnosed type 2 diabetes	17	21	14	25	24	12	5
Pre-diabetes/risk of diabetes	13	16	11	17	22	16	6
High blood pressure/risk of stroke	25	29	21	34	24	13	13
High cholesterol	18	21	15	25	20	13	23
Sleep problems	16	21	13	22	11	19	11
To stop smoking	5	9	2	9	4	6	5
Stress	20	25	18	25	20	33	20
Weight problems	53	65	47	64	52	44	44
Depression/anxiety	17	21	18	15	12	25	16
Pregnancy	1	1	0	1	2	1	0
Heart problems	11	13	10	13	10	10	10
Osteoporosis	4	4	4	4	5	6	11
Fall prevention	5	3	7	3	2	4	5
Injury/surgery recovery	13	12	14	13	9	19	20
General fitness	3	3	3	2	0	6	3
Surgery recovery	0	0	0	0	0	0	5
Mental illness	0	0	0	0	0	0	0
Fibromyalgia	0	0	0	0	0	0	0
Other (Specify)	4	4	5	3	4	7	6
No response	7	6	9	4	6	2	5

Total may exceed 100% because of multiple responses.

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



**Table 2:**

*Q4. Are you currently...?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
Still following the GRx physical activities		39	34	43	32	43	42	28
Doing physical activity but different from that recommended in your GRx		24	23	24	23	20	29	31
Temporarily off GRx physical activities		16	20	15	15	20	9	8
No longer following the GRx physical activities		16	19	13	27	11	16	27
No response		4	3	5	3	5	4	7
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		1005*	299	611	121	32	17**	11**
		%	%	%	%	%	%	%
Injury/health problems		30	29	35	22	16	23	41
Lack of time due to work		22	26	18	28	35	29	9
Just didn't want to		7	9	8	8	9	5	0
Lack of time due to family responsibilities		20	24	15	33	15	40	27
Cost		16	18	15	17	21	22	27
Lack of energy/too tired		19	19	18	20	27	22	11
I'm too old		3	2	3	4	0	0	0
It's too hard to stick to a routine		11	10	12	9	17	7	0
The programme ran its course/wasn't renewed GRx		1	2	1	1	0	0	0
Issues with admin/paperwork (not helpful, no follow up etc.)		5	6	4	5	8	5	5
Moved elsewhere/out of town/on holiday		2	1	3	2	4	0	0
I'm doing other physical activities (not GRx)		3	4	3	3	1	0	0
Other (Specify)		12	11	13	8	12	3	14
No response		7	2	9	6	5	10	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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
Yes		72	74	72	73	69	73	47
No		15	12	15	17	13	18	44
Don't know/unsure		11	12	11	10	18	9	5
No response		2	1	2	1	0	0	4
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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2099*	554	1385	199	71	41	16**
		%	%	%	%	%	%	%
Breathing easier		34	48	28	45	26	24	47
Feel stronger/fitter		55	53	56	61	54	50	55
Less stressed		34	40	29	42	31	48	46
Less joint pain/discomfort		26	25	24	35	17	32	32
Less back pain		21	21	17	30	27	37	57
More energy		45	48	41	55	47	53	64
Lower cholesterol		14	17	9	28	19	18	19
Lower blood pressure		19	22	15	31	18	18	22
Less medication		11	14	7	20	14	23	19
Lost weight		48	53	42	61	52	44	70
Smoking less		6	14	3	10	4	7	0
Sleeping better		30	36	24	45	29	27	45
Fewer illnesses		12	15	7	25	10	16	9
Generally feel better		55	58	54	56	39	53	51
Feel less depressed/anxious		20	27	17	29	8	27	22
Increased mobility		29	31	27	36	26	36	53
Better balance/fewer falls		14	14	12	28	11	17	10
Improved blood sugar levels		17	20	12	33	18	17	0
Other (Specify)		4	4	3	6	6	4	13
No response		3	3	3	3	4	0	7

