

|  |  |
| --- | --- |
| MEMORANDUM | 25 July 2016 | |
| **TO** | Diana O’Neill, Ministry of Health |
| **FROM** | Mark Johnson and Annita Wood, Research New Zealand |
| **SUBJECT** | 2016 Profile of Pacific Patients – Green Prescription Patient Survey (#4838) |

**Profile of Pacific GRx patients**

**Survey participation rate**

### A total of n=271 valid, completed responses were received from Pacific patients during the survey period (n=46 online, n=118 on paper and n=107 by telephone). This represents a participation rate of 22 percent. Table 41 on page 26 of this report, shows the achieved sample and participation rate for each of the providers1.

Participation in the survey was boosted by two activities:

1. Reminder phone calls targeted at Māori and Pacific patients.
2. A prize draw incentive - three prizes of $250 gift vouchers of the winner’s choice. This was publicised in both the invitation letter, on the survey questionnaire and through 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 Pacific patients is plus or minus 7.2 percent.

1 In the provider’s lists, there were 270 patients, among the achieved sample, whose ethnicity was listed as Pacific peoples. However among those 270 patients, 235 self-identified as Pacific peoples, while 35 self-identified as being another ethnicity. A further 36 patients who were not identified as Pacific peoples on the provider’s lists self-identified as being such in the survey.

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**Reasons Pacific patients were prescribed a GRx**

* The most commonly cited reason why Pacific patients were prescribed a GRx was for weight problems (64 percent, Table 1). Other common reasons included: high blood pressure or risk of stroke (34 percent), diagnosed with type 2 diabetes, high cholesterol, back pain or problems and/or stress (each 25 percent).
  + Compared with all GRx patients, Pacific patients were more likely to have been referred to the GRx initiative after being diagnosed with weight problems (64 percent compared with 53 percent overall), high blood pressure/risk of stroke (34 percent compared with 25 percent overall), high cholesterol (25 percent compared with 18 percent overall), type 2 diabetes (25 percent compared to 17 percent overall) and/or sleep problems (22 percent compared with 16 percent overall).

**Following prescribed activities**

* While 32 percent of Pacific patients reported they were still following the GRx physical activities, 23 percent said they were doing a physical activity that was different from that recommended in their GRx (Table 2). In addition to this, 15 percent reported they were temporarily off their GRx physical activities and 27 percent were no longer following their GRx physical activities.
* The most frequently reported reasons provided by Pacific patients as to why they were temporarily off or no longer following the GRx physical activities were: a lack of time due to family responsibilities (33 percent, Table 3), a lack of time due to work commitments (28 percent) and/or an injury or health problems (22 percent).
  + Compared with all GRx patients, Pacific patients were more likely to report they were temporarily off or no longer following the GRx physical activities because of a lack of time due to family responsibilities (33 percent compared to 20 percent overall).

**Positive changes in health**

* Almost three-quarters of Pacific patients reported they had noticed positive changes in their health since getting their GRx (73 percent, Table 4).
* When asked to identify what positive changes they had noticed, Pacific patients most commonly said they: had lost weight and/or felt stronger or fitter (61 percent respectively, Table 5), generally felt better (56 percent), had more energy (55 percent), were sleeping better, could breathe easier (45 percent respectively) and/or were less stressed (42 percent).

**Spending more or less time being active**

* Compared with the time before getting their GRx, 60 percent of Pacific patients reported they were spending more time being active, while 20 percent said they were spending the same amount of time and 18 percent were spending less time being active (Table 10).
* The most commonly cited reason provided by Pacific patients for spending about the same amount of time being active now, as they were before getting their GRx was due to work commitments (22 percent, Table 11).



* In terms of the reasons for being less active, the most commonly cited reason was illness or injury (32 percent, Table 12).

**Advice on healthy eating**

* Seventy-three percent of Pacific patients reported they had received advice on healthy eating since getting their GRx (Table 13).
* Seventy-eight percent of Pacific patients said they had made changes to their food and/or drink since getting their GRx (Table 14).
* The three main changes to Pacific patients’ food and/or drink intake were:
  + eating more vegetables (31 percent, Table 15),
  + eating less or avoiding sugar and sugary foods, sweets and soft drinks and/or drinking more water (29 percent respectively).
* Compared with all GRx patients, Pacific patients were more likely to report they had been eating more vegetables (31 percent compared to 20 percent overall).

