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| --- | --- |
| MEMORANDUM | 25 July 2016 | |
| **TO** | Diana O’Neill, Ministry of Health |
| **FROM** | Mark Johnson and Annita Wood, Research New Zealand |
| **SUBJECT** | 2016 Profile of Patients aged 65 years plus – Green Prescription Patient Survey (#4838) |

**Profile of GRx patients aged 65 years plus**

**Survey participation**

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

Participation in the survey was boosted by three activities:

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

The data that the following results have been drawn from has been weighted proportionally to the number of patients referred to the 19 different providers so that it will be representative of all 18,849 eligible GRx patients referred to the initiative during the period in question.

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

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

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**Reasons patients aged 65 years plus were prescribed a GRx**

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

**Following prescribed activities**

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

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

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

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



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

**Positive changes in health**

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

**Spending more or less time being active**

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

**Advice on healthy eating**

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



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

**First Contact with GRx Support person**

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

**Follow-up by GRx Support person**

* Where follow-up support has occurred, the majority of patients aged 65 years plus reported they had received a phone call (55 percent, Table 17) and/or face-to-face contact (47 percent).
  + Compared with all GRx patients, patients in this age group were more likely to report that they had received follow-up support through face-to-face contact (47 percent compared with

42 percent overall) and/or through a GRx community programme/group (22 percent compared with 13 percent overall).

* + In contrast, compared with all GRx patients, they were less likely to report that they had received follow-up support through a text or email (14 percent compared with 22 percent overall).

**GRx support people and activity providers**

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



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

**Service and support received**

* Ninety-two percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful’* (Table 24).
* Eighty-nine percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement ‘*The physical activity options suggested were appropriate for me’* (Table 25).
* Ninety percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement

*‘The information and advice I was given was relevant to me’* (Table 26).

* Eighty-six percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement *‘The person I spoke to motivated me to get or stay physically active’* (Table 27).
* Ninety-one percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement ‘*The person I spoke to was understanding and supportive’* (Table 28).
* Eighty-six percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement *‘As a result of receiving a GRx, I now understand the benefits of physical activity’* (Table 29).
* Eighty-two percent of patients aged 65 years plus either *strongly agreed or agreed* with the statement *‘As a result of the support I got, I now feel more confident about doing physical activity regularly’* (Table 30).
* Eighty-eight percent of patients aged 65 years plus were either *very satisfied or satisfied* with the overall service provided to them (Table 31).
* When patients aged 65 years plus were asked for the reasons why they were satisfied with the service or their GRx in general, 33 percent of patients said it was because of the encouragement,



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

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

**Patient demographics**

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

**Interpreting the tables in Appendix A and B**

When interpreting the tables on the following pages, please note that bolded figures with dark shading (e.g. **38**) indicate a result for a particular age group is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **13**) indicate a result that is significantly lower. Appendix A shows the survey tables for 2016 and Appendix B shows the survey tables for 2015.



**Appendix A: 2016 survey tables**

##### Table 1:

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

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

Total may exceed 100% because of multiple responses.

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



##### Table 2:

*Q4. Are you currently...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Still following the GRx physical activities | 39 | **44** | 31 | 33 | 35 | 40 | 27 |
| Doing physical activity but different from that recommended in your GRx | 24 | 23 | 23 | 30 | 23 | 24 | 39 |
| Temporarily off GRx physical activities | 16 | 14 | 11 | 13 | 18 | 18 | 0 |
| No longer following the GRx physical activities | 16 | **12** | **34** | 23 | **20** | 13 | 20 |
| No response | 4 | 6 | **0** | 2 | 2 | 5 | 14 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 3:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 4:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 72 | 71 | **58** | **62** | 74 | 75 | 65 |
| No | 15 | 16 | 18 | 21 | 15 | 13 | 27 |
| Don't know/unsure | 11 | 10 | **24** | 17 | 11 | 10 | 0 |
| No response | 2 | 3 | **0** | **0** | 1 | 2 | 8 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 5:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 6:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 49 | **54** | 40 | 44 | **41** | 51 | 37 |
| No | 50 | **43** | 58 | 56 | **58** | 47 | 56 |
| No response | 2 | 3 | 2 | 1 | 1 | 1 | 7 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 7:

*Q9. Did your referrer discuss your GRx with you?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1476\* | 563 | 50 | 90 | 264 | 503 | 6\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 64 | 63 | 48 | 64 | 68 | 65 | 9 |
| No | 31 | 29 | **49** | 32 | 29 | 31 | 75 |
| No response | 5 | 8 | 3 | 3 | 3 | 3 | 16 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 8:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1016\* | 398 | 27\*\* | 59 | 181 | 348 | 3\*\* |
|  | % | % | % | % | % | % | % |
| Tell you to stop your physical activity? | 1 | 1 | 0 | 0 | 2 | 2 | 0 |
| Encourage you to change your physical activity? | 17 | **11** | 39 | 30 | 14 | 20 | 0 |
| Encourage you to continue your physical activity unchanged? | 74 | 76 | 53 | 68 | 77 | 72 | 0 |
| No response | 8 | 12 | 8 | **2** | 7 | 6 | 100 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 9:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1000\* | 391 | 27\*\* | 59 | 178 | 342 | 3\*\* |
|  | % | % | % | % | % | % | % |
| Write a new/extend your current GRx? | 26 | 26 | 8 | 25 | 28 | 27 | 0 |
| Give verbal advice only? | 60 | 58 | 69 | 67 | 61 | 60 | 36 |
| Other (Specify) | 6 | 5 | 8 | 4 | 5 | 7 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 8 | 11 | 15 | 4 | 6 | 6 | 64 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 10:

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

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

Total may not sum to 100% due to rounding.

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

Total may exceed 100% because of multiple responses.

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

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 13:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 68 | 64 | 58 | 66 | 71 | 72 | 38 |
| No | 28 | 33 | 31 | 29 | 25 | 26 | 44 |
| Don't know | 2 | 2 | **11** | 4 | 2 | 1 | 0 |
| No response | 1 | 1 | 0 | 0 | 1 | 1 | 17 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 14:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| No | 28 | **38** | 34 | 30 | **21** | **24** | 25 |
| Yes (Specify) | 70 | **60** | 66 | 69 | **79** | **75** | 48 |
| No response | 1 | 2 | 0 | 1 | 1 | 1 | 27 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 15:

*Q14. What changes?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1799\* | 510 | 71 | 146 | 445 | 621 | 6\*\* |
|  | % | % | % | % | % | % | % |
| Drink more water | 22 | **17** | 20 | 25 | 24 | 23 | 30 |
| Eating more healthily/less junk food (better choices, watch what I eat) | 25 | **19** | 38 | **36** | 27 | 26 | 0 |
| Eating less/smaller meals (portion control) | 21 | 24 | 24 | 18 | 21 | 18 | 9 |
| Cut down on fats/low fat foods | 7 | 6 | 5 | 4 | 6 | 8 | 22 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 29 | 25 | **43** | 32 | 30 | 28 | 31 |
| Eat more vegetables | 20 | 21 | 13 | 18 | 19 | 22 | 30 |
| Eat more fruit | 10 | 9 | 9 | 9 | 9 | 11 | 30 |
| Less alcohol | 6 | 7 | 3 | 3 | 7 | 5 | 0 |
| Reduce carbohydrates, including bread (gluten) | 11 | 12 | **3** | 10 | 10 | 12 | 0 |
| No snacking/regular meals, breakfasts | 4 | 3 | 10 | 5 | 4 | 3 | 0 |
| Diet plans | 5 | 4 | 5 | 4 | 7 | 4 | 8 |
| Eat less (red) meat/more fish | 4 | 5 | **0** | **1** | 4 | 3 | 0 |
| Cut down on salt use | 2 | 2 | 2 | 3 | 1 | 3 | 0 |
| Less takeaways/fast foods | 5 | **2** | 14 | 9 | 7 | 4 | 0 |
| Less dairy (milk, butters, etc.) | 2 | 2 | 1 | 2 | 2 | 3 | 0 |
| Less coffee/tea | 2 | 3 | **0** | 2 | 2 | 2 | 0 |
| More grain breads, fibre or similar | 1 | 1 | 1 | 2 | 1 | 1 | 0 |
| More protein | 1 | 1 | 1 | 1 | 1 | 1 | 0 |
| Supplements, dietary | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Yes (in general) | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Yes, reading labels on food | 3 | 4 | **0** | 1 | 2 | 4 | 0 |
| Other | 11 | 10 | 6 | 10 | 13 | 11 | 31 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



