





Green Prescription Active Families Survey Report

PREPARED FOR	Diana O'Neill Ministry of Health
PREPARED BY	Annita Wood Mark Johnson
CONTACT DETAILS	Mark Johnson Research New Zealand Phone 04 499 3088 www.researchnz.com
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1.0 Executive Summary

This report presents the findings of the seventh survey in an on-going monitor of participants in the Green Prescriptions Active Families (Active Families) programme. As in previous years, the survey sought the views of participants about how well the programme worked for their child and family. The findings for 2015 represent the views of n=208 families, who participated in the programme between July 2014 and April 2015¹.

Key findings

Table 1 overleaf shows the key results for the Active Families programme for 2014 – 2015 and the previous five years. The success of the programme is measured by the performance of the contract holders against 11 Key Performance Indicators (KPIs). The survey of participating families reported on here measured performance for nine of these KPIs.

In 2015, the contract holders exceeded eight KPI targets measured by the survey. Most notably:

- ◆ 88 percent of GRx Active Families participants have made changes to their diet since receiving their GRx (target is a minimum of 85 percent)
- ◆ 89 percent of GRx Active Families participants feel more confident about doing physical activity (target is a minimum of 85 percent), measured as having received effective support to maintain activity
- ◆ 95 percent of GRx Active Families participants felt the physical activities suggested were appropriate for them (target is a minimum of 90 percent)
- ◆ 97 percent of GRx Active Families participants felt that what the activity provider suggested was appropriate for them (target is a minimum of 85 percent)
- ◆ 90 percent of GRx Active Families participants are motivated to get/stay physically active (target is a minimum of 85 percent)
- ◆ 97 percent of GRx Active Families participants are aware of and understand the benefits of physical activity (target is a minimum of 85 percent)
- ◆ 86 percent of GRx Active Families participants have noticed health and fitness level changes (target is a minimum of 85 percent)
- ◆ 98 percent of GRx Active Families participants are satisfied with the overall service and support provided (target is a minimum of 90 percent).

¹ The relatively low number of responses means that sub-group sample sizes are too small for meaningful comparisons to be made. Therefore, further analysis of sub-groups of participants and Active Families contract holders has not been undertaken.



Table 1: 2014-2015 targets for GRx Active Families Contract Holders²

Goal Participants...	GRx Active Families target	2011 %	2012 %	2013 %	2014 %	2015 %	2015 KPI Result
Are more active since receiving their GRx	Minimum of 80% of GRx Active Families participants are more active after 6-8 months of receiving their GRx	78	77	81	76	79	Not Achieved
Adopt better nutritional habits	Minimum of 85% of GRx Active Families participants have made changes to their diet since receiving their GRx	89	92	89	90	88	Achieved
Receive effective support to maintain activity	Minimum of 85% of GRx Active Families participants feel more confident about doing physical activity	88	93	91	90	89	Achieved
Have a choice of activities that are relevant and appropriate for them	Minimum of 90% of GRx Active Families participants felt the physical activities suggested were appropriate for them	97	99	95	95	95	Achieved
Have a choice of activity providers that are relevant and appropriate for them	Minimum of 85% of GRx Active Families participants felt the activity provider suggested was appropriate for them	96	97	95	97	97	Achieved
Are motivated to participate in and follow their GRx	Minimum of 85% of GRx Active Families participants are motivated to get/stay physically active	90	89	90	93	90	Achieved
Are aware of and understand the benefits of physical activity	Minimum of 85% of GRx Active Families participants are aware of and understand the benefits of physical activity	90	98	94	97	97	Achieved
Have noticed health changes since being more active	Minimum of 85% of GRx Active Families participants have noticed health and fitness level changes	88	83	86	91	86	Achieved
Ensure consistent high quality services and support are delivered to GRx participants	Minimum of 90% of GRx Active Families participants are satisfied with the overall service and support provided	95	100	98	98	98	Achieved

¹ 'No response' has been removed from these results.

² The 2010 survey results have been omitted due to insufficient space. These can be found on page 7 of the 2014 Green Prescription Active Families report.



2.0 Introduction

2.1 Background

In 2004, a gap was identified in the community for a collaborative approach in increasing physical activity levels of children and youth who are at risk of suffering adverse health effects from being overweight or obese. Sport and Recreation NZ (SPARC) established the Green Prescription Active Families programme to meet this need.

The GRx Active Families programmes are community based health initiatives, designed to increase physical activity in children and young people aged 5-18 years and their whānau/families. Priority is given to children aged 5-12 years. The programme enables them to embrace healthier and more active lifestyles that are sustainable through encouragement, education, nutritional guidance and advice, realistic goal setting and on-going support. Each programme provides support for a minimum of 35 children and young people and their families for a period of up to 12 months.

Referrals may be made by a range of referrers including paediatricians, general practitioners, practice nurses, community, school and public health nurses, occupational and physiotherapists, dieticians and nutritionists. The referrer is kept informed of families' involvement in the programme. Criteria are inactive children with a BMI over 25 and within the 95th percentile, with a family motivated to make lifestyle changes.

Regular group activity sessions may be held at community facilities and include a physical activity session, working as a group on individual goals/achievements. Physical activities include fitness circuits, modified games, sports and aquatic activities. Information and education about health, wellbeing, healthy food and physical activity is provided. Home visits in some areas assist in family goal setting. Participants and their families are encouraged to take ownership of the programme and form friendships and social interactions between families.

The long-term goal for each child is a minimum of 60 minutes of moderate intensity activity most days of the week. Regular monitoring/testing of each participant is conducted to measure the progress and effectiveness of the programme.

When the long-term goal of being moderately active for at least 60 minutes on most days has been achieved on a sustainable basis and expected improvement in health outcomes achieved, an exit strategy is developed to link the participant to other activities in the community. This helps ensure the lifestyle change is maintained including daily physical activity by the whānau/family.

Responsibility for the GRx initiative, including GRx Active Families, was transferred from SPARC to the Ministry of Health (the Ministry) in July 2009. Funding and management of the initiative was subsequently devolved to district health boards (DHBs) in July 2012.



2.2 Objectives

This is the eighth annual assessment and seventh monitor of the effectiveness of the Ministry's GRx Active Families (Active Families) programme. The Ministry commissioned Research New Zealand to collate and analyse results from a survey of participants to get views about how well the programme worked for them, in terms of helping those children and families referred to it become more active and to get their feedback on the advice and support provided through the programme.

2.3 Methodology

The 2015 survey is the same as that developed for SPARC in 2008 and repeated in 2009, 2010, 2011, 2012, 2013 and 2014. The survey was administered as a self-completion questionnaire with the contract holders from each region taking responsibility for distributing and collecting the questionnaires. As in previous years, the questionnaire was distributed to participants in the Active Families programme approximately six months after their entry to the programme by Active Families co-ordinators in regions where the programme is run. Returns were received on a regular, approximately monthly basis. These findings represent responses received over the period from July 2014 to April 2015. Responses were received from all Active Families contract holders.

A total of n=208 valid responses have been received in 2014 - 2015. This represents a response rate of 80 percent for 2014 - 2015. The table below shows the valid responses from previous years.

	Valid Responses
2013 - 2014	197
2012 - 2013	133
2011 - 2012	138
2010 - 2011	123
2009 - 2010	149
2008 - 2009	102
2007 - 2008	90

The relatively low number of responses means that sub-group sample sizes are too small for meaningful comparisons to be made. Therefore, further analysis of sub-groups of participants and Active Families contract holders has not been undertaken.

It is further noted that throughout this report references will be made to the 'child' and 'children', which will encompass all children and young people who are referred to the programme.

Due to the relatively small samples year to year, there are no statistically significant differences between 2014 - 2015 and 2013 - 2014.



3.0 Joining the Active Families programme

Key findings

Forty four percent of the children in this year's survey were referred to the Active Families programme by their family doctor, followed by 15 percent who were referred by a paediatrician, seven percent referred by a Public Health Nurse and seven percent a doctor's nurse.

Children in this year's survey were mostly referred to the Active Families programme in the 6-8 months before completing the survey (37 percent), with another 29 percent referred less than six months earlier, and 20 percent referred 8-12 months earlier.

The two main reasons for being referred to the Active Families programme remain:

- ◆ weight problems (75 percent)
- ◆ for the child to become more active (64 percent).

The main activities recommended for outside of the Active Families group sessions are:

- ◆ walking (71 percent)
- ◆ home based exercises (59 percent)
- ◆ swimming (58 percent)
- ◆ biking (54 percent)
- ◆ sport (53 percent).



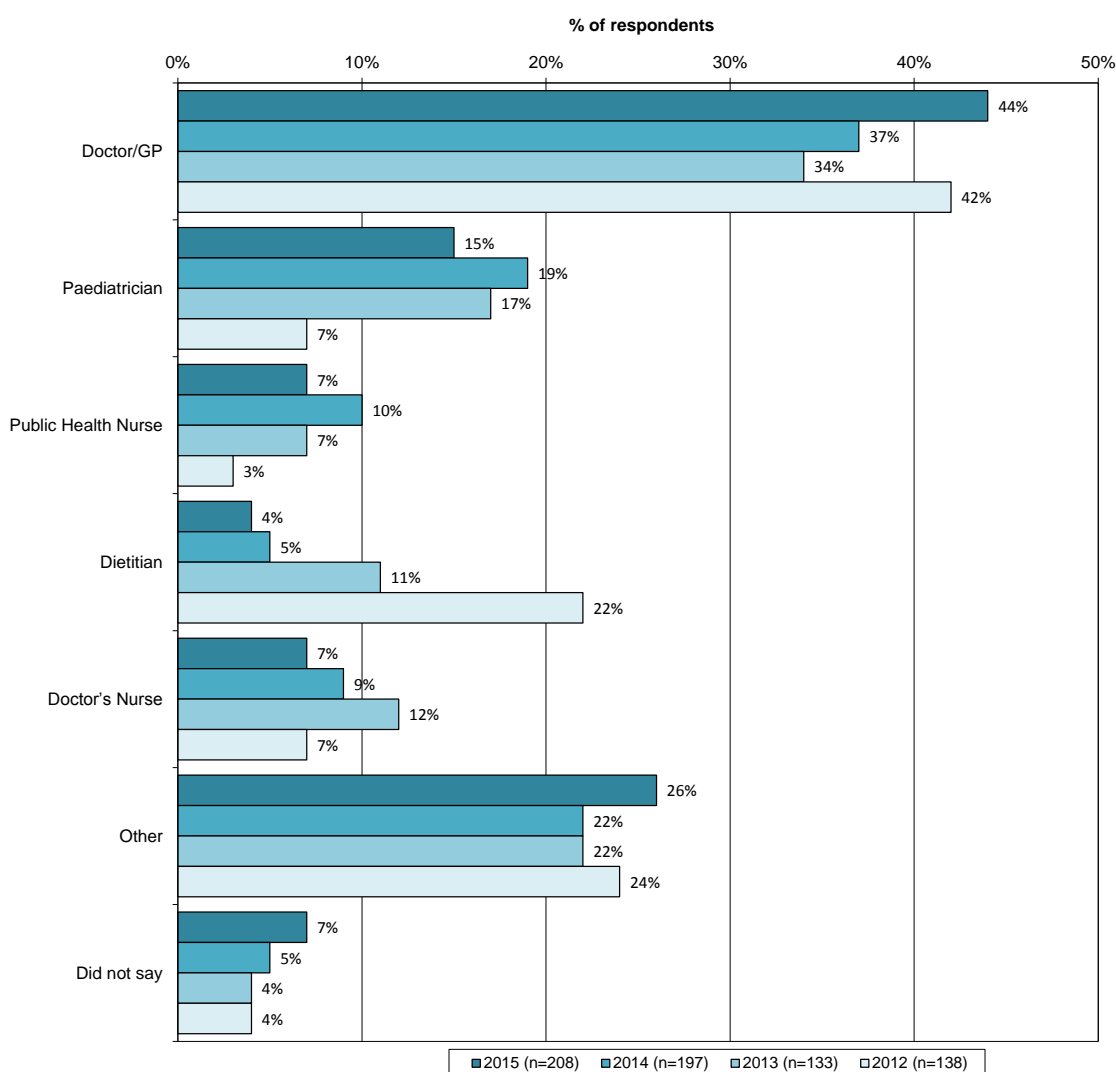
3.1 Who referred child to Active Families programme