**First Contact with GRx Support person**

* In terms of first contact, the majority of Pacific patients reported that their GRx support person contacted them first (63 percent, Table 16), while 21 percent visited them in person, and five percent called the number provided. Twelve percent said they had not had any contact with the GRx support person.
  + Compared with all GRx patients, Pacific patients were more likely to report they had not had any contact with the GRx support person (12 percent compared to five percent overall).

**Follow-up by GRx Support person**

* Where follow-up support has occurred, the majority of Pacific patients reported they had received a phone call (61 percent, Table 17) and/or face-to-face contact (38 percent).

**GRx support people and activity providers**

* The four main physical activities suggested to Pacific patients by their GRx support person were: walking (71 percent, Table 19), swimming (63 percent), gym exercises (47 percent), and/or water or pool exercises (42 percent).
* In terms of activity provider referrals, Pacific patients most frequently reported being referred to a swimming pool (73 percent) and/or a gym (63 percent, Table 20) by their GRx support person.
* Eighty-two percent of Pacific patients considered the activity provider(s) they were referred to as appropriate, while eight percent thought it was not (Table 21).



* In terms of who Pacific patients do physical activity with, 60 percent said they do it by themselves (Table 23), 44 percent with adult family members and 29 percent with child family members.
  + Pacific patients were more likely than all GRx patients to do physical activity with adult family members (44 percent compared with 32 percent overall) and/or with child family members (29 percent compared with 15 percent overall). However, they were less likely than all GRx patients to do physical activity by themselves (60 percent compared with 72 percent overall).

**Service and support received**

* Ninety percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful’* (Table 24).
* Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The physical activity options suggested were appropriate for me’* (Table 25).
* Eighty-nine percent of Pacific patients either *strongly agreed or agreed* with the statement *‘The information and advice I was given was relevant to me’* (Table 26).
* Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement *‘The person I spoke to motivated me to get or stay physically active’* (Table 27).
* Ninety percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The person I spoke to was understanding and supportive’* (Table 28).
* Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement *‘As a result of receiving a GRx, I now understand the benefits of physical activity’* (Table 29).
* Eighty-five percent of Pacific patients either *strongly agreed or agreed* with the statement *‘As a result of the support I got, I now feel more confident about doing physical activity regularly’* (Table 30).
* Eighty-nine percent of Pacific patients were either *very satisfied or satisfied* with the overall service provided to them (Table 31).

### When Pacific patients were asked to describe the reasons why they were satisfied with the service or their GRx in general, 36 percent said it was because of the encouragement, motivation, support and/or help they had received (Table 32). The next most frequently mentioned reason was that the programme had improved their health, motivation, confidence and happiness (28 percent).

* When asked for the reasons why they were less than satisfied (Table 33), Pacific patients predominately commented on the insufficient follow-up or communication (2 of 6 patients), and/or they felt GRx didn’t help/was of no benefit to them (2 of 6 patients).2

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



* Seventy-five percent of Pacific patients reported they had encouraged others to become more active as a result of their GRx experience (Table 22).