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	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Yes	49	47	51	47	46	50	27
No	50	52	47	51	51	50	70
No response	2	2	2	2	3	0	3
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	Maori	European	Pacific	Asian	Other	No response
Base =	1476*	359	1012	132	51	26**	9**
	%	%	%	%	%	%	%
Yes	64	68	60	73	31	64	14
No	31	25	36	24	16	29	74
No response	5	6	4	3	3	6	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:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1016*	267	661	100	42	18**	5**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	1	2	2	0	3	0	0
Encourage you to change your physical activity?	17	14	17	18	18	18	0
Encourage you to continue your physical activity unchanged?	74	75	72	78	76	73	30
No response	8	9	9	4	3	9	70
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...*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		1000*	263	648	100	41	18**	5**
		%	%	%	%	%	%	%
Write a new/extend your current GRx?		26	27	27	25	24	16	12
Give verbal advice only?		60	57	58	66	70	75	43
Other (Specify)		6	6	7	4	1	0	0
Don't know		0	1	0	0	0	0	0
No response		8	10	8	5	5	9	45
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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...*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
More time being active?		61	56	64	60	57	<b>79</b>	39
About the same amount of time being active?		25	26	25	20	30	<b>13</b>	30
Less time being active?		10	13	<b>7</b>	<b>18</b>	12	7	18
No response		4	5	4	2	<b>1</b>	<b>1</b>	13
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

Total may not sum to 100% due to rounding.

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



**Table 11:**

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

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		490*	133	326	42	16**	7**	1**
		%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from		22	17	26	16	14	30	0
Already doing enough, already/always been active/happy with what doing		12	12	13	3	17	0	0
Too busy/no time		8	6	8	9	14	7	0
Increased workload/long hours/work commitments		16	21	13	22	7	55	0
Lack of motivation/laziness/depression		9	10	8	14	20	0	0
Lack energy/tired		6	8	6	6	0	0	0
Specified type of activity/level of activity		7	2	10	0	14	0	100
Family responsibilities		9	13	7	9	0	26	0
GRx has not helped		2	2	2	6	0	0	0
Weather/darkness		1	0	1	0	0	0	0
Lack of support		1	3	1	0	0	6	0
Other commitments, holidays		4	5	3	6	7	0	0
Difficulty getting into, or lost, routine/didn't get into a habit		3	2	3	9	0	0	0
Costs/fees of activity too expensive		3	2	4	0	0	0	0
Getting too old/no longer up to it		2	1	3	0	0	0	0
Other		15	17	13	26	6	27	0
No particular reason		1	2	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 12:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	242*	80	122	45	7**	4**	2**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	41	26	59	32	29	16	43
Increased workload/longer hours/work commitments	11	11	8	16	34	0	0
Lack of motivation/confidence, laziness, depressed	16	23	10	15	0	15	100
Lack energy/tired	6	3	3	13	18	0	0
Specified type of activity not doing	0	1	0	0	0	0	0
Too busy/no time, other priorities/commitments (including study)	3	1	2	3	0	0	43
Family responsibilities (incl. pregnancy, home issues)	10	14	7	3	43	69	0
Weather/darkness/daylight saving over	3	7	2	0	11	0	0
Costs/fees of activities too expensive	4	6	3	3	0	16	57
Other	18	21	12	24	0	0	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	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Yes	68	76	64	73	67	63	45
No	28	19	33	23	29	37	47
Don't know	2	3	2	3	4	0	0
No response	1	2	1	0	0	0	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 14:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
No	28	21	32	22	26	25	40
Yes (Specify)	70	77	67	78	74	75	47
No response	1	1	1	0	0	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 15:**