Forty four percent were referred to the Active Families programme by their doctor, followed by 15 percent who were referred by a paediatrician, seven percent by a Public Health Nurse and seven percent by a doctor's nurse (Figure 1).

Other sources of referrals accounted for 26 percent of this year's participants. These other sources included through friends or family (17 participants), self-referrals (ten participants), a school nurse or someone else at school (9 participants), and Active Families/GRx Provider (3 participants). Other sources mentioned by one or two participants included Public Health Nurse, Social Worker, a Māori provider (unspecified) and Plunket.

Figure 1: Persons referring child to Active Families programme

Q1. Who referred your child to the GRx Active Families programme?



Total may exceed 100% because of multiple response.

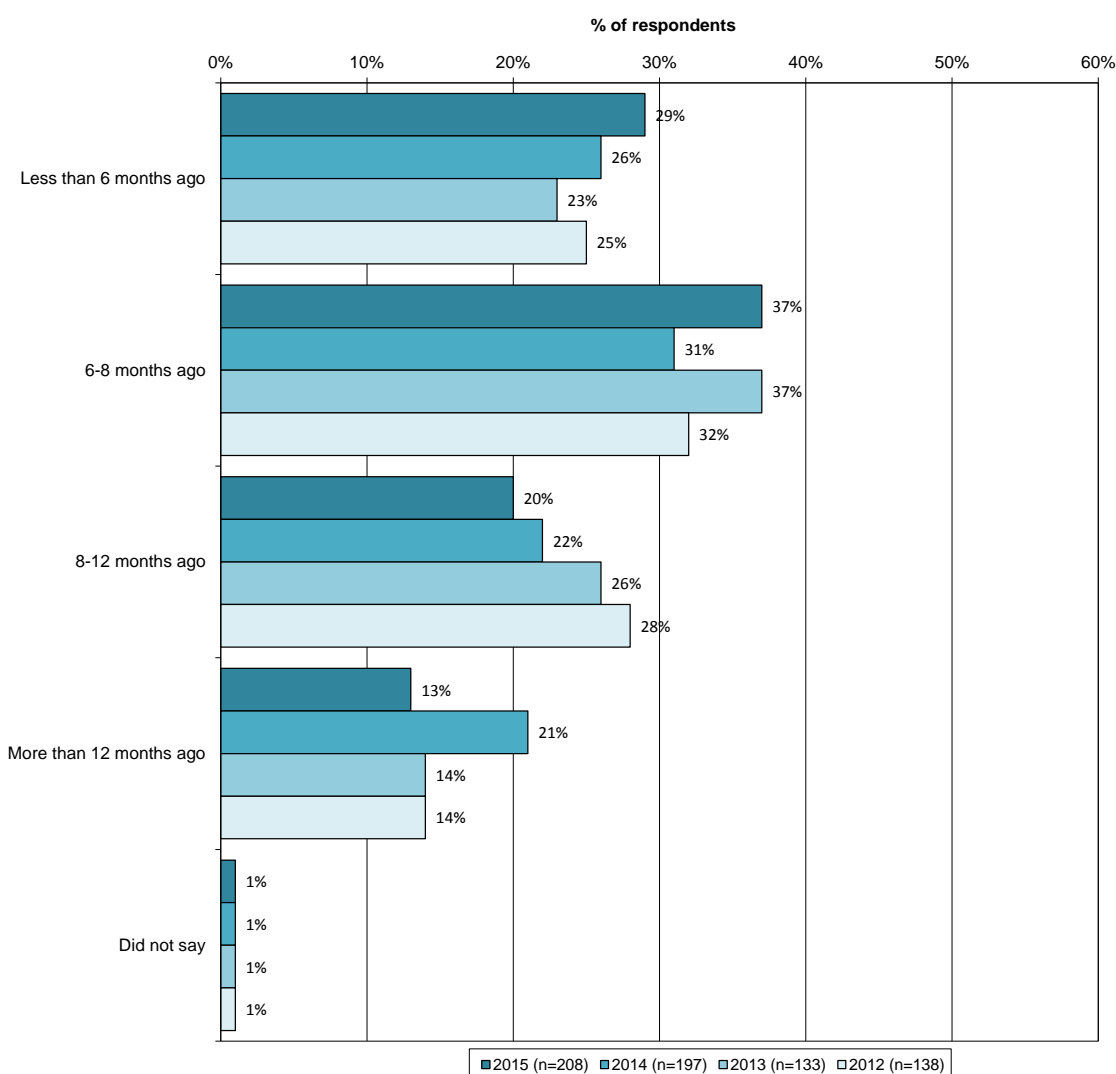


3.2 When referred child started the Active Families programme

In 2015, participants most commonly identified that their child started the Active Families programme 6-8 months before completing the survey (37 percent). Twenty nine percent started less than six months before being asked to complete the survey and another 20 percent started 8-12 months earlier (Figure 2).

Figure 2: When referred child started the Active Families programme

Q2. When did your child start the programme?



Total may exceed 100% because of multiple response.



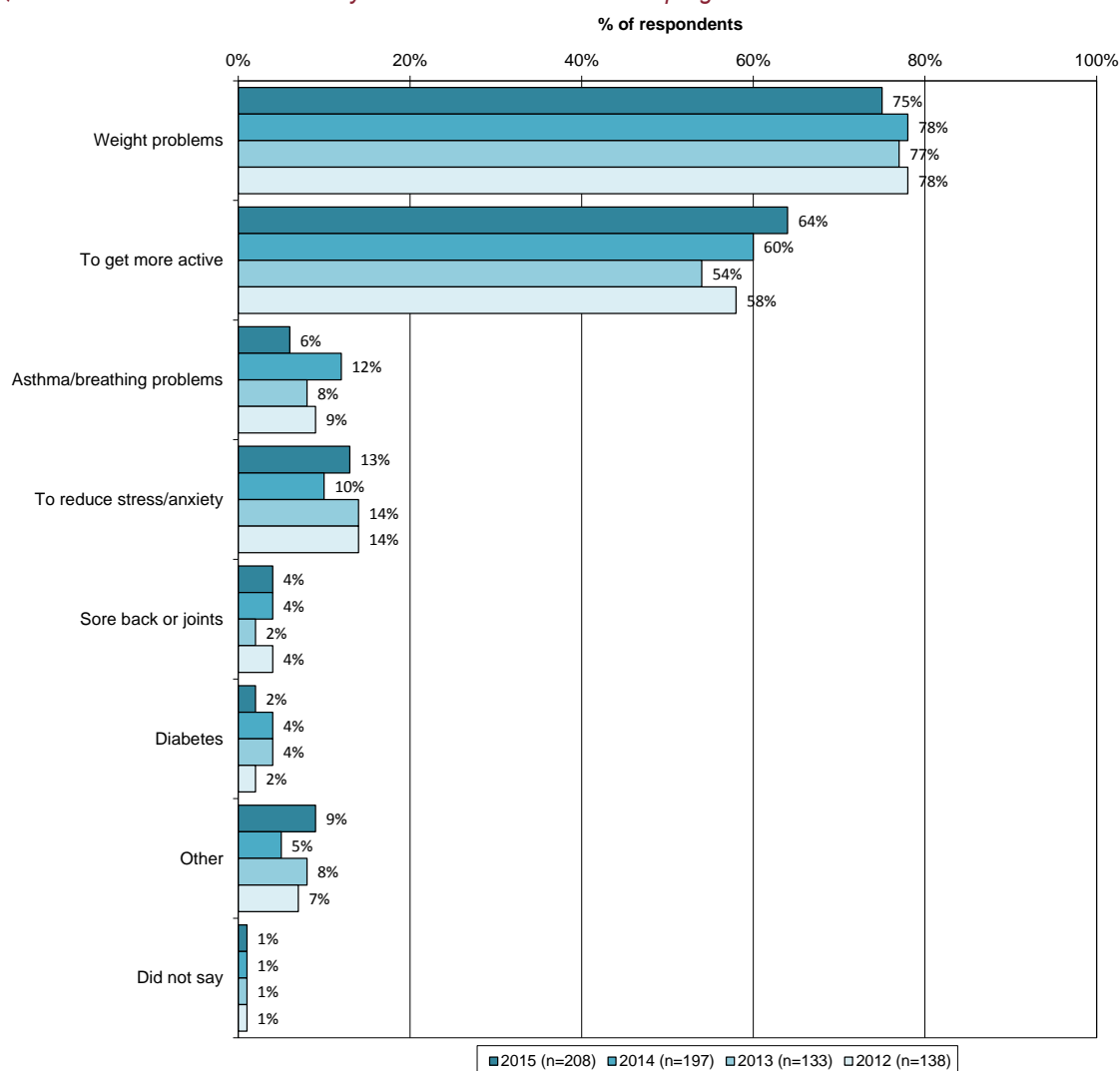
3.3 Main reasons why child was referred

When asked to identify the main reasons their child was referred to the Active Families programme, 75 percent said their child was referred because of weight problems and 64 percent indicated it was for their child to become more active (Figure 3). Thirteen percent of children were referred to help reduce stress/anxiety. Small numbers were referred for asthma/breathing problems (six percent) and a sore back or joint related issue (four percent).