**Patient demographics**

* There were more female Pacific patients than male Pacific patients (67 percent compared to 33 percent respectively (Table 34).
* Sixty-one percent of Pacific patients had a secondary school education or no qualifications, while a further 36 percent had tertiary qualifications or other post-secondary qualifications (Table 35).
  + Compared with all GRx patients, Pacific patients were more likely to report they had no qualifications (31 percent compared to 23 percent overall).
* Sixty-nine percent of Pacific patients were aged 35 to 64 years, and 14 percent 65 years plus (Table 36).
  + Compared with all GRx patients, Pacific patients were more likely to be aged 35 to 49 years (34 percent compared with 23 percent overall), while they were less likely to be aged 65 years plus (14 percent compared with 31 percent overall).
* Thirty-eight percent of Pacific patients reported having a long-term disability or impairment (Table 37).
* Fifteen percent of Pacific patients said they were sickness or invalid beneficiaries, while 41 percent reported they were either working full-time or part-time (Table 38).
  + Compared with all GRx patients, Pacific patients were more likely to report that they mainly stayed at home (15 percent compared to nine percent overall). Significantly fewer Pacific patients said they were retired (13 percent compared to 28 percent overall).
* Fifty-six percent of Pacific patients reported they have a Community Services Card (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 Pacific patients is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **17**) indicate a result that is significantly lower. Appendix A shows the survey tables for 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Arthritis | 22 | 21 | 23 | 18 | 22 | 16 | 11 |
| Asthma/breathing problems | 14 | 18 | 12 | **19** | **5** | 12 | 13 |
| Back pain or problems | 22 | 25 | 20 | 24 | 22 | 28 | 30 |
| Diagnosed type 2 diabetes | 17 | **25** | **14** | 21 | 24 | 12 | 5 |
| Pre-diabetes/risk of diabetes | 13 | 17 | **11** | 16 | 22 | 16 | 6 |
| High blood pressure/risk of stroke | 25 | **34** | **21** | 29 | 24 | **13** | 13 |
| High cholesterol | 18 | **25** | **15** | 21 | 20 | 13 | 23 |
| Sleep problems | 16 | **22** | **13** | **21** | 11 | 19 | 11 |
| To stop smoking | 5 | **9** | **2** | **9** | 4 | 6 | 5 |
| Stress | 20 | 25 | 18 | **25** | 20 | 33 | 20 |
| Weight problems | 53 | **64** | **47** | **65** | 52 | 44 | 44 |
| Depression/anxiety | 17 | 15 | 18 | 21 | 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 | 13 | 14 | 12 | 9 | 19 | 20 |
| General fitness | 3 | 2 | 3 | 3 | **0** | 6 | 3 |
| Surgery recovery | 0 | 0 | 0 | 0 | 0 | 0 | 5 |
| Mental illness | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Fibromyolgia | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other (Specify) | 4 | 3 | 5 | 4 | 4 | 7 | 6 |
| No response | 7 | **4** | 9 | 6 | 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...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Still following the GRx physical activities | 39 | **32** | **43** | **34** | 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 | 15 | 15 | **20** | 20 | 9 | 8 |
| No longer following the GRx physical activities | 16 | **27** | **13** | 19 | 11 | 16 | 27 |
| No response | 4 | 3 | 5 | 3 | 5 | 4 | 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 3:**