*Q14a. What changes?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1799*	518	1116	194	68	37	11**
	%	%	%	%	%	%	%
Drink more water	22	30	17	29	14	19	29
Eating more healthily/less junk food (better choices, watch what I eat)	25	26	26	26	21	25	30
Eating less/smaller meals (portion control)	21	21	20	23	18	16	34
Cut down on fats/low fat foods	7	7	6	8	10	2	11
Less/avoid sugar and sugary foods, sweets, soft drinks	29	31	27	29	34	26	30
Eat more vegetables	20	21	16	31	32	29	25
Eat more fruit	10	12	8	11	16	5	25
Less alcohol	6	5	7	2	2	7	4
Reduce carbohydrates, including bread (gluten)	11	11	12	7	12	21	0
No snacking/regular meals, breakfasts	4	3	4	2	2	9	0
Diet plans	5	3	7	2	3	0	4
Eat less (red) meat/more fish	4	3	2	9	1	3	14
Cut down on salt use	2	2	2	3	5	3	0
Less takeaways/fast foods	5	8	3	6	6	2	4
Less dairy (milk, butters, etc.)	2	4	1	3	0	2	0
Less coffee/tea	2	2	3	3	1	3	0
More grain breads, fibre or similar	1	1	1	1	0	0	0
More protein	1	0	2	0	2	0	0
Supplements, dietary	0	0	0	0	0	0	0
Yes (in general)	0	0	0	0	0	0	3
Yes, reading labels on food	3	3	4	2	2	5	0
Other	11	10	12	12	15	11	4
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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)		68	68	68	63	70	75	75
I went to see them in person (face-to-face)		23	24	25	21	20	12	9
I called 0800 ACTIVE or the local phone number provided		3	4	2	5	2	6	2
I have not had any contact with a GRx support person		5	3	4	12	5	4	11
No response		1	1	1	1	2	3	3
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2720*	707	1806	240	92	54	23**
		%	%	%	%	%	%	%
Phone call		59	61	58	61	59	54	53
Face-to-face/in person		42	46	40	38	45	48	48
Brochures/leaflets		29	28	30	25	36	39	10
A GRx Community programme/group		18	21	17	17	19	12	7
Text or email		22	26	21	26	22	25	18
No support/follow up offered		4	4	4	6	3	5	0
I didn't want any support/follow up		2	2	2	2	0	1	2
Mail/letter		1	1	0	0	2	2	0
Watched DVD/Video		0	0	0	0	0	0	0
Other (Specify)		5	6	5	6	6	11	5
Don't know		0	0	0	0	0	0	0
<b>No response</b>		<b>1</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>0</b>	<b>10</b>

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 2720* %	Maori 707 %	European 1806 %	Pacific 240 %	Asian 92 %	Other 54 %	No response 23** %
Yes		34	37	31	38	47	43	31
No		37	35	39	40	25	30	47
Don't know		23	22	24	17	25	26	18
No response		6	6	6	5	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.

\*\*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 2720* %	Maori 707 %	European 1806 %	Pacific 240 %	Asian 92 %	Other 54 %	No response 23** %
None		3	3	3	3	3	3	0
Walking		69	75	67	71	75	71	64
Swimming		54	58	51	63	54	60	56
Gardening		17	18	17	19	14	14	7
Other home based activities (e.g. exercycle/treadmill)		22	26	17	30	25	28	22
Water/pool exercises		45	52	43	42	44	49	34
Tai chi		10	11	10	7	8	8	9
Yoga/Pilates/Zumba		8	10	8	6	13	26	15
Cycling		15	16	15	15	13	18	17
Gym exercises (e.g. aerobics, weights)		43	50	39	47	44	59	43
Fall prevention programme		3	3	4	3	3	3	0
GRx Community programme/group		19	23	16	26	21	15	26
Sport/sporting activities		0	0	0	0	0	0	0
Other (Specify)		5	5	5	4	8	1	2
No response		1	1	1	3	0	0	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?*

	Base =	Total 2146*	Maori 587	European 1409	Pacific 191	Asian 71	Other 45	No response 18**
		%	%	%	%	%	%	%
Gym		58	65	53	63	58	72	49
Swimming pool		66	72	62	73	69	84	63
Sports club		7	8	5	13	7	12	9
Other		7	8	8	7	8	7	0
Don't know		0	0	0	0	0	0	0
No response		5	3	6	4	1	0	14

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?*

	Base =	Total 2158*	Maori 590	European 1416	Pacific 191	Asian 72	Other 47	No response 18**
		%	%	%	%	%	%	%
No		11	11	11	8	16	28	37
Yes		80	80	80	82	80	67	55
No response		9	10	9	9	5	5	7
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?*

	Base =	Total 2720*	Maori 707	European 1806	Pacific 240	Asian 92	Other 54	No response 23**
		%	%	%	%	%	%	%
No		28	26	30	17	27	27	41
Yes		65	66	63	75	71	62	42
No response		7	7	7	7	2	11	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 23:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2720*	707	1806	240	92	54	23**
	%	%	%	%	%	%	%
By myself	72	72	75	60	70	79	78
Family members (adults)	32	35	29	44	29	22	36
Family members (children)	15	21	10	29	15	25	27
A GRx community programme/group	15	14	14	16	10	11	22
Friends	26	29	25	28	16	33	18
Another organised group	13	13	13	11	10	6	11
A sports club	4	4	4	1	2	2	7
People from work	4	6	3	5	2	0	0
Other (Specify)	5	5	5	3	3	12	7
No response	1	1	1	1	0	0	4