Nine percent (18 participants) were referred for other reasons including: confidence, to be part of the community, nutrition advice and to help with current illnesses.

Figure 3: Main reasons for referral of child to the Active Families programme

Q3. What were the main reasons your child was referred to the programme?



Total may exceed 100% because of multiple response.

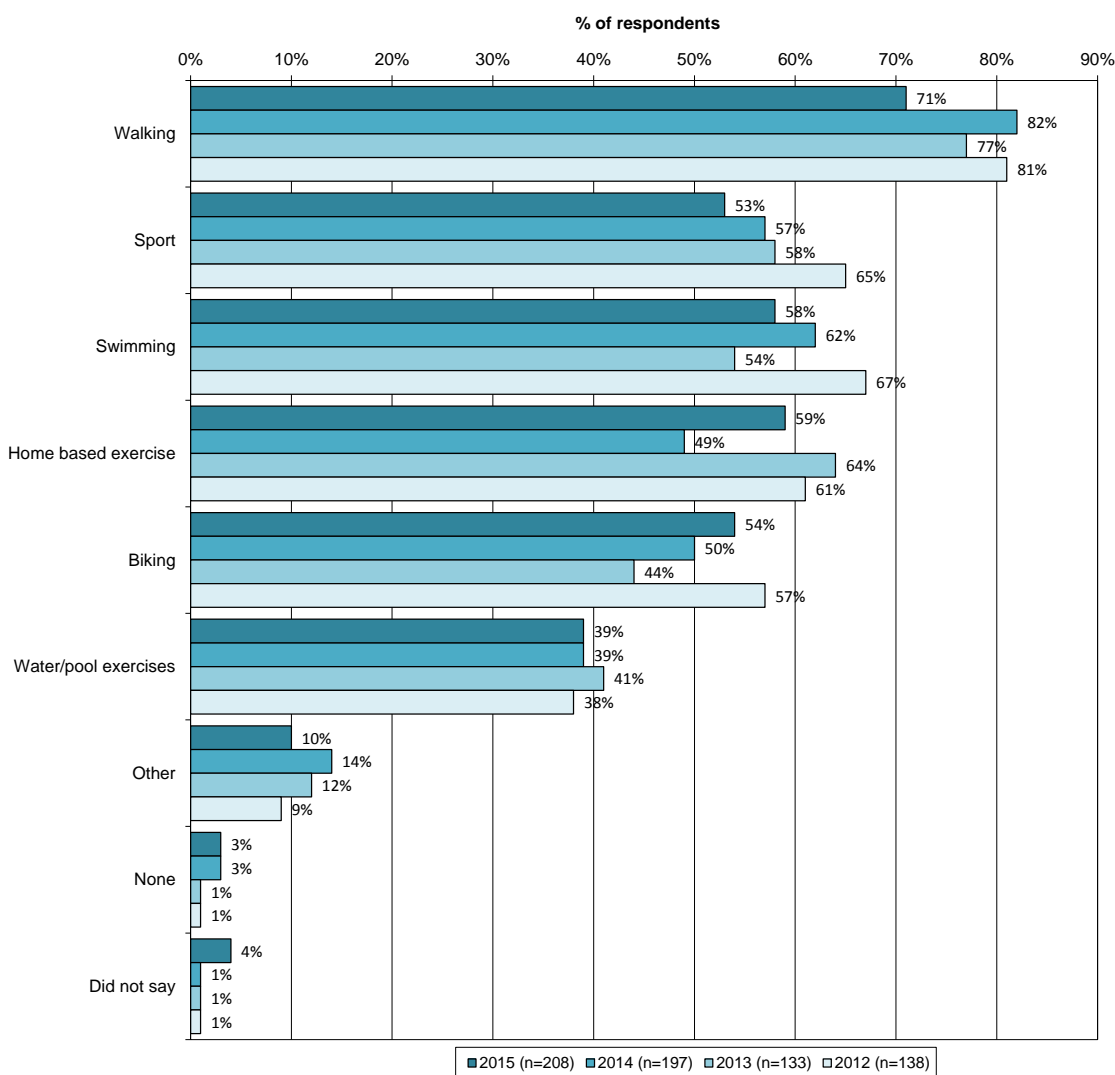


3.4 Main activities recommended for outside Active Families programme

Participants were asked what physical activities the Active Families co-ordinator recommended for their child to do outside of the group/family sessions of the programme. Most commonly, the recommended physical activities were walking (71 percent of participants), home based exercise (59 percent of participants), swimming (58 percent of participants), biking (54 percent of participants) and sport (53 percent of participants) (Figure 4). Thirty nine percent identified water/pool exercises and 10 percent identified some other exercises or suggestions.

Figure 4: Main activities recommended for referred child outside the Active Families programme

Q4. What physical activities did the GRx Active Families Coordinator recommend for your child to do outside of the group/family session?



Total may exceed 100% because of multiple response.



The other exercises or suggestions identified included: gym memberships, running, karate, squash and dance. Three percent of participants said no physical activities were recommended for their child to do outside of the programme.



4.0 Current status of child on Active Families programme

Key findings

Eighty one percent of participants reported that their child is still taking part in the Active Families programme, while 16 percent said they are temporarily or permanently off the programme.

- ◆ The main reason provided for no longer being on the programme is that the family has made the necessary changes to their child's lifestyle and no longer needs support.
- ◆ A small number cited barriers to participating such as not having enough time, location and timing of the sessions and child losing interest in the programme.

4.1 Current status

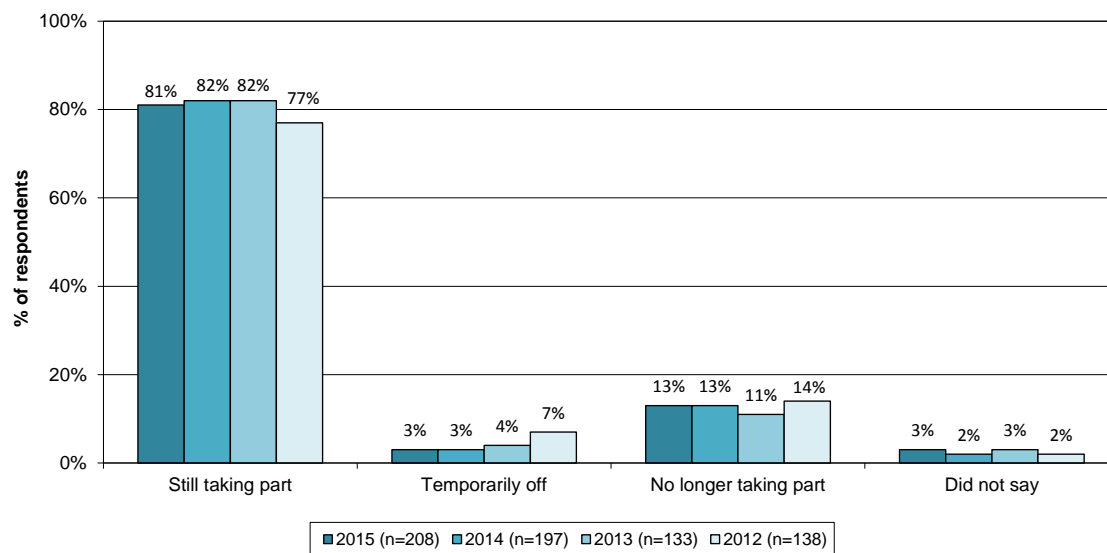
People were asked whether their child was still taking part in the Active Families programme, temporarily out of the Active Families programme but meaning to start again, or no longer taking part in the Active Families programme.

Eighty one percent reported that their child was still taking part in the Active Families programme, with three percent saying their child was temporarily off the programme and 13 percent saying that their child was no longer taking part in the programme (Figure 5). Reasons for being off the programme are discussed in the next section.



Figure 5: Current status of child on Active Families programme

Q5. Is your child...?



Total may not sum to 100% due to rounding.



4.2 Reasons for being off Active Families programme

Where a respondent indicated their child was temporarily off or no longer taking part in the Active Families programme they were asked to identify why this was (this applied to 40 participants). These reasons are presented below in Table 2.

Eleven of the 40 participants (28 percent) reported that their family had made changes and no longer needed the support, while seven participants (18 percent) reported they didn't have enough time to participate. Fifteen participants mentioned other reasons, which mainly included the programme had ended for them.

Table 2: Reasons for being off programme

Q6. If your child is temporarily off or no longer taking part in the GRx Active Families programme, why is this?

	2015	2015	2014	2014	2013	2013
Base =	40*	40*	36*	36*	24* **	24* **
	n	%	n	%	n	%
Family made changes, no longer needs support	11	28	15	42	7	29
Timing of sessions	3	8	1	3	6	25
Child has injury/health problems	1	2	0	0	0	0
Not enough time	7	18	1	3	5	21
Lack of transport	0	0	1	3	1	4
Location of sessions	3	8	0	0	4	17
Child did not enjoy it	2	5	0	0	2	8
Lost interest	0	0	2	6	2	8
Other family members didn't enjoy it	0	0	0	0	1	4
Costs too much	0	0	1	3	1	4
Family not ready to change	1	2	0	0	0	0
Other	15	38	16	44	5	21
Did not say	5	12	6	17	4	17

Total may exceed 100 because of multiple response.

*Sub-sample based on those temporarily off or no longer on a GRx.



5.0 Changes resulting from involvement in the Active Families programme

Key findings

Eighty five percent of participating families have noticed positive changes in their child's health since participating in the Active Families programme.

- ◆ The main changes noticed include: their child having more energy, a greater willingness to try new activities, a feeling of being stronger/fitter and having more confidence.
- ◆ Many also noticed that their child has lost weight, is active without being reminded and generally feels better.

Eighty percent of participating families say their child is spending more time being active since their referral to the Active Families programme.

- ◆ Positively, this increase in activity level is being sustained over time by about three quarters of those who were referred last year (see Table 3).

Almost all children participating in the Active Families programme now understand the benefits of being physically active (93 percent) and healthy eating (88 percent).