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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2099\* | 199 | 1385 | 554 | 71 | 41 | 16\*\* |
|  | % | % | % | % | % | % | % |
| Breathing easier | 34 | **45** | **28** | **48** | 26 | 24 | 47 |
| Feel stronger/fitter | 55 | 61 | 56 | 53 | 54 | 50 | 55 |
| Less stressed | 34 | 42 | **29** | **40** | 31 | 48 | 46 |
| Less joint pain/discomfort | 26 | **35** | 24 | 25 | 17 | 32 | 32 |
| Less back pain | 21 | **30** | **17** | 21 | 27 | 37 | 57 |
| More energy | 45 | **55** | **41** | 48 | 47 | 53 | 64 |
| Lower cholesterol | 14 | **28** | **9** | 17 | 19 | 18 | 19 |
| Lower blood pressure | 19 | **31** | **15** | 22 | 18 | 18 | 22 |
| Less medication | 11 | **20** | **7** | 14 | 14 | 23 | 19 |
| Lost weight | 48 | **61** | **42** | 53 | 52 | 44 | 70 |
| Smoking less | 6 | 10 | **3** | **14** | 4 | 7 | 0 |
| Sleeping better | 30 | **45** | **24** | **36** | 29 | 27 | 45 |
| Fewer illnesses | 12 | **25** | **7** | 15 | 10 | 16 | 9 |
| Generally feel better | 55 | 56 | 54 | 58 | **39** | 53 | 51 |
| Feel less depressed/anxious | 20 | **29** | **17** | **27** | **8** | 27 | 22 |
| Increased mobility | 29 | 36 | 27 | 31 | 26 | 36 | 53 |
| Better balance/fewer falls | 14 | **28** | 12 | 14 | 11 | 17 | 10 |
| Improved blood sugar levels | 17 | **33** | **12** | 20 | 18 | 17 | 0 |
| Other (Specify) | 4 | 6 | 3 | 4 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 49 | 47 | 51 | 47 | 46 | 50 | 27 |
| No | 50 | 51 | 47 | 52 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1476\* | 132 | 1012 | 359 | 51 | 26\*\* | 9\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 64 | 73 | 60 | 68 | **81** | 64 | 14 |
| No | 31 | 24 | 36 | 25 | **16** | 29 | 74 |
| No response | 5 | 3 | 4 | 6 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1016\* | 100 | 661 | 267 | 42 | 18\*\* | 5\*\* |
|  | % | % | % | % | % | % | % |
| Tell you to stop your physical activity? | 1 | 0 | 2 | 2 | 3 | 0 | 0 |
| Encourage you to change your physical activity? | 17 | 18 | 17 | 14 | 18 | 18 | 0 |
| Encourage you to continue your physical activity unchanged? | 74 | 78 | 72 | 75 | 76 | 73 | 30 |
| No response | 8 | 4 | 9 | 9 | 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...*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1000\* | 100 | 648 | 263 | 41 | 18\*\* | 5\*\* |
|  | % | % | % | % | % | % | % |
| Write a new/extend your current GRx? | 26 | 25 | 27 | 27 | 24 | 16 | 12 |
| Give verbal advice only? | 60 | 66 | 58 | 57 | 70 | 75 | 43 |
| Other (Specify) | 6 | 4 | 7 | 6 | 1 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| No response | 8 | 5 | 8 | 10 | 5 | 9 | 45 |
| 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| More time being active? | 61 | 60 | 64 | 56 | 57 | **79** | 39 |
| About the same amount of time being active? | 25 | 20 | 25 | 26 | 30 | **13** | 30 |
| Less time being active? | 10 | **18** | **7** | 13 | 12 | 7 | 18 |
| No response | 4 | 2 | 4 | 5 | **1** | **1** | 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 11:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 490\* | 42 | 326 | 133 | 16\*\* | 7\*\* | 1\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/medical condition preventing, recovering from | 22 | 16 | 26 | 17 | 14 | 30 | 0 |
| Already doing enough, already/always been active/happy with what doing | 12 | **3** | 13 | 12 | 17 | 0 | 0 |
| Too busy/no time | 8 | 9 | 8 | 6 | 14 | 7 | 0 |
| Increased workload/long hours/work commitments | 16 | 22 | 13 | 21 | 7 | 55 | 0 |
| Lack of motivation/laziness/depression | 9 | 14 | 8 | 10 | 20 | 0 | 0 |
| Lack energy/tired | 6 | 6 | 6 | 8 | 0 | 0 | 0 |
| Specified type of activity/level of activity | 7 | **0** | 10 | **2** | 14 | 0 | 100 |
| Family responsibilities | 9 | 9 | 7 | 13 | 0 | 26 | 0 |
| GRx has not helped | 2 | 6 | 2 | 2 | 0 | 0 | 0 |
| Weather/darkness | 1 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lack of support | 1 | 0 | 1 | 3 | 0 | 6 | 0 |
| Other commitments, holidays | 4 | 6 | 3 | 5 | 7 | 0 | 0 |
| Difficulty getting into, or lost, routine/didn't get into a habit | 3 | 9 | 3 | 2 | 0 | 0 | 0 |
| Costs/fees of activity too expensive | 3 | **0** | 4 | 2 | 0 | 0 | 0 |
| Getting too old/no longer up to it | 2 | **0** | 3 | 1 | 0 | 0 | 0 |
| Other | 15 | 26 | 13 | 17 | 6 | 27 | 0 |
| No particular reason | 1 | 0 | 0 | 2 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 242\* | 45 | 122 | 80 | 7\*\* | 4\*\* | 2\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/health problems | 41 | 32 | **59** | **26** | 29 | 16 | 43 |
| Increased workload/longer hours/work commitments | 11 | 16 | 8 | 11 | 34 | 0 | 0 |
| Lack of motivation/confidence, laziness, depressed | 16 | 15 | 10 | 23 | 0 | 15 | 100 |
| Lack energy/tired | 6 | 13 | 3 | 3 | 18 | 0 | 0 |
| Specified type of activity not doing | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Too busy/no time, other priorities/commitments (including study) | 3 | 3 | 2 | 1 | 0 | 0 | 43 |
| Family responsibilities (incl. pregnancy, home issues) | 10 | 3 | 7 | 14 | 43 | 69 | 0 |
| Weather/darkness/daylight saving over | 3 | **0** | 2 | 7 | 11 | 0 | 0 |
| Costs/fees of activities too expensive | 4 | 3 | 3 | 6 | 0 | 16 | 57 |
| Other | 18 | 24 | 12 | 21 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 68 | 73 | **64** | **76** | 67 | 63 | 45 |
| No | 28 | 23 | **33** | **19** | 29 | 37 | 47 |
| Don't know | 2 | 3 | 2 | 3 | 4 | **0** | 0 |
| No response | 1 | 0 | 1 | 2 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No | 28 | 22 | **32** | **21** | 26 | 25 | 40 |
| Yes (Specify) | 70 | **78** | **67** | **77** | 74 | 75 | 47 |
| No response | 1 | 0 | 1 | 1 | 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:**