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	Maori	European	Pacific	Asian	Other	No response
Base =	2672*	697	1775	236	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	47	52	45	53	46	37	33
Agree	42	40	45	37	46	49	32
Neither agree nor disagree	7	6	7	8	3	8	26
Disagree	2	2	2	0	0	3	6
Strongly disagree	2	1	2	2	4	3	3
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	Maori	European	Pacific	Asian	Other	No response
Base =	2644*	689	1763	225	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	39	44	36	45	37	26	29
Agree	47	44	49	42	47	60	43
Neither agree nor disagree	10	9	9	10	13	9	11
Disagree	3	3	3	1	2	1	15
Strongly disagree	2	1	2	2	1	3	2
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	Maori	European	Pacific	Asian	Other	No response
Base =	2641*	694	1754	229	92	53	19**
	%	%	%	%	%	%	%
Strongly agree	41	47	38	49	42	31	26
Agree	45	41	47	40	49	61	24
Neither agree nor disagree	9	8	10	8	6	3	39
Disagree	3	3	2	2	0	5	9
Strongly disagree	2	1	2	1	3	0	2
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	Maori	European	Pacific	Asian	Other	No response
Base =	2641*	691	1757	229	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	44	47	42	51	38	34	35
Agree	37	36	36	36	52	46	18
Neither agree nor disagree	12	11	14	8	6	9	32
Disagree	4	4	4	3	0	7	7
Strongly disagree	3	2	3	2	4	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2644*	693	1758	230	91	53	20**
	%	%	%	%	%	%	%
Strongly agree	51	54	51	54	41	33	34
Agree	38	36	38	36	54	57	23
Neither agree nor disagree	7	6	7	7	2	7	21
Disagree	2	2	2	2	0	0	14
Strongly disagree	2	2	2	1	3	3	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2632*	693	1749	228	92	53	17**
	%	%	%	%	%	%	%
Strongly agree	43	50	39	54	42	36	22
Agree	38	35	40	33	44	40	31
Neither agree nor disagree	13	11	16	8	10	16	28
Disagree	3	3	3	4	2	1	10
Strongly disagree	2	2	3	1	3	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2632*	695	1747	229	92	53	17**
	%	%	%	%	%	%	%
Strongly agree	39	42	36	56	37	31	15
Agree	38	37	39	29	43	41	35
Neither agree nor disagree	16	14	17	10	13	19	28
Disagree	4	4	4	4	4	2	10
Strongly disagree	3	3	4	1	3	7	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2669*	699	1773	233	91	54	19**
	%	%	%	%	%	%	%
Very satisfied	50	55	48	55	40	46	41
Satisfied	35	33	36	34	45	36	9
Neither/nor	9	8	10	9	11	12	42
Dissatisfied	3	2	4	1	2	2	9
Very dissatisfied	3	3	3	2	3	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:**

*Q24a. Reasons for being satisfied?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1442*	446	887	155	45	30	7**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	38	41	37	36	41	20	69
Follow-up contact received/checks on progress	12	16	11	10	6	13	0
Motivated me to be active/more active, am more active as a result	14	14	15	13	16	14	0
Empathic, understands needs/situation, takes genuine interest, caring, listens	7	7	8	6	8	15	9
Improved health, motivation, confidence/Feel better, happier/See results	16	15	12	28	30	9	9
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	4	5	5	5	1	0
Useful/Good information/advice/explanations/ideas/suggestions	14	13	14	17	20	7	9
Appropriate activities - suitable for my lifestyle, abilities, condition	6	6	7	6	9	7	36
Excellent/Great/Awesome team, support	13	15	13	12	8	15	30
Service great/good/impressive	14	14	15	10	17	11	38
Personal contact/attention	9	11	9	5	0	11	0
No pressure/non-judgmental	3	2	3	1	0	12	0
Easy to contact/talk to, accessible, approachable	1	1	1	1	5	0	0
Greater awareness/understanding of need to be/benefits of being more active	3	3	3	4	2	0	0
Help with activities/exercises	2	1	1	3	5	0	0
Great/good communicator - clear/concise/understandable	2	4	2	2	0	4	0
A lack of contact or follow-up/more follow-up required	1	2	1	0	0	6	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)**