- ◆ Reflecting this, 86 percent of families have made changes to their diets and 95 percent say they now know how to choose healthy food and drink.
- ◆ The most common types of changes made to diets include: eating healthily and less takeaways or junk food, eating less sugar and sugary foods and soft-drinks, eating more vegetables and fruit, eating smaller meals and drinking more water or milk.

Seventy percent have encouraged others to be active as a result of their referral.



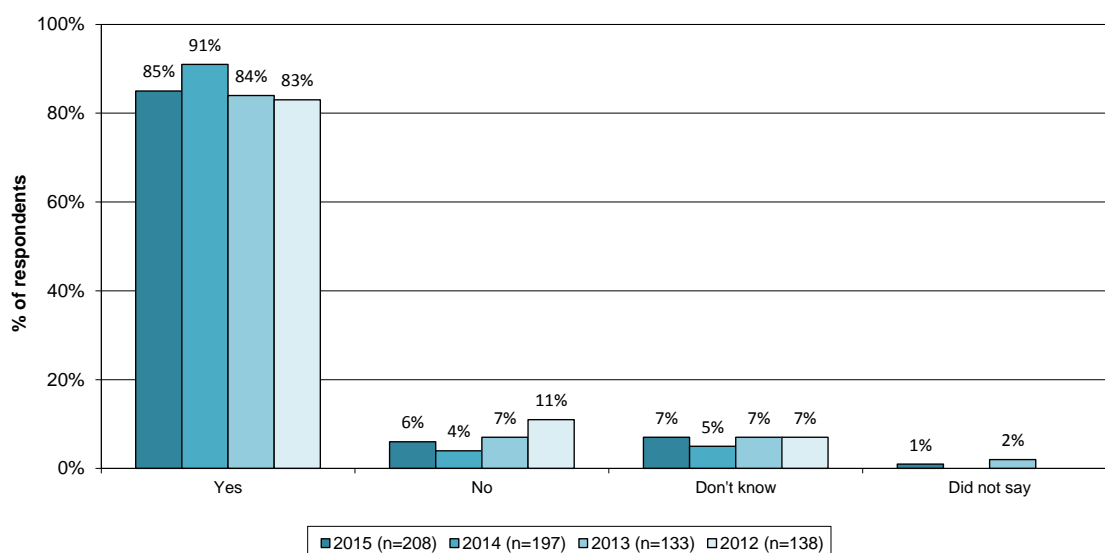
5.1 Changes noticed in child's health and fitness

Participants were asked whether they have noticed any change in their child's health and fitness since taking part in the Active Families programme (Figure 6).

Eighty-five percent said they had noticed changes in their child's health and/or fitness, while just six percent had not.

Figure 6: Whether changes noticed in referred child's health and fitness

Q7. Have you noticed any change in your child's health and fitness since taking part in the GRx Active Families programme?



Total may not sum to 100% due to rounding.

5.1.1 Types of changes noticed in child's health and fitness

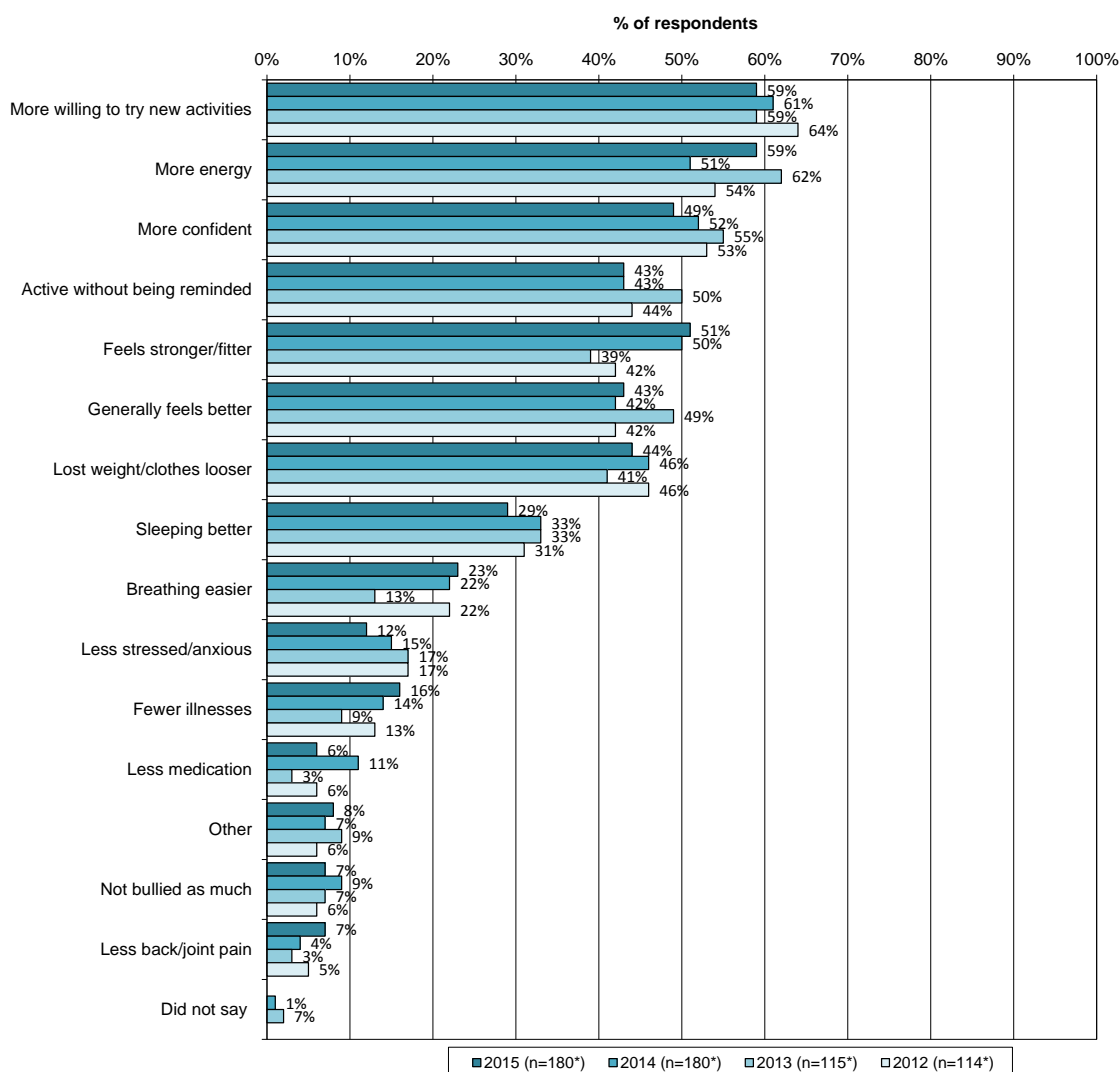
Of those noticing changes, most frequently they said that their child was more willing to try new activities and/or had more energy (59 percent, respectively). Also frequently mentioned were their child feels fitter/stronger (51 percent), was more confident (49 percent), had lost weight (44 percent), is active without being reminded (43 percent) and generally feels better (43 percent).

To a lesser extent, participants mentioned that their child was sleeping better (29 percent), breathing easier (23 percent), having fewer illnesses (16 percent), less stressed or anxious (12 percent), being bullied less and less back or joint pain (seven percent, respectively) and less medication (six percent).



Figure 7: Nature of changes noticed in child's health and fitness

Q8. If you have noticed change in your child's health and fitness, what changes have you noticed in your child?



Total may exceed 100% because of multiple response.

*Sub-sample based on those who noticed positive changes in their child's health.

A small number of participants identified other changes they had noticed, with most of those mentioned relating to seeing a positive change in the child's diet and exercise habits. A selection of some of their comments included:

Aware of his diet [and] drinks more water.

Better diet. She learned a lot about good food and she's now not eating fast food e.g. McDonalds/Burger King.

Eating healthier.



Self-motivation more evident and more able to control eating habits.

More motivated.

Eat[s] healthier.

Weight stabilized.

No more rash on body.

Taking more interest in his well-being e.g. drinking water [and] eating healthy food.

More aware of exercise and healthy habits (eating) and wanting to remain healthy.

Trying foods (vegetables).

Her awareness of better choices in food has improved.

More conscious of needing to be more active.



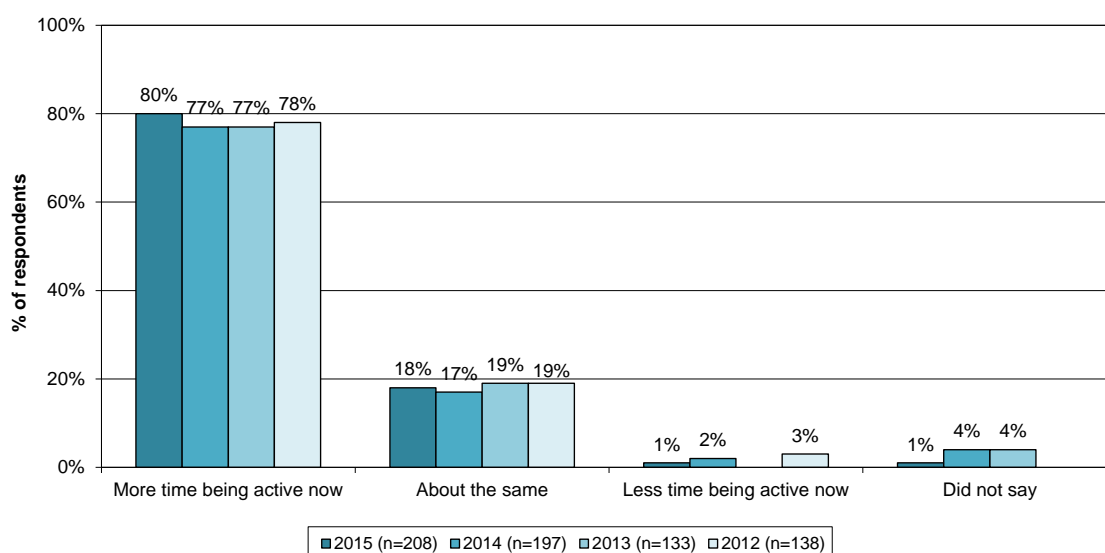
5.2 Amount of time referred child spends being active

Participants were asked how much time their child is spending being active, compared to before they started the Active Families programme.

Four in five participants (80 percent) reported that their child was spending more time being active, while 18 percent were spending about the same time being active (Figure 8). While the sub-sample sizes are relatively small, Table 3 shows that increases in activity levels are being sustained by about three quarters of those who were referred to the programme more than 12 months ago (78 percent).

Figure 8: Amount of time child spends being active compared to before Active Families programme

Q9. Compared to the time before your child started the GRx Active Families programme is he/she spending...?