*Q14. What changes?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1799\* | 194 | 1116 | 518 | 68 | 37 | 11\*\* |
|  | % | % | % | % | % | % | % |
| Drink more water | 22 | 29 | **17** | **30** | 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 | 23 | 20 | 21 | 18 | 16 | 34 |
| Cut down on fats/low fat foods | 7 | 8 | 6 | 7 | 10 | **2** | 11 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 29 | 29 | 27 | 31 | 34 | 26 | 30 |
| Eat more vegetables | 20 | **31** | **16** | 21 | 32 | 29 | 25 |
| Eat more fruit | 10 | 11 | 8 | 12 | 16 | 5 | 25 |
| Less alcohol | 6 | **2** | 7 | 5 | 2 | 7 | 4 |
| Reduce carbohydrates, including bread (gluten) | 11 | 7 | 12 | 11 | 12 | 21 | 0 |
| No snacking/regular meals, breakfasts | 4 | 2 | 4 | 3 | 2 | 9 | 0 |
| Diet plans | 5 | 2 | 7 | 3 | 3 | **0** | 4 |
| Eat less (red) meat/more fish | 4 | **9** | 2 | 3 | **1** | 3 | 14 |
| Cut down on salt use | 2 | 3 | 2 | 2 | 5 | 3 | 0 |
| Less takeaways/fast foods | 5 | 6 | **3** | **8** | 6 | 2 | 4 |
| Less dairy (milk, butters, etc.) | 2 | 3 | 1 | 4 | **0** | 2 | 0 |
| Less coffee/tea | 2 | 3 | 3 | 2 | 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 | 2 | 4 | 3 | 2 | 5 | 0 |
| Other | 11 | 12 | 12 | 10 | 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?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 68 | 63 | 68 | 68 | 70 | 75 | 75 |
| I went to see them in person (face-to-face) | 23 | 21 | 25 | 24 | 20 | **12** | 9 |
| I called 0800 ACTIVE or the local phone number provided | 3 | 5 | 2 | 4 | 2 | 6 | 2 |
| I have not had any contact with a GRx support person | 5 | **12** | 4 | 3 | 5 | 4 | 11 |
| No response | 1 | 1 | 1 | 1 | 2 | 3 | 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 17:**