*Q24a. Reasons for being partially satisfied?*

	Base =	Total 1442* %	Maori 446 %	European 887 %	Pacific 155 %	Asian 45 %	Other 30 %	No response 7** %
Other barriers: distance to travel, family responsibilities, work, time, cost		5	5	5	6	1	7	0
Already active/doing own thing		2	1	3	0	0	7	0
Illness/injury barriers - can't do exercises because of, doing what I can		3	2	4	2	3	0	0
Need support/motivation, lack of motivation		2	2	2	3	7	0	9
More face-to-face/personal contact/support desired		1	0	1	1	4	11	0
Inappropriate activities for condition/age		2	1	2	1	3	0	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues		0	0	1	0	0	0	0
Longer GRx period/GRx ran out, limited time only		2	1	2	1	0	0	0
More advice/information required		1	0	1	1	3	4	0
Self-motivated/Up to me/my decisions		0	0	0	1	0	0	0
Other - Negative comment		3	3	4	0	4	18	0
Other - Positive comment		8	8	7	11	6	11	38
No particular reason		4	3	4	5	0	10	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 33:**

*Q24a. Reasons for being less than satisfied?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		128*	28**	94	6**	3**	3**	2**
		%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped		38	31	41	44	0	61	29
Lack of support/encouragement, need more support		19	22	21	7	0	0	0
A lack of personal contact; phone calls not sufficient		11	11	9	0	0	17	100
Cost barriers		7	2	9	20	0	61	0
More suitable ideas required (relevant to time available, travel distance, condition)		23	25	24	18	0	22	0
Work/Time barriers		1	0	1	0	0	0	0
Didn't change much/didn't help/no benefit		19	13	22	41	0	0	0
Insufficient staff/resources, lack of knowledge/experience		10	3	12	0	30	0	0
Did it/left to do it myself, already motivated		2	0	3	0	0	0	0
No advice re exercises		3	1	2	18	0	0	0
Empathy lacking, disinterested		16	27	13	14	30	0	71
Positive comment		7	9	5	18	0	17	0
Other		20	28	16	37	30	39	0
No particular reason		1	0	0	0	40	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:**

*Q25. Are you...?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
Male		29	27	29	33	24	30	25
Female		70	73	71	67	75	70	51
No response		1	0	0	0	0	0	24
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?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
No qualification		23	28	19	31	13	11	18
Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc)		31	30	32	30	31	27	2
Tertiary qualification (e.g. Bachelor's Degree or higher)		21	18	22	19	43	33	29
Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)		22	20	25	17	14	29	1
Other (Specify)		0	1	0	0	0	0	0
No response		2	3	1	2	0	0	51
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:**

*Q27. Which of these age groups do you belong?*

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		2843	739	1867	271	96	56	25**
		%	%	%	%	%	%	%
Under 25 yrs		4	5	3	6	5	0	16
25 - 34 yrs		8	10	6	11	15	18	0
35 - 49 yrs		23	28	18	34	27	26	18
50 - 64 yrs		34	40	31	35	41	27	1
65+ yrs		31	16	40	14	12	28	21
No response		1	0	0	0	0	0	44
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:**

*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	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Yes	44	44	47	38	28	38	30
No	52	51	50	59	71	58	24
No response	4	5	3	2	1	4	46
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:**

*Q30. Which of the following best describes you?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Working full-time	24	28	21	27	40	36	16
Working part-time	14	14	14	14	14	12	13
Unemployed/actively seeking a job	7	11	5	11	4	6	0
At home	9	10	6	15	19	9	0
Retired	28	13	37	13	11	28	8
Sick/invalid beneficiary	13	18	11	15	8	0	6
Student (full-time, including secondary school)	4	6	3	4	3	6	8
Other (Specify)	1	1	1	2	0	3	0
No response	1	0	1	0	1	0	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 39:**

*Q31. Do you have a community services card?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2843	739	1867	271	96	56	25**
	%	%	%	%	%	%	%
Yes	51	59	48	56	41	36	31
No	46	38	49	42	59	62	29
Don't know	1	2	2	1	0	1	1
No response	2	1	2	1	0	1	39
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 ethnicity was known)**