Total may not sum to 100% due to rounding.



Table 3: Changes in activity levels by time since referral

Q9. Compared to the time before your child started the GRx Active Families programme is he/she spending...?

	Base =	Total 208 %	Time since referral				No response 2** %
			Less than 6 months ago 61 %	6 - 8 months ago 76 %	8 - 12 months ago 42 %	More than 12 months ago 27** %	
More time being active now?		80	79	78	86	78	100
About the same amount of time being active now?		18	18	21	14	19	0
Less time being active now?		1	2	0	0	4	0
No response		1	2	1	0	0	0
Total		100	100	100	100	100	100

Total may not sum to 100% due to rounding. **Caution: low base number of participants – results are indicative only.

The 40 participants who reported that their child's activity level had decreased or stayed the same compared with before the Active Families programme were asked to identify why this was. Four participants indicated that the child had always been active or that activity levels were not a problem to begin with:

Was always active in skating but lacked confidence in school sports.

He was doing enough anyway.

Was always very active so physical activity has been much the same.

Has always been active.

Two participants' comments indicated it was a motivational problem:

Needs more encouragement from family.

Because I'm too lazy.

Participants also made comments relating to issues that were outside of the programme's control, for example:

He still has an injury.

More time spent on the computer.

Busy with school, first year of NCEA.

Haven't been making effort, changing eating. Couldn't afford to go much.

Hindered by knee injury, physio and specialist monitoring.



A bit stressed at the moment due to not wanting to move to Auckland.

This month he's being sick with [the] flu plus he strained his ankle, plus mum recovering from operation.

Hard to know. Rugby has been quite consuming but worried about when the season is over.

Still trying to slowly bring in extra activities that he's keen to do.

Been getting more homework on some days.

Has just acquired a cell phone.

The weather has been horrendous so not outside as much as we should be.



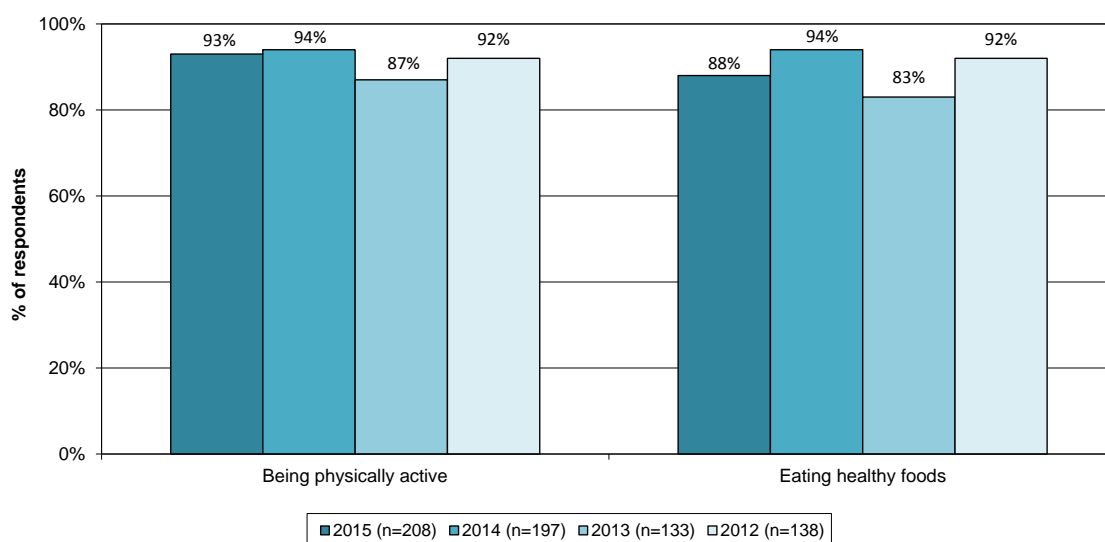
5.3 Understanding and awareness of healthy behaviour

Participants were asked whether their child now understands the benefits of being physically active and eating healthy foods since taking part in the Active Families programme (Figure 9).

Almost all participants reported that their child better understands the benefits of being physically active (93 percent) and eating healthily (88 percent).

Figure 9: Referred child's understanding and awareness of benefits

Q10. Since taking part in the GRx Active Families programme, does your child now understand the benefits of...?



Total may not sum to 100% due to rounding.



5.4 Impact on family

5.4.1 Awareness of healthy eating and diet changes

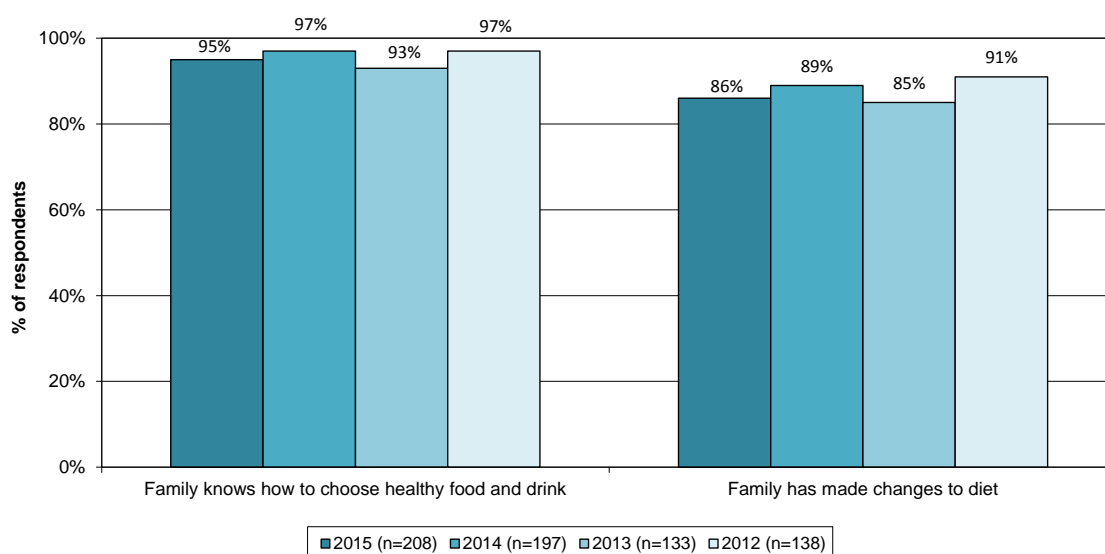
The survey also sought to identify the impact of the Active Families programme on the family. Participants were asked whether their family now knows how to choose healthy food and drink options as a result of participating in the programme and whether their family has made any changes to its diet (food and/or drink) since being part of the programme (Figure 10).

Positively, almost all of the participants reported that their family now knows how to choose healthy food and drink (95 percent) and as a result has made changes to their diet (86 percent).

Figure 10: Whether family now knows how to choose healthy food and drink options/changed diet

Q11. Does your family now know how to choose healthy food and drink options as a result of being part of the GRx Active Families programme?

Q12. Has your family made any changes to its diet (food and/or drink) since being part of the GRx Active Families programme?



Total may not sum to 100% due to rounding.

In terms of the nature of the changes families have made to their diets (Table 4 overleaf), 35 percent reported they were generally eating more healthily (including choosing healthier food options, less takeaways or junk food), while 23 percent were eating more vegetables and 22 percent were having less sugar and sugary foods, sweets or soft-drinks. Slightly smaller proportions of families mentioned they were having less/smaller meals (17 percent), drinking more water or milk (16 percent) and eating more fruit (13 percent).

Comparatively fewer participants said their family were cutting down on fats or choosing lower-fat food options, eating more grain breads and fibre (10 percent respectively) and eating less packaged food (five percent),



Only a few participants reported their family was reading labels to check nutrition information (three percent), having regular meals or no snacking, eating less carbohydrates and being more aware of what is in food (two percent respectively).

Table 4: Types of changes to diet

Q12. If yes, what changes have you made?

	2015 Base = 150* n	2015 150* %	2014 177* n	2014 177* %	2013 119* n	2013 119* %
Eating healthily/less takeaways, junk food	52	35	44	25	31	26
Less/avoid sugar and sugary foods/sweets/soft-drinks	33	22	37	21	23	19
Eat more vegetables	34	23	30	17	15	13
Drink more water/milk	24	16	22	12	13	11
Eat more fruits	20	13	25	14	15	13
Eating less/smaller meals	25	17	22	12	17	14
Cut down on fats/low fat foods	15	10	11	6	11	9
More grain breads, fibre or similar	15	10	6	3	3	3
Reading labels for sugar and fat content	5	3	2	1	4	3
Less packaged/snack food, more simpler/plain food in school lunches	8	5	3	2	3	3
More aware of what is in food	3	2	8	5	1	1
Reduced carbohydrates, including breads	3	2	13	7	4	3
No snacking/regular meals - breakfasts	3	2	1	1	3	3
Others	19	13	17	10	16	13
Did not say			30	17	19	16

Total may exceed 100% because of multiple response.

*Sub-sample based on those whose family has made changes to its diet since being part of the GRx Active Families programme.

Nineteen participants offered other changes to their family's diet that could not be classified above. Examples of these participants' comments are as follows:

Supervision of fats and sugar intake.

Making juice with machine.

A more balanced diet for all of us but especially for [name].

Choose more lower calorie.

Buying less juice.

Cutting out sauces.

Sugar free drinks only.



5.4.2 Whether other household members are more active

The survey also asked whether other household members were more active now than before the family took part in the Active Families programme. Figure 11 overleaf shows the results according to the relationship to the child and Figure 12 (page 31) shows the same results according to the age of different family members.

Sixty five percent of all members living in the referred child's household are more active now than they were before the family took part in the Active Families programme. Among the immediate family, both sisters (91 percent) and mothers (82 percent) were the most likely to have increased their activity level. This year, 72 percent of brothers and 59 percent of fathers had increased their activity levels.

In terms of grandparents living in the household, 78 percent of grandfathers and 72 percent of grandmothers were more active. Where 'other members' of the family resided in the household, they too were mostly more active now than before the family took part in the Active Families programme (77 percent). Note that these other household members are mostly named individuals where the relationship has not been specified.