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

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

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?*

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

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

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2720\* | 240 | 1806 | 707 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| No | 28 | **17** | 30 | 26 | 27 | 27 | 41 |
| Yes | 65 | **75** | 63 | 66 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2720\* | 240 | 1806 | 707 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| By myself | 72 | **60** | 75 | 72 | 70 | 79 | 78 |
| Family members (adults) | 32 | **44** | 29 | 35 | 29 | 22 | 36 |
| Family members (children) | 15 | **29** | **10** | **21** | 15 | 25 | 27 |
| A GRx community programme/group | 15 | 16 | 14 | 14 | 10 | 11 | 22 |
| Friends | 26 | 28 | 25 | 29 | **16** | 33 | 18 |
| Another organised group | 13 | 11 | 13 | 13 | 10 | 6 | 11 |
| A sports club | 4 | **1** | 4 | 4 | 2 | 2 | 7 |
| People from work | 4 | 5 | 3 | 6 | 2 | **0** | 0 |
| Other (Specify) | 5 | 3 | 5 | 5 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2672\* | 236 | 1775 | 697 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 47 | 53 | 45 | 52 | 46 | 37 | 33 |
| Agree | 42 | 37 | 45 | 40 | 46 | 49 | 32 |
| Neither agree nor disagree | 7 | 8 | 7 | 6 | 3 | 8 | 26 |
| Disagree | 2 | **0** | 2 | 2 | **0** | 3 | 6 |
| Strongly disagree | 2 | 2 | 2 | 1 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2644\* | 225 | 1763 | 689 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 45 | 36 | **44** | 37 | 26 | 29 |
| Agree | 47 | 42 | 49 | 44 | 47 | 60 | 43 |
| Neither agree nor disagree | 10 | 10 | 9 | 9 | 13 | 9 | 11 |
| Disagree | 3 | 1 | 3 | 3 | 2 | 1 | 15 |
| Strongly disagree | 2 | 2 | 2 | 1 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2641\* | 229 | 1754 | 694 | 92 | 53 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 41 | **49** | 38 | **47** | 42 | 31 | 26 |
| Agree | 45 | 40 | 47 | 41 | 49 | 61 | 24 |
| Neither agree nor disagree | 9 | 8 | 10 | 8 | 6 | **3** | 39 |
| Disagree | 3 | 2 | 2 | 3 | **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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2641\* | 229 | 1757 | 691 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 44 | 51 | 42 | 47 | 38 | 34 | 35 |
| Agree | 37 | 36 | 36 | 36 | **52** | 46 | 18 |
| Neither agree nor disagree | 12 | 8 | 14 | 11 | **6** | 9 | 32 |
| Disagree | 4 | 3 | 4 | 4 | **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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2644\* | 230 | 1758 | 693 | 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 | 7 | 7 | 6 | **2** | 7 | 21 |
| Disagree | 2 | 2 | 2 | 2 | **0** | **0** | 14 |
| Strongly disagree | 2 | 1 | 2 | 2 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2632\* | 228 | 1749 | 693 | 92 | 53 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 43 | **54** | **39** | **50** | 42 | 36 | 22 |
| Agree | 38 | 33 | 40 | 35 | 44 | 40 | 31 |
| Neither agree nor disagree | 13 | **8** | 16 | 11 | 10 | 16 | 28 |
| Disagree | 3 | 4 | 3 | 3 | 2 | 1 | 10 |
| Strongly disagree | 2 | 1 | 3 | 2 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2632\* | 229 | 1747 | 695 | 92 | 53 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | **56** | 36 | 42 | 37 | 31 | 15 |
| Agree | 38 | **29** | 39 | 37 | 43 | 41 | 35 |
| Neither agree nor disagree | 16 | **10** | 17 | 14 | 13 | 19 | 28 |
| Disagree | 4 | 4 | 4 | 4 | 4 | 2 | 10 |
| Strongly disagree | 3 | **1** | 4 | 3 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2669\* | 233 | 1773 | 699 | 91 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 50 | 55 | 48 | **55** | 40 | 46 | 41 |
| Satisfied | 35 | 34 | 36 | 33 | 45 | 36 | 9 |
| Neither/nor | 9 | 9 | 10 | 8 | 11 | 12 | 42 |
| Dissatisfied | 3 | **1** | 4 | 2 | 2 | 2 | 9 |
| Very dissatisfied | 3 | 2 | 3 | 3 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1442\* | 155 | 887 | 446 | 45 | 30 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Encouraging, motivating, supportive, helpful | 38 | 36 | 37 | 41 | 41 | 20 | 69 |
| Follow-up contact received/checks on progress | 12 | 10 | 11 | 16 | 6 | 13 | 0 |
| Motivated me to be active/more active, am more active as a result | 14 | 13 | 15 | 14 | 16 | 14 | 0 |
| Empathic, understands needs/situation, takes genuine interest, caring, listens | 7 | 6 | 8 | 7 | 8 | 15 | 9 |
| Improved health, motivation, confidence/Feel better, happier/See results | 16 | **28** | **12** | 15 | 30 | 9 | 9 |
| Friendly, lovely, pleasant, cheerful, enthusiastic people | 4 | 5 | 5 | 4 | 5 | 1 | 0 |
| Useful/Good information/advice/explanations/ideas/suggestions | 14 | 17 | 14 | 13 | 20 | 7 | 9 |
| Appropriate activities - suitable for my lifestyle, abilities, condition | 6 | 6 | 7 | 6 | 9 | 7 | 36 |
| Excellent/Great/Awesome team, support | 13 | 12 | 13 | 15 | 8 | 15 | 30 |
| Service great/good/impressive | 14 | 10 | 15 | 14 | 17 | 11 | 38 |
| Personal contact/attention | 9 | 5 | 9 | 11 | **0** | 11 | 0 |
| No pressure/non-judgmental | 3 | 1 | 3 | 2 | **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 | 4 | 3 | 3 | 2 | **0** | 0 |
| Help with activities/exercises | 2 | 3 | 1 | 1 | 5 | **0** | 0 |
| Great/good communicator - clear/concise/understandable | 2 | 2 | 2 | 4 | **0** | 4 | 0 |
| A lack of contact or follow-up/more follow-up required | 1 | 0 | 1 | 2 | 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*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 1442\* | 155 | 887 | 446 | 45 | 30 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Other barriers: distance to travel, family responsibilities, work, time, cost | 5 | 6 | 5 | 5 | 1 | 7 | 0 |
| Already active/doing own thing | 2 | **0** | 3 | 1 | **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 | 3 | 2 | 2 | 7 | **0** | 9 |
| More face-to-face/personal contact/support desired | 1 | 1 | 1 | 0 | 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 | 1 | 1 | 0 | 3 | 4 | 0 |
| Self-motivated/Up to me/my decisions | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Other - Negative comment | 3 | **0** | 4 | 3 | 4 | 18 | 0 |
| Other - Positive comment | 8 | 11 | 7 | 8 | 6 | 11 | 38 |
| No particular reason | 4 | 5 | 4 | 3 | **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:**