GRx contract holder	Eligible population	Number Selected	Achieved Sample	Participation rate
Sport Northland	696	301	57	19%
Sport Auckland - Auckland	317	243	69	28%
Sport Auckland - Counties	635	250	51	20%
Harbour Sport	142	141	17	12%
HealthWest	96	96	27	28%
Sport Waikato	634	344	70	20%
Sport Gisborne	233	233	55	24%
Sport Bay of Plenty	610	350	73	21%
Sport Hawkes Bay	268	268	65	24%
Sport Taranaki	163	163	51	31%
Sport Wanganui	56	56	32	57%
Sport Manawatu	184	184	56	30%
Sport Wellington	185	184	42	23%
Nelson Bays PHO	40	40	9	23%
CWCST - Canterbury	114	113	16	14%
CWCST - West Coast	24	24	10	42%
Sport Otago	43	43	13	30%
Sport Southland	59	59	22	37%
Kimi Hauora Marlborough PHO	31	31	4	13%
<b>Total</b>	<b>4530</b>	<b>3123</b>	<b>739</b>	<b>24%</b>

\*Sub-sample based on those patients identified as being Māori on the provider lists



## Appendix B: 2015 survey tables

**Table 41:**

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

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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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



**Table 42:**

*Q3. Are you currently...?*

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

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 43:**

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

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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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



**Table 44:**

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

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

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

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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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



**Table 46:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2709	666	1838	218	83	45	23**
	%	%	%	%	%	%	%
Yes	68	65	71	58	65	52	77
No	29	31	26	36	30	45	14
No response	4	4	2	6	5	3	9
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 47:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1967*	465	1377	138	56	26**	19**
	%	%	%	%	%	%	%
Yes	51	56	49	53	53	56	17
No	42	37	46	36	37	44	70
No response	7	6	5	11	10	0	12
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 48:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1122*	304	734	94	36	13**	9**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	2	2	0	0	0	0
Encourage you to change your physical activity?	14	16	12	15	7	29	6
Encourage you to continue your physical activity unchanged?	70	69	75	62	72	71	62
No response	14	13	10	23	22	0	32
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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



**Table 49:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1100*	300	716	94	36	13**	9**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	21	25	20	16	25	38	48
Give verbal advice only?	60	56	64	57	56	57	20
Other (Specify)	2	1	2	4	0	0	0
No response	17	18	14	23	19	5	32
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 50:**

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

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

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 51:**

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

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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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



**Table 52:**

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

	Base =	Total	Maori	European	Pacific	Asian	Other	No response
		189*	59	112	20**	8**	3**	3**
		%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems		42	36	53	37	70	29	63
Increased workload/longer hours/work commitments		13	8	8	28	17	37	37
Lack of motivation/confidence, laziness, depressed		13	12	10	20	0	0	0
Lack energy/tired		5	9	4	0	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	15	9	6	0	0	0
Family responsibilities (incl. pregnancy, home issues)		8	4	5	14	13	37	37
Weather/darkness/daylight saving over		3	2	2	6	0	0	0
Costs/fees of activities too expensive		2	2	4	0	0	0	0
Other		11	14	13	0	0	34	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 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	Maori	European	Pacific	Asian	Other	No response
		2709	666	1838	218	83	45	23**
		%	%	%	%	%	%	%
Yes		71	77	67	74	72	60	80
No		24	18	29	18	20	33	7
Don't know		2	2	2	1	4	7	0
No response		4	3	2	6	5	0	13
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 54:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2709	666	1838	218	83	45	23**
	%	%	%	%	%	%	%
No	27	20	32	21	30	25	24
Yes (Specify)	67	74	63	67	63	68	63
No response	7	6	4	12	7	7	13
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 55:**

*Q13a. What changes?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1641*	447	1069	139	54	29**	13**
	%	%	%	%	%	%	%
Drink more water	20	28	15	27	21	27	0
Eating more healthily/less junk food (better choices, watch what I eat)	22	25	25	14	27	36	18
Eating less/smaller meals (portion control)	22	21	22	20	13	14	6
Cut down on fats/low fat foods	10	8	7	17	24	14	4
Less/avoid sugar and sugary foods, sweets, soft drinks	27	27	28	29	22	18	46
Eat more vegetables	23	26	16	35	31	26	14
Eat more fruit	10	11	10	9	8	6	9
Less alcohol	4	2	6	3	0	0	0
Reduce carbohydrates, including bread (gluten)	10	11	11	9	16	8	9
No snacking/regular meals, breakfasts	3	4	3	3	0	2	0
Diet plans	4	3	5	0	1	3	0
Eat less (red) meat/more fish	3	4	2	2	19	12	0
Cut down on salt use	4	5	4	5	3	0	0
Less takeaways/fast foods	4	6	2	4	1	0	0
Less dairy (milk, butters, etc.)	2	2	2	2	0	0	0
Less coffee/tea	1	2	2	1	2	0	0
More grain breads, fibre or similar	2	1	2	1	5	3	0
More protein	1	2	1	0	0	0	0
Supplements, dietary	1	2	0	0	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	12	13	21	8	10	23
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 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	Maori	European	Pacific	Asian	Other	No response
		2709	666	1838	218	83	45	23**
		%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)		64	57	70	56	75	68	26
I went to see them in person		21	27	20	22	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	7	4	14	16	3	0
No response		4	5	2	5	1	0	21
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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 57:**