##### Table 16:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 68 | **62** | 60 | 65 | **74** | 70 | 55 |
| I went to see them in person (face-to-face) | 23 | **29** | 20 | 24 | **19** | 21 | 11 |
| I called 0800 ACTIVE or the local phone number provided | 3 | 2 | 4 | 5 | 3 | 4 | 4 |
| I have not had any contact with a GRx support person | 5 | 4 | **17** | 6 | 4 | 4 | 23 |
| No response | 1 | 2 | 0 | 0 | 0 | 1 | 7 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 17:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 18:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2720\* | 919 | 100 | 196 | 584 | 909 | 12\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 34 | 35 | **23** | **25** | 33 | 37 | 21 |
| No | 37 | 34 | 39 | 45 | 39 | 37 | 51 |
| Don't know | 23 | 21 | **36** | 25 | 25 | 21 | 18 |
| No response | 6 | **10** | **1** | 5 | **4** | 4 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 19:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 20:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2146\* | 738 | 74 | 147 | 447 | 731 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Gym | 58 | **48** | **81** | **70** | 62 | 59 | 43 |
| Swimming pool | 66 | 61 | **50** | 67 | 67 | **72** | 42 |
| Sports club | 7 | 5 | 9 | **14** | 7 | 6 | 15 |
| Other | 7 | 7 | **3** | 7 | 9 | 8 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 5 | **10** | 2 | **1** | 4 | **2** | 11 |

Total may exceed 100% because of multiple responses.

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

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

##### Table 21:

*Q20. Was the activity provider right for you?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2158\* | 740 | 74 | 149 | 452 | 734 | 9\*\* |
|  | % | % | % | % | % | % | % |
| No | 11 | 11 | 20 | 14 | 10 | 11 | 27 |
| Yes | 80 | 77 | 74 | 82 | 83 | 81 | 56 |
| No response | 9 | **12** | 6 | 5 | 7 | 8 | 16 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 22:

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

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

Total may not sum to 100% due to rounding.