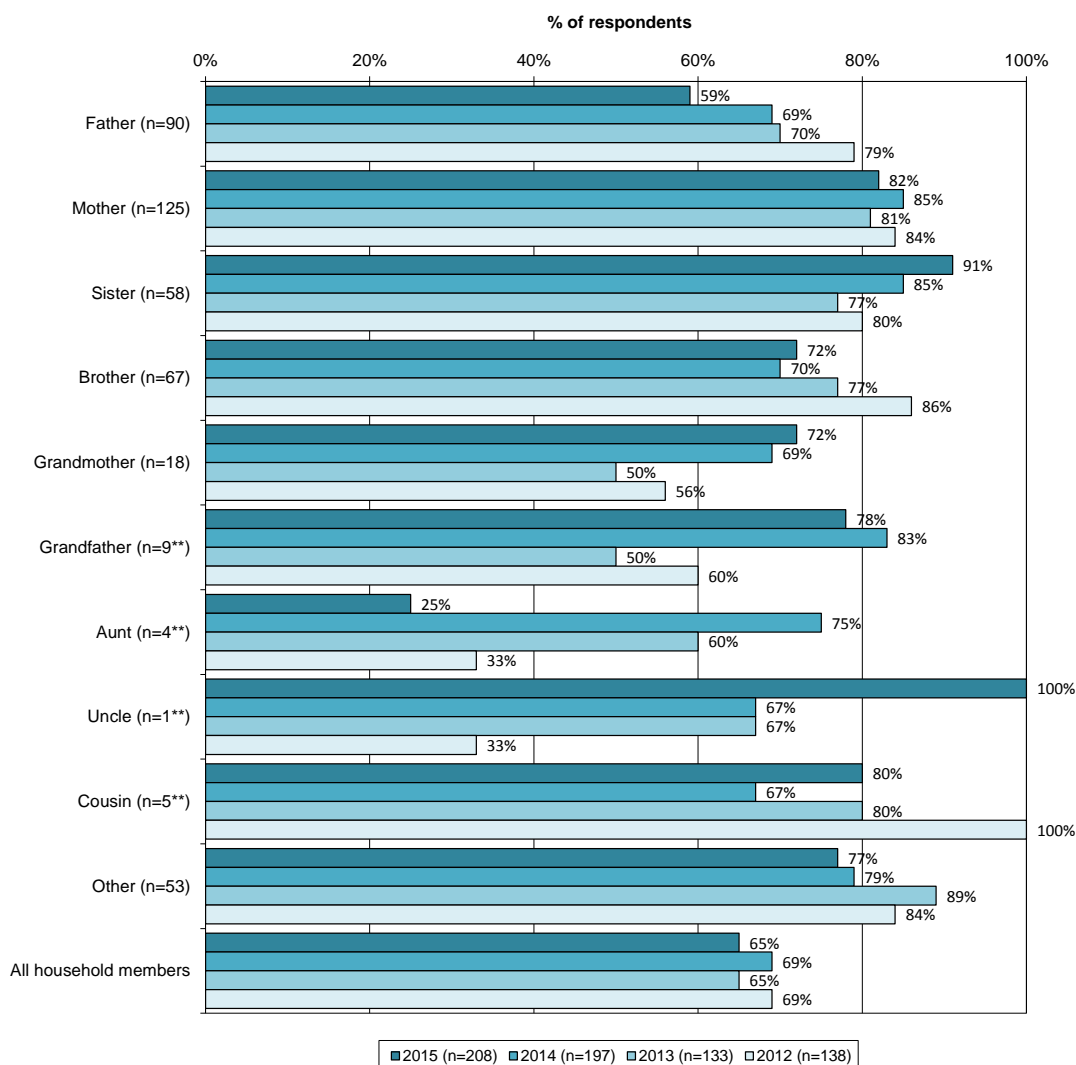
In terms of the age of household members, the vast majority of children under 14 years old were reportedly more active now than they were before the family took part in the programme (96 percent of under five year olds, 88 percent of 10-13 year olds and 86 percent of 5-9 year olds,).

Smaller (yet still sizeable) proportions of those aged 14 years or older had also increased their activity levels compared with before the programme (72 percent of those aged 25 years or more, 65 percent aged 14-17 year olds and 64 percent aged 18-24 years old).



Figure 11: Proportion of other types of household members that are more active as result of Active Families experience

Q24. Please list who else usually lives in the same household as the referred child. For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families programme.



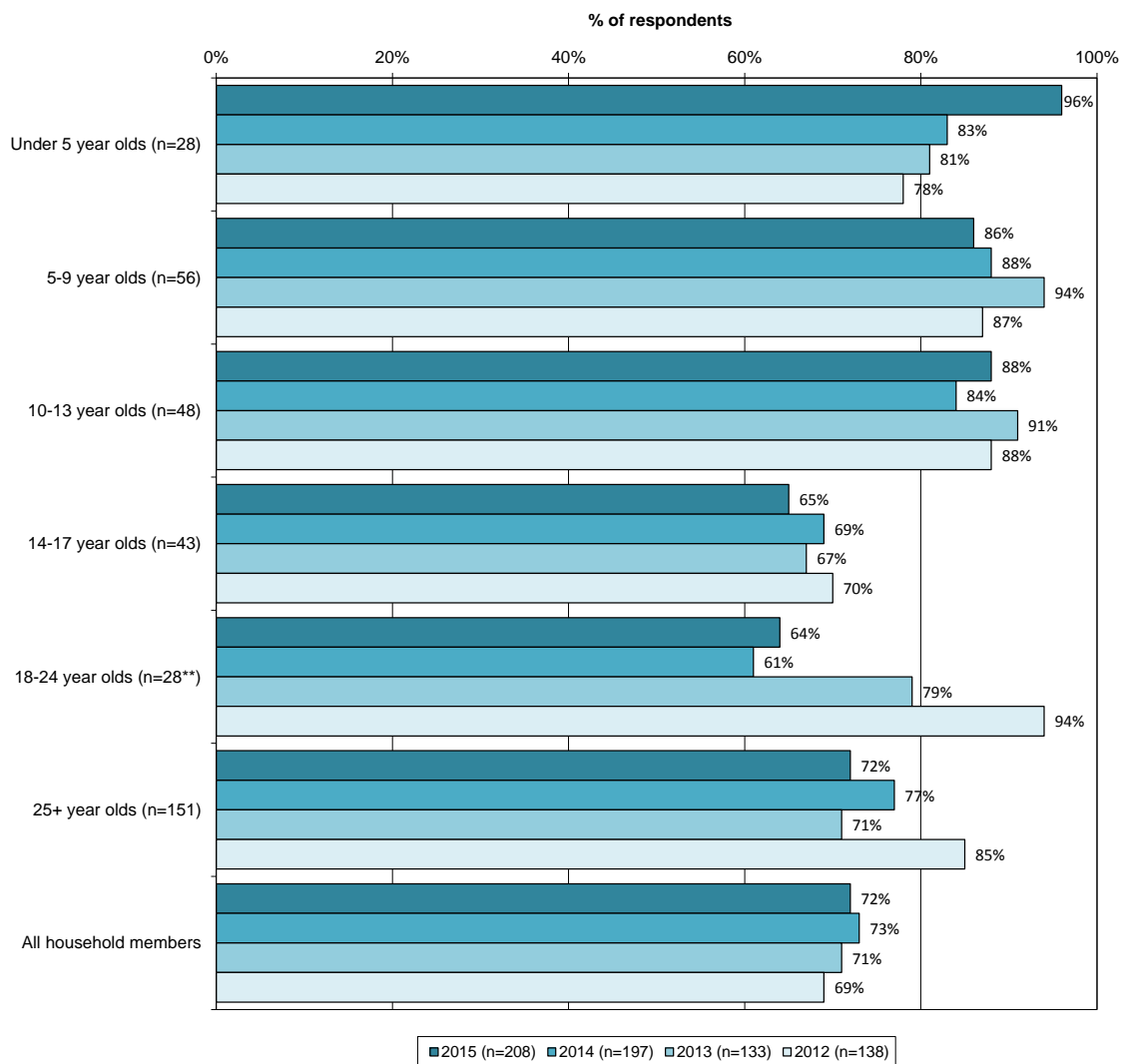
Total may exceed 100% because of multiple response.

**Caution: small sub-sample – results are indicative only.



Figure 12: Proportion of other household members that are more active, by age

Q24. Please list who else usually lives in the same household as the referred child. For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families programme.



Total may exceed 100% because of multiple response.

**Caution: small sub-sample – results are indicative only.



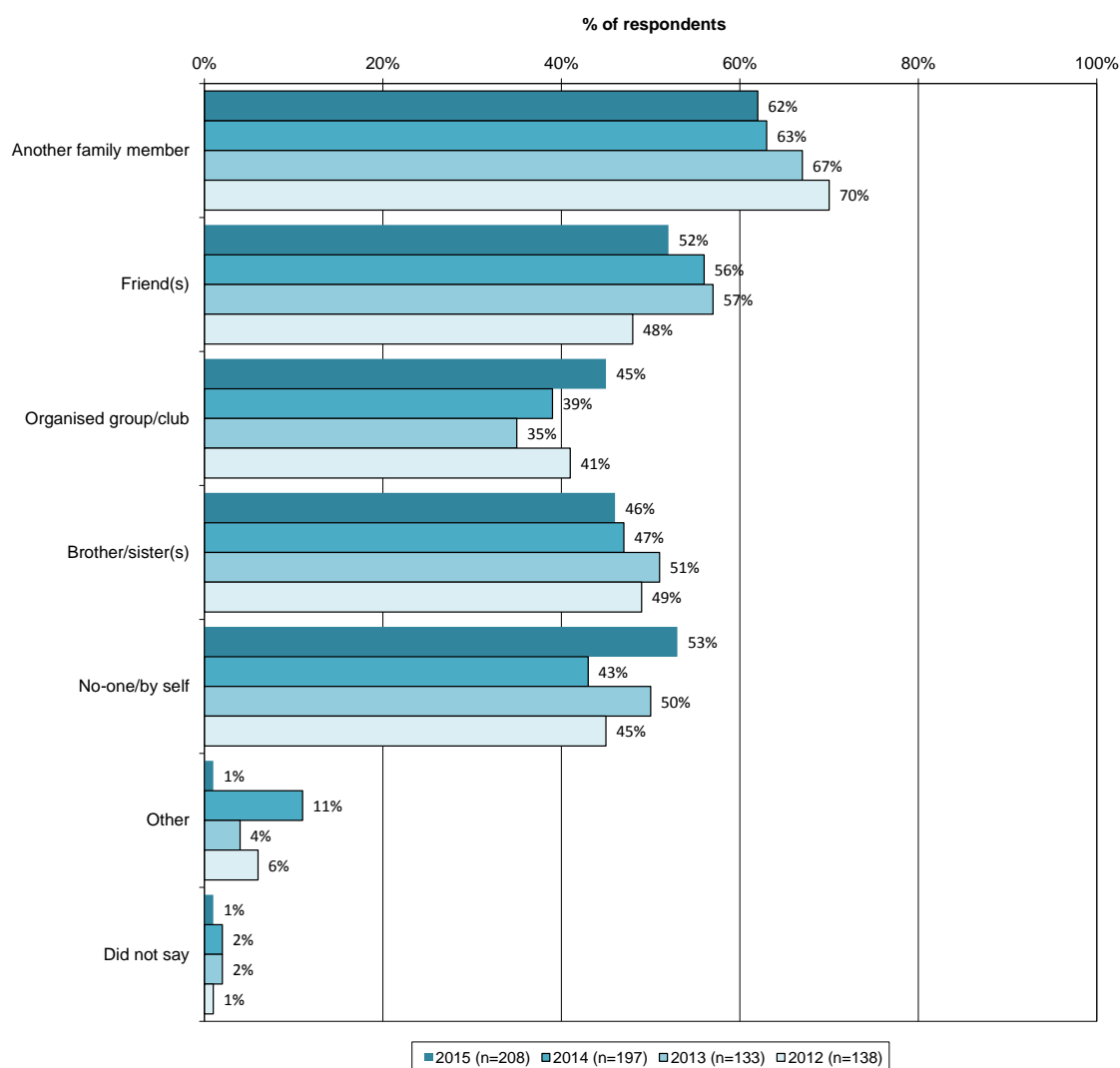
5.5 People that child is usually active with

Participants in the Active Families programme were asked to identify who their child is usually active with.