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

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

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 58:**

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

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

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 59:**

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

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

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 60:**

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

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

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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

**Table 61:**

*Q19. Was the activity provider right for you?*

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

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 62:**

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

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

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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



**Table 63:**

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

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

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 64:**

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

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2490*	601	1722	187	74	44	17**
	%	%	%	%	%	%	%
Strongly agree	47	48	46	44	48	48	69
Agree	46	45	47	47	47	44	24
Neither agree nor disagree	4	4	4	4	4	1	0
Disagree	2	1	2	2	0	7	3
Strongly disagree	1	1	1	2	1	0	4
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 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	Maori	European	Pacific	Asian	Other	No response
Base =	2465*	595	1707	181	74	44	16**
	%	%	%	%	%	%	%
Strongly agree	36	39	37	31	31	39	49
Agree	53	52	51	59	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

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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



**Table 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	Maori	European	Pacific	Asian	Other	No response
Base =	2442*	594	1689	179	73	44	15**
	%	%	%	%	%	%	%
Strongly agree	39	43	38	35	35	46	51
Agree	51	48	51	56	58	43	36
Neither agree nor disagree	6	6	7	4	5	9	5
Disagree	2	2	3	4	1	2	4
Strongly disagree	1	1	1	1	1	0	5
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 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	Maori	European	Pacific	Asian	Other	No response
Base =	2453*	593	1698	183	73	44	16**
	%	%	%	%	%	%	%
Strongly agree	44	48	43	39	46	49	42
Agree	42	38	41	48	46	32	50
Neither agree nor disagree	9	7	10	7	7	13	0
Disagree	4	4	4	5	0	5	4
Strongly disagree	2	2	2	2	1	2	5
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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

**Table 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	Maori	European	Pacific	Asian	Other	No response
Base =	2472*	602	1705	182	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	51	54	52	42	51	53	41
Agree	40	37	39	50	45	40	51
Neither agree nor disagree	6	7	6	4	4	5	0
Disagree	2	2	2	3	0	0	3
Strongly disagree	1	1	1	1	1	2	4
Total	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

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



**Table 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	Maori	European	Pacific	Asian	Other	No response
Base =	2432*	588	1679	180	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	42	45	41	42	48	45	63
Agree	43	42	43	48	42	27	26
Neither agree nor disagree	10	9	12	7	8	17	4
Disagree	3	2	3	3	1	6	3
Strongly disagree	2	3	2	1	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2431*	589	1678	181	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	40	41	38	40	50	52	39
Agree	42	41	41	47	39	23	45
Neither agree nor disagree	13	12	15	8	9	14	4
Disagree	4	5	4	3	1	4	3
Strongly disagree	2	2	2	3	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 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	Maori	European	Pacific	Asian	Other	No response
Base =	2508*	608	1736	185	73	44	18**
	%	%	%	%	%	%	%
Very satisfied	52	55	52	50	41	47	75
Satisfied	36	35	35	42	47	32	9
Neither/nor	7	6	9	5	9	10	4
Dissatisfied	2	2	3	2	2	11	7
Very dissatisfied	2	2	2	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 72:**