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

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



##### Table 23:

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

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 24:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2672\* | 889 | 99 | 196 | 579 | 900 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 47 | 47 | 36 | 46 | 51 | 46 | 38 |
| Agree | 42 | 45 | 50 | 39 | 38 | 43 | 40 |
| Neither agree nor disagree | 7 | 6 | 10 | 8 | 8 | 7 | 16 |
| Disagree | 2 | 1 | 4 | 4 | 2 | 2 | 0 |
| Strongly disagree | 2 | 1 | 1 | 3 | 2 | 2 | 6 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 25:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2644\* | 881 | 98 | 195 | 573 | 888 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 36 | 41 | 40 | 42 | 38 | 29 |
| Agree | 47 | **53** | 41 | 42 | 43 | 47 | 49 |
| Neither agree nor disagree | 10 | 8 | 16 | 11 | 9 | 10 | 6 |
| Disagree | 3 | 2 | 1 | 3 | 3 | 3 | 16 |
| Strongly disagree | 2 | 1 | 1 | 4 | 2 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 26:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2641\* | 872 | 97 | 196 | 576 | 891 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 41 | 38 | 38 | 44 | 45 | 41 | 22 |
| Agree | 45 | **52** | 42 | 40 | 40 | 44 | 55 |
| Neither agree nor disagree | 9 | 8 | 18 | 10 | 10 | 9 | 0 |
| Disagree | 3 | 2 | 1 | 5 | 3 | 3 | 23 |
| Strongly disagree | 2 | 1 | 1 | 2 | 2 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 27:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2641\* | 877 | 98 | 195 | 572 | 890 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 44 | 43 | 43 | 45 | 44 | 45 | 43 |
| Agree | 37 | **43** | **24** | **28** | 32 | 37 | 28 |
| Neither agree nor disagree | 12 | 10 | **26** | 14 | 14 | 11 | 7 |
| Disagree | 4 | **2** | 5 | 9 | 5 | 4 | 16 |
| Strongly disagree | 3 | **1** | 1 | 4 | 4 | 3 | 6 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 28:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2644\* | 877 | 99 | 194 | 577 | 888 | 9\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 51 | 50 | 48 | 52 | 52 | 51 | 49 |
| Agree | 38 | 41 | 37 | 32 | 35 | 39 | 22 |
| Neither agree nor disagree | 7 | 6 | 14 | 8 | 9 | 6 | 13 |
| Disagree | 2 | 1 | 1 | 5 | 1 | 2 | 16 |
| Strongly disagree | 2 | 1 | 1 | 2 | 3 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 29:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2632\* | 868 | 98 | 194 | 573 | 892 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 43 | 43 | 42 | 42 | 44 | 44 | 32 |
| Agree | 38 | **43** | 30 | 32 | 35 | 39 | 40 |
| Neither agree nor disagree | 13 | 11 | **24** | 20 | 15 | 12 | 27 |
| Disagree | 3 | 2 | 3 | 4 | 4 | 3 | 0 |
| Strongly disagree | 2 | 1 | 1 | 3 | 3 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 30:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2632\* | 866 | 99 | 195 | 575 | 890 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 39 | 34 | 40 | 40 | 39 | 32 |
| Agree | 38 | **43** | 40 | **29** | 34 | 39 | 31 |
| Neither agree nor disagree | 16 | 14 | 18 | 18 | 17 | 15 | 27 |
| Disagree | 4 | **2** | 6 | 7 | 5 | 4 | 0 |
| Strongly disagree | 3 | 2 | 2 | 7 | 5 | 3 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 31:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2669\* | 893 | 99 | 195 | 575 | 899 | 8\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 50 | 51 | 43 | **38** | 50 | 51 | 66 |
| Satisfied | 35 | 37 | 37 | 43 | 33 | 34 | 0 |
| Neither/nor | 9 | 8 | 15 | 10 | 10 | 9 | 27 |
| Dissatisfied | 3 | 2 | 2 | 4 | 3 | 3 | 8 |
| Very dissatisfied | 3 | **1** | 3 | 5 | 4 | 3 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 32:

*Q24. Reasons for being satisfied*

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 32: (continued)

*Q24. Reasons for being partially satisfied*

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 33:

*Q24. Reasons for being less than satisfied*

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 34:

*Q25. Are you...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Male | 29 | **35** | 26 | **20** | 25 | 28 | 24 |
| Female | 70 | **64** | 74 | **80** | 75 | 71 | 27 |
| No response | 1 | 0 | 0 | 0 | 0 | 1 | 49 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 35:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| No qualification | 23 | 25 | 17 | **13** | 22 | 24 | 0 |
| Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc) | 31 | 34 | **47** | 34 | 29 | 28 | 0 |
| Tertiary qualification (e.g. Bachelor's Degree or higher) | 21 | **14** | 22 | **33** | **26** | 22 | 0 |
| Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma) | 22 | 23 | **13** | 19 | 22 | 23 | 10 |
| Other (Specify) | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| No response | 2 | 3 | 1 | 2 | 1 | 2 | 90 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 36:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 44 | 48 | **31** | **27** | **38** | **50** | 20 |
| No | 52 | **48** | **67** | **72** | **59** | **47** | 0 |
| No response | 4 | 5 | 2 | **1** | 3 | 3 | 80 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 37:

*Q29. Which ethnic group do you mainly identify with?*

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

Total may exceed 100% because of multiple responses.