*Q24b. Reasons for being less than satisfied*

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

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No qualification | 23 | **31** | **19** | **28** | **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 | 19 | 22 | 18 | **43** | 33 | 29 |
| Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma) | 22 | 17 | **25** | 20 | **14** | 29 | 1 |
| Other (Specify) | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| No response | 2 | 2 | 1 | 3 | **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:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Under 25 yrs | 4 | 6 | 3 | 5 | 5 | **0** | 16 |
| 25 - 34 yrs | 8 | 11 | 6 | 10 | 15 | 18 | 0 |
| 35 - 49 yrs | 23 | **34** | **18** | **28** | 27 | 26 | 18 |
| 50 - 64 yrs | 34 | 35 | 31 | **40** | 41 | 27 | 1 |
| 65+ yrs | 31 | **14** | **40** | **16** | **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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 44 | 38 | 47 | 44 | **28** | 38 | 30 |
| No | 52 | 59 | 50 | 51 | **71** | 58 | 24 |
| No response | 4 | 2 | 3 | 5 | **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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Working full-time | 24 | 27 | **21** | 28 | **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 | **15** | **6** | 10 | **19** | 9 | 0 |
| Retired | 28 | **13** | **37** | **13** | **11** | 28 | 8 |
| Sick/invalid beneficiary | 13 | 15 | 11 | **18** | 8 | **0** | 6 |
| Student (full-time, including secondary school) | 4 | 4 | 3 | 6 | 3 | 6 | 8 |
| Other (Specify) | 1 | 2 | 1 | 1 | 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2843 | 271 | 1867 | 739 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 51 | 56 | 48 | **59** | 41 | 36 | 31 |
| No | 46 | 42 | 49 | **38** | **59** | **62** | 29 |
| Don't know | 1 | 1 | 2 | 2 | 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 | 33 | 33 | 12 | 36% |
| Sport Auckland - Auckland | 501 | 340 | 86 | 25% |
| Sport Auckland - Counties | 745 | 337 | 56 | 17% |
| Harbour Sport | 67 | 67 | 15 | 22% |
| HealthWest | 85 | 85 | 17 | 20% |
| Sport Waikato | 101 | 101 | 13 | 13% |
| Sport Gisborne | 9 | 9 | 1 | 11% |
| Sport Bay of Plenty | 23 | 23 | 5 | 22% |
| Sport Hawkes Bay | 30 | 30 | 3 | 10% |
| Sport Taranaki | 6 | 6 | 3 | 50% |
| Sport Wanganui | 2 | 2 | 1 | 50% |
| Sport Manawatu | 26 | 26 | 5 | 19% |
| Sport Wellington | 114 | 114 | 33 | 29% |
| Nelson Bays PHO | 6 | 6 | 3 | 50% |
| CWCST - Canterbury | 37 | 37 | 9 | 24% |
| CWCST - West Coast | 1 | 1 | 0 | 0% |
| Sport Otago | 19 | 19 | 3 | 16% |
| Sport Southland | 16 | 16 | 4 | 25% |
| Kimi Hauora Marlborough PHO | 3 | 3 | 2 | 67% |
| **Total** | **1824** | **1255** | **271** | **22%** |

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

Total may exceed 100% because of multiple responses.

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



**Table 42:**

*Q3. Are you currently...?*

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

Total may not sum to 100% due to rounding.