Most frequently, participants reported their child is usually active with another family member (other than their siblings) (62 percent) and/or with friends (52 percent). Under half (46 percent) are active with a brother or sister and 45 percent are active with an organised group or club. Fifty three percent of the participants tend to be active on their own.

Figure 13: People that child is usually active with

Q15. When your child is active, who is this usually with?



Total may exceed 100% because of multiple response.

**Caution: small sub-sample – results are indicative only.



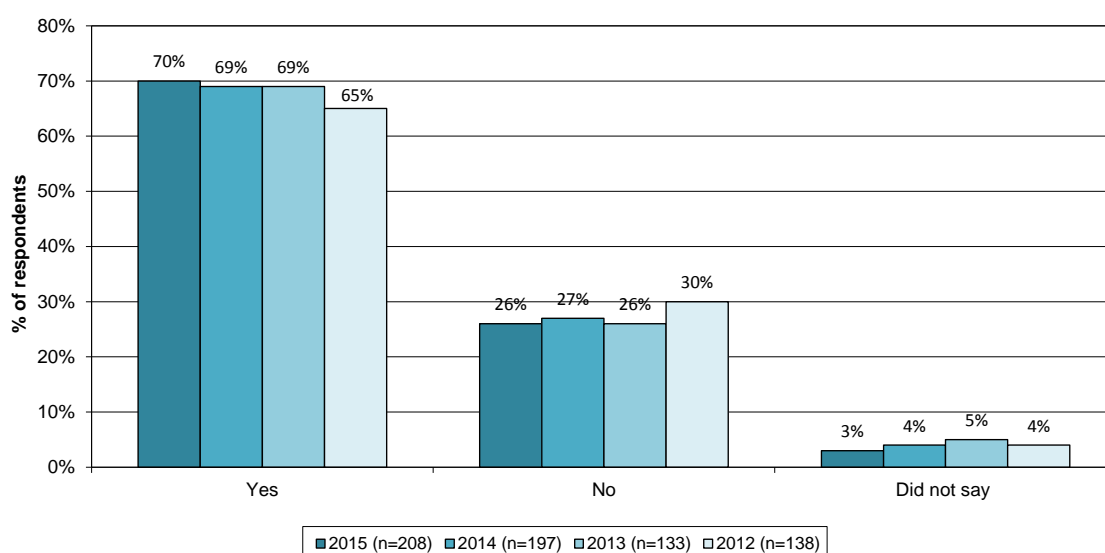
5.6 Encouraging others to be active as a result of participation

Participants were asked whether they have encouraged others to become more active as a result of their family's experience with the Active Families programme.

Seventy percent reported that they had encouraged others to become more active (Figure 14).

Figure 14: Whether encouraged others to be more active as result of Active Families experience

Q18. As a result of your family's experience with the GRx Active Families programme, have you encouraged others to become more active?



Total may not sum to 100% due to rounding.

Of the 98 participants who specified who they had encouraged to become more active (Table 5), 61 said they had encouraged other members of their family and extended family (40 percent), while 37 had encouraged friends and their children's friends (24 percent). Fourteen had encouraged other people to become more active (nine percent), including: work colleagues and others from school.

Table 5: Encouraged others to be more active

Q18a. If yes, please say who

	Base =	Total n	Total %
Family and extended family		61	40
Friends and children's friends		37	24
Others		14	9
Did not say		55	36

Total may exceed 100% because of multiple response.



6.0 Opinions about the Active Families programme

Key findings

Almost all participants are satisfied overall with the service and support provided to them as part of the Active Families programme. Sixty seven percent said they were very satisfied and 31 percent said they were satisfied.

- ◆ Only one percent reported they are dissatisfied.

Reflecting this high level of overall satisfaction, at least 89 percent of participants agreed or strongly agreed with each of the following statements about the Active Families programme:

- ◆ the advice the family was given was helpful (95 percent agree)
- ◆ the physical activities suggested were appropriate for their child (95 percent agree)
- ◆ the Active Families programme motivated their child to get/stay physically active (89 percent agree)
- ◆ the Active Families co-ordinator was understanding and supportive (95 percent agree)
- ◆ their child feels more confident about doing physical activity as a result of the support received (89 percent agree)
- ◆ the support their child received helped the family continue with the Active Families programme (89 percent agree)
- ◆ the person(s) running the activities was (were) appropriate for their child (95 percent agree).

Participants say the most helpful part of the Active Families programme is the activities available and the information, ideas and advice received.

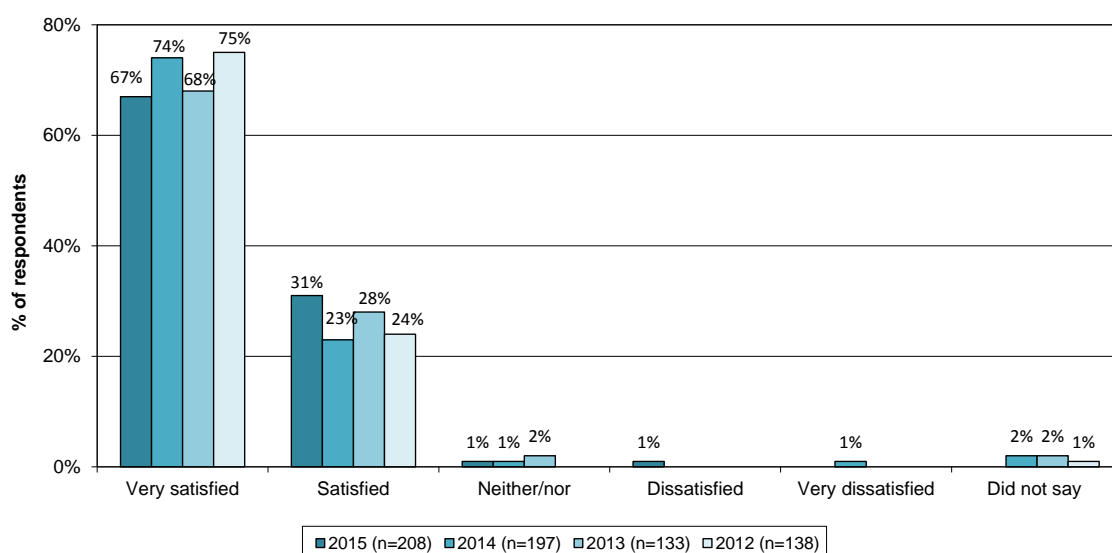


6.1 Overall satisfaction with the service and support they received

When asked how satisfied they were overall with the service and support provided to their family and child through the Active Families programme, two thirds said they were very satisfied (67 percent) and 31 percent said they were satisfied. This year, only one percent were dissatisfied, and one percent were neither satisfied nor dissatisfied.

Figure 15: Overall satisfaction with service and support provided by Active Families programme

Q17. Overall, how satisfied are you with the service and support provided to your family and child through the GRx Active Families programme?



Total may not sum to 100% due to rounding.

Where an explanation for their level of satisfaction was provided, participants most commonly reported that their satisfaction was due to the support they had received (11 percent), and the impacts of the programme (five percent). Five percent were generally satisfied with the programme, while four percent mentioned they were satisfied with the Active Families co-ordinator. Comments reflecting these reasons include:

They're amazing and understand us.

Great enthusiasm.

The support given was amazing.

Has been very helpful, stays in contact and encouraging, helpful with different ideas.

We have had great support and service with GRX and are very happy.

This program is very helpful.



I have never felt more cared for by anyone and my children are in a better state.

Very grateful for the support and help.

Really amazing motivation.

I'm happy that I've had such good support on my journey.

Very organised and give good motivation.

We have had great support and service with GRX and are very happy.

She is very supportive and has helped a lot.

Encouragement and support was A+.

Supportive, good manners with the children.

Loads of support in the exercise area which is what we needed.

Very positive people and very supportive.

Because I know exactly what to do to reach my goal.

Really help my child to become active.

It was fun and have noticed a change in my health and attitude.

It has been helpful so far. I am happy to continue looking forward to bigger changes.

Because they helped keep me on track to a healthier life.

Feel more fit.

More confident with our granddaughter.

Helped me lose a lot of weight.

It makes me feel great.

Found the programme appropriate and motivating.

It's good that there is a support service like this for obese children.

An excellent community programme run by great staff.

Excellent programme, learnt lots of new sports and skills e.g. speed ball.



What an amazing service. Fun, free and available to everyone. Encourages a sense of community.

This programme is the push my family needed.

Happy to be in the Active Families.

Very helpful and well organized.

An excellent programme and awesome co-ordinator.

The programme is helping my family.

They are awesome, we love them.

They are very fun and helpful.

Very helpful, informative, the staff were very helpful in sports and how to help the children. Excellent.

Co-ordinator relates very well with all the kids and encourages them. She has been great with my son.

Table 6: Reasons for overall satisfaction

Q17a. Please explain below

	Base =	Total 203* %
Support		11
Impacts of the programme		5
Active Families co-ordinator		4
Information, advice, ideas and suggestions		3
Active Families programme		5
Others reasons		4
Concern or suggestion		1
No particular reason		1
Did not say		65

Total may exceed 100% because of multiple response.