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



##### Table 38:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Working full-time | 24 | **4** | **12** | **34** | **39** | **33** | 0 |
| Working part-time | 14 | **7** | 12 | 17 | 16 | **17** | 10 |
| Unemployed/actively seeking a job | 7 | **0** | 14 | 7 | **13** | 9 | 0 |
| At home | 9 | **3** | 9 | **20** | 12 | 9 | 0 |
| Retired | 28 | **83** | **0** | **0** | **0** | **7** | 0 |
| Sick/invalid beneficiary | 13 | **2** | 8 | 12 | 16 | **21** | 0 |
| Student (full-time, including secondary school) | 4 | **0** | **43** | 7 | 4 | **1** | 0 |
| Other (Specify) | 1 | 0 | 0 | 2 | 1 | 2 | 0 |
| No response | 1 | 1 | 2 | 1 | 0 | 0 | 90 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 39:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2843 | 959 | 116 | 206 | 607 | 941 | 14\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 51 | 53 | 59 | 52 | 53 | **46** | 20 |
| No | 46 | 42 | 38 | 45 | 46 | **52** | 0 |
| Don't know | 1 | 2 | 2 | 2 | 1 | 1 | 0 |
| No response | 2 | 3 | 0 | 1 | 1 | 1 | 80 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 40: Population, sample, and participation rate for each GRx contract holder (where age was known)

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

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

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



# Appendix B: 2015 survey tables

##### Table 41:

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

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

Total may exceed 100% because of multiple responses.

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



##### Table 42:

*Q3. Are you currently...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Still following the GRx physical activities | 39 | 43 | 25 | 38 | **32** | 42 | 40 |
| Doing physical activity but different from that recommended in your GRx | 21 | 19 | 27 | 22 | 25 | 20 | 21 |
| Temporarily off GRx physical activities | 15 | 18 | 13 | 11 | 14 | 14 | 5 |
| No longer following the GRx physical activities | 18 | **11** | **34** | 21 | 23 | 19 | 27 |
| No response | 7 | 10 | **1** | 8 | 7 | 5 | 7 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 43:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 44:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 69 | 71 | 66 | 67 | 66 | 70 | 48 |
| No | 15 | 14 | 22 | 12 | 17 | 14 | 7 |
| Don't know/unsure | 11 | 11 | 12 | 13 | 14 | 10 | 34 |
| No response | 5 | 4 | **0** | 8 | 3 | 6 | 11 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 45:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 46:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 68 | **75** | **48** | **51** | 62 | 70 | 52 |
| No | 29 | **21** | **52** | **45** | **36** | 27 | 22 |
| No response | 4 | 4 | **0** | 4 | 3 | 3 | 26 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 47:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1967\* | 780 | 27\*\* | 103 | 342 | 697 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 51 | 51 | 22 | 45 | 51 | 55 | 21 |
| No | 42 | 41 | 78 | 48 | 43 | 39 | 50 |
| No response | 7 | 8 | 0 | 6 | 6 | 6 | 29 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 48:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1122\* | 459 | 7\*\* | 48 | 186 | 411 | 11\*\* |
|  | % | % | % | % | % | % | % |
| Tell you to stop your physical activity? | 2 | 2 | 0 | 2 | 3 | 2 | 0 |
| Encourage you to change your physical activity? | 14 | 11 | 17 | 16 | 21 | 13 | 0 |
| Encourage you to continue your physical activity unchanged? | 70 | 74 | 83 | 67 | **59** | 73 | 47 |
| No response | 14 | 13 | 0 | 16 | 17 | 12 | 53 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 49:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1100\* | 452 | 7\*\* | 47 | 177 | 406 | 11\*\* |
|  | % | % | % | % | % | % | % |
| Write a new/extend your current GRx? | 21 | 19 | 14 | 25 | 19 | 22 | 33 |
| Give verbal advice only? | 60 | 62 | 86 | 57 | 62 | 59 | 14 |
| Other (Specify) | 2 | 2 | 0 | 1 | 1 | 3 | 0 |
| No response | 17 | 17 | 0 | 17 | 18 | 16 | 53 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 50:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| More time being active? | 58 | 60 | 59 | 63 | 54 | 58 | 44 |
| About the same amount of time being active? | 24 | 26 | 17 | 19 | 23 | 24 | 25 |
| Less time being active? | 11 | **7** | 24 | 11 | **16** | 10 | 8 |
| No response | 8 | 7 | **0** | 7 | 8 | 8 | 23 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 51:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 52:

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

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 53:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 71 | 67 | 69 | 64 | 73 | 74 | 70 |
| No | 24 | **28** | 27 | 30 | 20 | 21 | 7 |
| Don't know | 2 | 2 | 3 | 3 | 4 | 1 | 0 |
| No response | 4 | 3 | 2 | 3 | 3 | 4 | 23 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 54:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No | 27 | **34** | 36 | 23 | 25 | **22** | 25 |
| Yes (Specify) | 67 | **61** | 64 | 71 | 70 | 69 | 52 |
| No response | 7 | 5 | **1** | 6 | 5 | 9 | 23 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 55:

*Q13a. What changes?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 1641\* | 534 | 42 | 122 | 330 | 600 | 13\*\* |
|  | % | % | % | % | % | % | % |
| Drink more water | 20 | 17 | 25 | 27 | 23 | 19 | 6 |
| Eating more healthily/less junk food (better choices, watch what I eat) | 22 | 23 | 36 | 20 | 21 | 22 | 23 |
| Eating less/smaller meals (portion control) | 22 | 24 | 22 | 18 | 20 | 22 | 12 |
| Cut down on fats/low fat foods | 10 | 11 | 15 | **4** | 9 | 11 | 0 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 27 | 22 | 30 | 33 | 30 | 27 | 48 |
| Eat more vegetables | 23 | 20 | 30 | 31 | 19 | 25 | 24 |
| Eat more fruit | 10 | 12 | 13 | 11 | **6** | 12 | 20 |
| Less alcohol | 4 | 7 | 3 | 3 | 3 | 4 | 0 |
| Reduce carbohydrates, including bread (gluten) | 10 | 9 | **3** | 9 | 15 | 9 | 4 |
| No snacking/regular meals, breakfasts | 3 | 3 | 5 | 3 | 3 | 4 | 12 |
| Diet plans | 4 | 5 | **0** | 3 | 4 | 3 | 0 |
| Eat less (red) meat/more fish | 3 | 6 | 2 | 3 | **1** | 3 | 0 |
| Cut down on salt use | 4 | 5 | **0** | **1** | 6 | 3 | 0 |
| Less takeaways/fast foods | 4 | **1** | 13 | 8 | 4 | 5 | 0 |
| Less dairy (milk, butters, etc.) | 2 | 3 | **0** | 0 | 1 | 3 | 0 |
| Less coffee/tea | 1 | 0 | **0** | 2 | 1 | 2 | 0 |
| More grain breads, fibre or similar | 2 | 1 | 3 | **0** | 1 | 3 | 0 |
| More protein | 1 | 1 | 3 | 3 | 3 | 1 | 0 |
| Supplements, dietary | 1 | 0 | **0** | 3 | 1 | 0 | 0 |
| Yes (in general) | 0 | **0** | **0** | 3 | 1 | **0** | 0 |
| Yes, reading labels on food | 2 | 2 | 9 | 3 | 1 | 2 | 0 |
| Stopped/reduced smoking | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| Other | 13 | 10 | **1** | 9 | 15 | 17 | 16 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



##### Table 56:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 64 | 62 | 60 | 69 | 66 | 66 | 29 |
| I went to see them in person | 21 | 23 | 34 | 18 | 21 | 19 | 43 |
| I called 0800 ACTIVE or the local phone number provided | 4 | 4 | 1 | 4 | 4 | 4 | 2 |
| I have not had any contact with a GRx support person | 7 | 5 | 4 | 9 | 6 | 8 | 13 |
| No response | 4 | 5 | **1** | **0** | 4 | 3 | 12 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 57:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 58:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2595\* | 943 | 64 | 171 | 498 | 895 | 24\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 35 | 40 | 25 | **24** | 31 | 36 | 56 |
| No | 34 | 30 | 44 | **47** | 35 | 34 | 16 |
| Don't know | 22 | 19 | 31 | 25 | 26 | 21 | 10 |
| No response | 9 | 11 | **0** | **5** | 8 | 10 | 18 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 59:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 60:

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

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 61:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2072\* | 746 | 50 | 124 | 391 | 740 | 21\*\* |
|  | % | % | % | % | % | % | % |
| No | 11 | **8** | 7 | 19 | 14 | 11 | 4 |
| Yes | 77 | 77 | **90** | 73 | 79 | 76 | 83 |
| No response | 12 | 15 | **3** | 8 | **7** | 13 | 14 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 62:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2595\* | 943 | 64 | 171 | 498 | 895 | 24\*\* |
|  | % | % | % | % | % | % | % |
| No | 26 | 26 | 36 | 24 | 30 | 23 | 26 |
| Yes | 64 | 62 | 59 | 71 | 63 | 66 | 51 |
| No response | 10 | 12 | 5 | **5** | 7 | 11 | 23 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 63:

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

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 64:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2490\* | 879 | 64 | 168 | 491 | 869 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 47 | 46 | **28** | 51 | 44 | 49 | 65 |
| Agree | 46 | 48 | **67** | 40 | 47 | 44 | 32 |
| Neither agree nor disagree | 4 | 4 | 3 | 6 | 4 | 4 | 4 |
| Disagree | 2 | 1 | 1 | 3 | 2 | 2 | 0 |
| Strongly disagree | 1 | 1 | 1 | 1 | 3 | 1 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 65:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2465\* | 867 | 64 | 168 | 489 | 859 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 36 | 37 | 30 | 44 | 36 | 35 | 45 |
| Agree | 53 | 54 | 59 | 42 | 51 | 54 | 47 |
| Neither agree nor disagree | 7 | 6 | 10 | 9 | 7 | 7 | 4 |
| Disagree | 3 | 3 | 1 | 5 | 3 | 3 | 0 |
| Strongly disagree | 1 | **0** | **0** | **0** | 3 | 1 | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 66:

*Q22. Please indicate how strongly you agree or disagree with each of these statements…The information and advice I was given was relevant to me*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2442\* | 852 | 64 | 167 | 487 | 854 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 37 | 32 | 42 | 38 | 41 | 43 |
| Agree | 51 | 54 | 57 | 49 | 49 | 51 | 49 |
| Neither agree nor disagree | 6 | 7 | 9 | 7 | 7 | 5 | 8 |
| Disagree | 2 | 2 | **0** | 3 | 3 | 2 | 0 |
| Strongly disagree | 1 | 0 | 1 | 0 | 2 | 1 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 67:

*Q22. Please indicate how strongly you agree or disagree with each of these statements…The person I spoke to motivated me to get/stay physically active*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2453\* | 858 | 63 | 167 | 490 | 858 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 44 | 45 | 44 | 48 | 40 | 44 | 40 |
| Agree | 42 | 46 | 37 | 33 | 41 | 41 | 56 |
| Neither agree nor disagree | 9 | **6** | 14 | 12 | 11 | 9 | 0 |
| Disagree | 4 | 2 | 3 | 5 | 5 | 4 | 4 |
| Strongly disagree | 2 | 1 | 1 | 3 | 3 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 68:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2472\* | 873 | 64 | 168 | 487 | 861 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 51 | 52 | 52 | 56 | 45 | 53 | 44 |
| Agree | 40 | 42 | 34 | **28** | 43 | 40 | 52 |
| Neither agree nor disagree | 6 | 4 | 13 | 9 | 8 | 5 | 0 |
| Disagree | 2 | 2 | 1 | 5 | 1 | 2 | 4 |
| Strongly disagree | 1 | 1 | **0** | 1 | 3 | 0 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 69:

*Q22. Please indicate how strongly you agree or disagree with each of these statements…As a result of receiving a GRx, I now understand the benefits of physical activity*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2432\* | 844 | 64 | 167 | 488 | 851 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 42 | 43 | 35 | 42 | 40 | 43 | 66 |
| Agree | 43 | 47 | 46 | 37 | 40 | 43 | 26 |
| Neither agree nor disagree | 10 | 8 | 15 | 14 | 13 | 10 | 8 |
| Disagree | 3 | 2 | 3 | 5 | 3 | 2 | 0 |
| Strongly disagree | 2 | **1** | **0** | 2 | 4 | 2 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 70:

*Q22. Please indicate how strongly you agree or disagree with each of these statements…As a result of the support I got, I now feel more confident about doing physical activity regularly*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2431\* | 843 | 64 | 168 | 485 | 853 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 40 | 39 | 39 | 45 | 34 | 42 | 42 |
| Agree | 42 | 46 | **24** | 34 | 42 | 40 | 46 |
| Neither agree nor disagree | 13 | 11 | 25 | 18 | 14 | 12 | 4 |
| Disagree | 4 | 2 | 12 | 2 | 5 | 4 | 0 |
| Strongly disagree | 2 | 1 | 1 | 2 | **5** | 1 | 8 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

##### Table 71:

*Q23. The GRx support people aim to encourage you to be active, connect you to physical activities that suit you, and see how you are progressing. Given this aim, overall how satisfied are you with the service provided to you?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2508\* | 900 | 64 | 169 | 490 | 867 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 52 | 55 | **31** | 54 | 47 | 54 | 84 |
| Satisfied | 36 | 37 | **55** | 30 | 38 | 36 | 4 |
| Neither/nor | 7 | 6 | 13 | 10 | 9 | 6 | 4 |
| Dissatisfied | 2 | 2 | 1 | 5 | 3 | 2 | 4 |
| Very dissatisfied | 2 | 1 | 1 | 1 | 3 | 2 | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



##### Table 72:

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

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

Total may exceed 100% because of multiple responses.

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

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



##### Table 73:

*Q23b. Reasons for being less than satisfied*

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

Total may exceed 100% because of multiple responses.

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

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

##### Table 74:

*Q24. Are you...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Male | 31 | 32 | 30 | **22** | 34 | 30 | 1 |
| Female | 68 | 67 | 70 | **78** | 66 | 70 | 36 |
| No response | 1 | 0 | **0** | 0 | **0** | **0** | 63 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 75:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No qualification | 27 | 28 | 25 | **17** | 30 | 28 | 16 |
| Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.) | 29 | **33** | **57** | 27 | **22** | 28 | 0 |
| Tertiary qualification (e.g. Bachelor's Degree or higher) | 20 | **14** | **8** | 26 | 25 | 22 | 0 |
| Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma) | 20 | 19 | **9** | 24 | 19 | 20 | 6 |
| Other (Specify) | 1 | 1 | **0** | 1 | 1 | 0 | 3 |
| No response | 4 | 5 | **1** | 4 | 3 | **2** | 75 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 76:

*Q27. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with, or stops you doing physical activity that people your age can usually do?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 45 | 50 | 36 | **24** | 40 | **51** | 7 |
| No | 50 | **44** | 63 | **73** | **59** | 46 | 23 |
| No response | 4 | 6 | 1 | 3 | **1** | 3 | 70 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 77:

*Ethnicity*

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

Total may exceed 100% because of multiple responses.

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



##### Table 78:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Working full-time | 22 | **3** | 19 | 31 | **38** | **26** | 6 |
| Working part-time | 12 | **7** | 17 | 11 | 11 | **17** | 0 |
| Unemployed/actively seeking a job | 6 | **0** | 14 | 8 | 8 | 8 | 0 |
| At home | 11 | **3** | 9 | **20** | 14 | **15** | 3 |
| Retired | 28 | **83** | **0** | **0** | **0** | **5** | 13 |
| Sick/invalid beneficiary | 16 | **3** | 18 | 16 | 21 | **26** | 3 |
| Student (full-time, including secondary school) | 3 | **0** | **24** | 8 | **6** | **1** | 0 |
| Other (Specify) | 1 | **0** | **0** | 3 | 2 | 1 | 0 |
| No response | 2 | **1** | **0** | 3 | **0** | 1 | 75 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

##### Table 79:

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | 65+ yrs | Under 25 yrs | 25 - 34  yrs | 35 - 49  yrs | 50 - 64  yrs | No response |
| Base = | 2709 | 983 | 68 | 179 | 515 | 939 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 54 | **59** | 62 | 58 | 53 | 49 | 22 |
| No | 43 | **36** | 37 | 37 | 45 | **49** | 12 |
| Don't know | 1 | 1 | 1 | 2 | 1 | 1 | 0 |
| No response | 3 | 4 | **0** | 2 | **1** | **1** | 66 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



##### Table 80: Population, sample, and participation rate for each GRx contract holder (where age was known)

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

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

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