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

**Table 43:**

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

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

Total may exceed 100% because of multiple responses.

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

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



**Table 44:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 45:**

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

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

Total may exceed 100% because of multiple responses.

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

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



**Table 46:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 47:**

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

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

Total may not sum to 100% due to rounding.

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

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

**Table 48:**

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

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

Total may not sum to 100% due to rounding.

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

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



**Table 49:**

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

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

Total may not sum to 100% due to rounding.

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

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

**Table 50:**

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

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

Total may not sum to 100% due to rounding.

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



**Table 51:**

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

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

Total may exceed 100% because of multiple responses.

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

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



**Table 52:**

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

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

Total may exceed 100% because of multiple responses.

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

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

**Table 53:**

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

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

Total may not sum to 100% due to rounding.

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



**Table 54:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 55:**

*Q13a. What changes?*

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

Total may exceed 100% because of multiple responses.

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

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



**Table 56:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 57:**

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

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

Total may exceed 100% because of multiple responses.

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

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



**Table 58:**

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

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

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

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

**Table 59:**

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

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

Total may exceed 100% because of multiple responses.

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

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



**Table 60:**

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

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

Total may exceed 100% because of multiple responses.

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

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

**Table 61:**

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

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

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

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

**Table 62:**

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

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

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

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



**Table 63:**

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

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

Total may exceed 100% because of multiple responses.

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

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

**Table 64:**

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

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

Total may not sum to 100% due to rounding.

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

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

**Table 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2465\* | 181 | 1707 | 595 | 74 | 44 | 16\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 36 | 31 | 37 | 39 | 31 | 39 | 49 |
| Agree | 53 | 59 | 51 | 52 | 57 | 46 | 38 |
| Neither agree nor disagree | 7 | 6 | 8 | 6 | 9 | 13 | 0 |
| Disagree | 3 | 3 | 3 | 3 | 3 | 2 | 8 |
| Strongly disagree | 1 | 1 | 1 | 1 | **0** | **0** | 5 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



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

Total may not sum to 100% due to rounding.

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

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

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

Total may not sum to 100% due to rounding.

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

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

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

Total may not sum to 100% due to rounding.

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

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



**Table 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2432\* | 180 | 1679 | 588 | 73 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 42 | 42 | 41 | 45 | 48 | 45 | 63 |
| Agree | 43 | 48 | 43 | 42 | 42 | 27 | 26 |
| Neither agree nor disagree | 10 | 7 | 12 | 9 | 8 | 17 | 4 |
| Disagree | 3 | 3 | 3 | 2 | 1 | 6 | 3 |
| Strongly disagree | 2 | 1 | 2 | 3 | 1 | 5 | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2431\* | 181 | 1678 | 589 | 73 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 40 | 40 | 38 | 41 | 50 | 52 | 39 |
| Agree | 42 | 47 | 41 | 41 | 39 | **23** | 45 |
| Neither agree nor disagree | 13 | 8 | 15 | 12 | 9 | 14 | 4 |
| Disagree | 4 | 3 | 4 | 5 | 1 | 4 | 3 |
| Strongly disagree | 2 | 3 | 2 | 2 | 1 | 7 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 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 | Pacific | European | Maori | Asian | Other | No response |
| Base = | 2508\* | 185 | 1736 | 608 | 73 | 44 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 52 | 50 | 52 | 55 | 41 | 47 | 75 |
| Satisfied | 36 | 42 | 35 | 35 | 47 | 32 | 9 |
| Neither/nor | 7 | 5 | 9 | 6 | 9 | 10 | 4 |
| Dissatisfied | 2 | 2 | 3 | 2 | 2 | 11 | 7 |
| Very dissatisfied | 2 | 1 | 2 | 2 | 1 | **0** | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 72:**

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

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

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

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



**Table 73:**

*Q23b. Reasons for being less than satisfied*

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

Total may exceed 100% because of multiple responses.

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

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

**Table 74:**

*Q24. Are you...?*

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

Total may not sum to 100% due to rounding.

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



**Table 75:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 76:**

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

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

Total may not sum to 100% due to rounding.

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



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

Total may not sum to 100% due to rounding.

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

**Table 78:**

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

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

Total may not sum to 100% due to rounding.

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

**Table 79:**

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

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

Total may not sum to 100% due to rounding.

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



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

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

^Ethnicity of patients not provided.