*Q23a. Reasons for being satisfied (contains mixed comments)*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	1311*	354	865	108	36	25**	8**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	36	39	36	29	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	6	7	9	12	4	0
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	5	4	2	2	3	0
Improved health, motivation, confidence/Feel better, happier/See results	8	8	6	10	14	8	7
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	3	4	1	5	0	9
Useful/Good information/advice/explanations/ideas/suggestions	8	8	8	9	11	0	10
Appropriate activities - suitable for my lifestyle, abilities, condition	5	3	5	5	3	0	10
Excellent/Great/Awesome team, support	5	3	5	8	6	3	0
Service great/good/impressive	5	6	4	4	2	8	0
Personal contact/attention	2	1	2	2	0	5	0
No pressure/non-judgmental	1	1	1	0	0	0	0
Easy to contact/talk to, accessible, approachable	1	1	1	3	0	0	0
Greater awareness/understanding of need to be/benefits of being more active	1	1	1	0	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	1	1	2	0	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost	4	5	3	6	0	12	0
Already active/doing own thing	1	2	1	0	0	0	0
Illness/injury barriers - can't do exercises because of, doing what I can	2	1	3	3	2	0	6
Need support/motivation, lack of motivation	1	0	1	2	0	0	0
More face-to-face/personal contact/support desired	1	0	1	2	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	1	1	0	0	0	0
More advice/information required	0	0	0	0	7	0	0
Self-motivated/Up to me/my decisions	1	3	1	0	0	0	0
Other - Negative comment	3	2	4	4	2	5	0
Other - Positive comment	16	16	16	17	8	17	0
No particular reason	3	3	3	2	2	9	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*

Base =	Total 242* %	Maori 43 %	European 188 %	Pacific 9** %	Asian 6** %	Other 8** %	No response 3** %
Insufficient follow-up/communication, contact stopped	28	30	27	40	14	37	0
Lack of support/encouragement, need more support	17	23	18	13	0	0	0
A lack of personal contact; phone calls not sufficient	4	1	5	0	0	19	0
Cost barriers	11	7	8	24	38	22	68
More suitable ideas required (relevant to time available, travel distance, condition)	15	14	16	0	0	9	32
Work/Time barriers	4	0	3	27	0	0	0
Didn't change much/didn't help/no benefit	4	1	4	0	14	13	0
Insufficient staff/resources, lack of knowledge/experience	10	13	12	0	0	0	0
Did it/left to do it myself, already motivated	6	5	5	0	14	27	0
No advice re exercises	3	1	2	6	0	0	0
Empathy lacking, disinterested	6	5	5	6	0	0	32
Positive comment	7	7	9	0	0	9	0
Other	23	23	23	3	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 74:**

*Q24. Are you...?*

Base =	Total 2709 %	Maori 666 %	European 1838 %	Pacific 218 %	Asian 83 %	Other 45 %	No response 23** %
Male	31	32	27	38	43	28	5
Female	68	68	72	62	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 75:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 76:**

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

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

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 77:**

*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	Maori	European	Pacific	Asian	Other	No response
Base =	2709	666	1838	218	83	45	23**
	%	%	%	%	%	%	%
Yes	45	47	50	37	35	47	8
No	50	50	45	61	61	53	9
No response	4	3	4	2	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 78:**

*Q29. Which of the following best describes you?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2709	666	1838	218	83	45	23**
	%	%	%	%	%	%	%
Working full-time	22	25	17	31	25	16	7
Working part-time	12	10	13	9	10	4	4
Unemployed/actively seeking a job	6	7	3	11	12	9	0
At home	11	12	10	14	16	11	0
Retired	28	17	39	8	22	25	0
Sick/invalid beneficiary	16	22	13	20	11	20	4
Student (full-time, including secondary school)	3	4	2	5	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 79:**

*Q30. Do you have a Community Services Card?*

	Total	Maori	European	Pacific	Asian	Other	No response
Base =	2709	666	1838	218	83	45	23**
	%	%	%	%	%	%	%
Yes	54	62	51	53	42	70	6
No	43	35	45	45	58	30	11
Don't know	1	1	2	1	0	0	0
No response	3	2	2	1	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 80: 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	561	561	103	18%
Sport Auckland - Auckland	329	180	51	28%
Sport Auckland - Counties	768	188	52	28%
Harbour Sport	124	123	23	19%
HealthWest	73	73	23	32%
Sport Waikato	543	543	98	18%
Sport Gisborne	231	231	34	15%
Sport Bay of Plenty	539	390	85	22%
Sport Hawkes Bay	292	292	50	17%
Sport Taranaki	148	148	32	22%
Sport Whanganui	87	87	34	39%
Sport Manawatu	53	53	15	28%
Sport Wellington	144	144	28	19%
Nelson Bays PHO	49	49	10	20%
CWCST - Canterbury	123	45	8	18%
CWCST - West Coast	26	26	7	27%
Sport Otago	10	10	5	50%
Sport Southland	71	71	8	11%
Kimi Hauora Marlborough PHO	44	44	12	27%
<b>Total</b>	<b>4215</b>	<b>3258</b>	<b>678</b>	<b>21%</b>

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