*Sub-sample based on those respondents who said they were satisfied/very satisfied with the service and support provided to their family and child through the GRx Active Families programme.



6.2 Views about the service and support they received

Participants were asked to rate their agreement/disagreement with a series of statements about the service and support they received whilst on the Active Families programme. The statements were as follows:

- ◆ the advice the family was given was helpful
- ◆ the physical activities suggested were appropriate for their child
- ◆ the Active Families programme motivated their child to get/stay physically active
- ◆ the Active Families co-ordinator was understanding and supportive
- ◆ their child feels more confident about doing physical activity as a result of the support received
- ◆ the support their child received helped the family continue with the Active Families programme
- ◆ the person(s) running the activities was (were) appropriate for their child.

High levels of agreement (89-95 percent agree or strongly agree combined) were identified for each of these aspects. Figure 16 shows the results for each statement, while Figure 17 shows the same results over time.

Overall, the strongest levels of agreement were in relation to the understanding and supportive nature of the Active Families co-ordinator (70 percent strongly agree and 25 percent agree) and the appropriateness of the activity provider for their child (68 percent strongly agree and 27 percent agree).

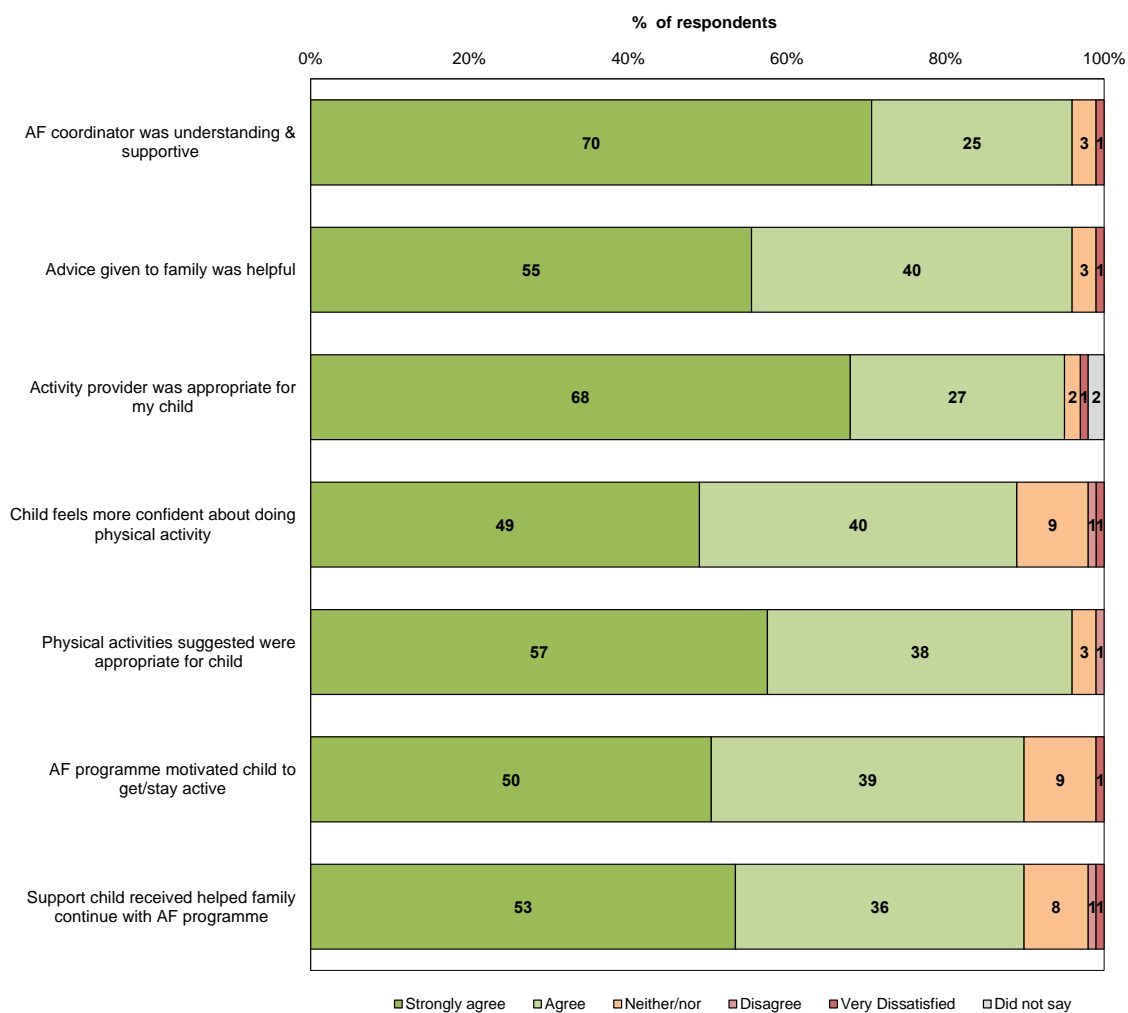
This is followed by the level of agreement that:

- ◆ the physical activities suggested were appropriate for their child (57 percent strongly agree and 38 percent agree)
- ◆ the advice the family was given was helpful (55 percent strongly agree and 40 percent agree)
- ◆ the support their child received helped the family continue with the Active Families programme (53 percent strongly agree and 36 percent agree)
- ◆ the Active Families programme motivated their child to get/stay physically active (50 percent strongly agree and 39 percent agree)
- ◆ their child feels more confident about doing physical activity as a result of the support received (49 percent strongly agree and 40 percent agree).



Figure 16: Views about service and support provided by Active Families programme

Q16. Thinking about the service and support you received whilst on the GRx Active Families programme, please indicate how strongly you agree or disagree with each of these statements.

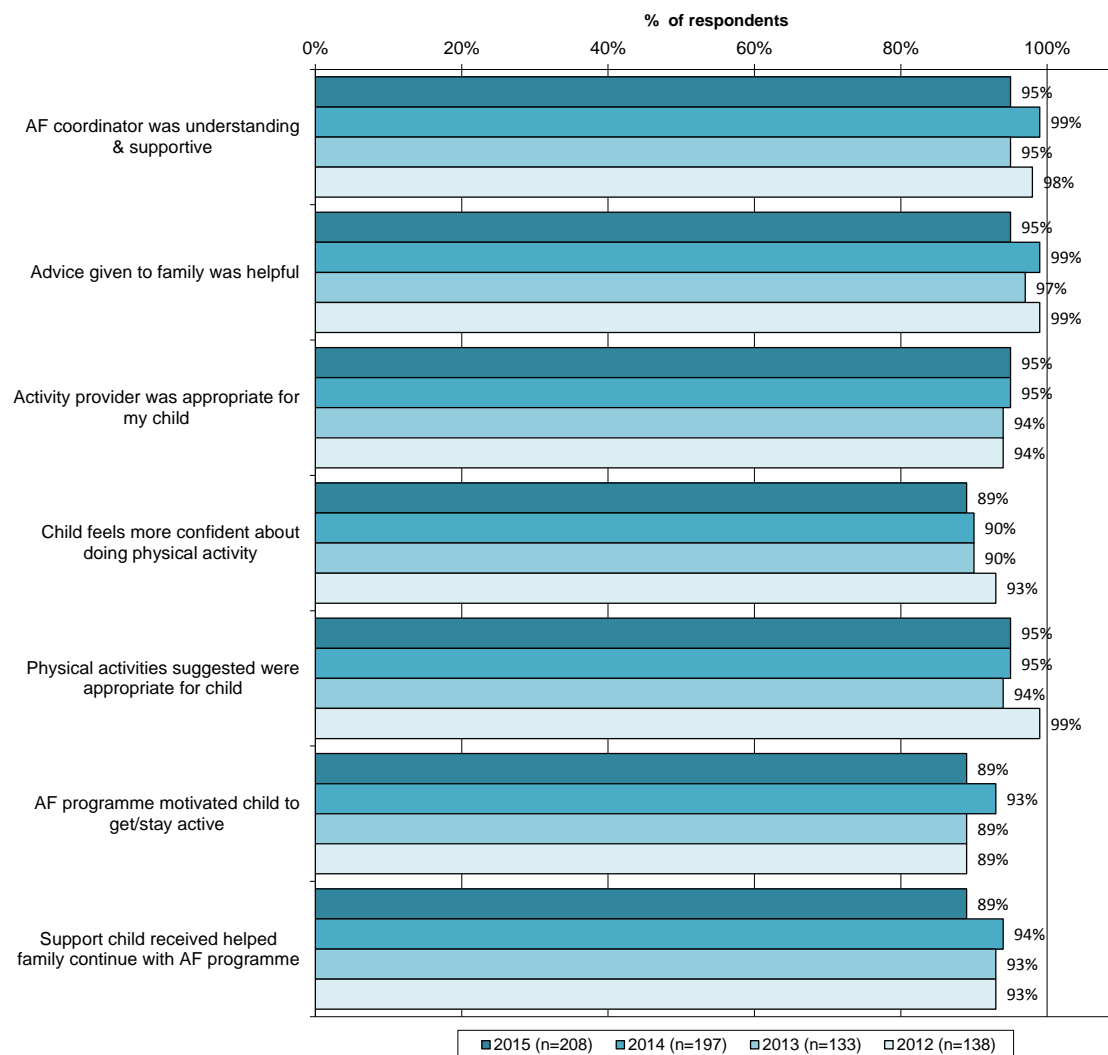


Total may not sum to 100% due to rounding.



Figure 17: Views about service and support provided by Active Families programme over time (percentage that agree or strongly agree)

Q16. Thinking about the service and support you received whilst on the GRx Active Families programmes, please indicate how strongly you agree or disagree with each of these statements.





6.3 Most helpful parts of the Active Families programme

Participants were asked to identify the most helpful parts of the Active Families programme. Roughly one quarter of those responding (24 percent) said the activities available was the most helpful, followed by 19 percent identifying the information, advice, ideas and suggestions they received as being helpful. Comments reflecting these themes about helpfulness include:

The healthy eating stuff we do and all the active things like Around the Bays [and] Weetabix TRYathlon walks - it's been amazing.

Exercises at school lunch times.

Introducing my child to new and different activities.

GRx Active Families program helped our family by challenging us to get used to eating healthy by adding more vegetables and do more fun activities for healthier lifestyles.

New skills, team activity.

Outside the group, swimming [and] running.

Cooking programme.

Discipline. Giving different options and activities to do [and] been given the opportunity to do new activities.

Trying a variety of new activities. Personal training.

Been given advice and activities to do at home.

The information and understanding [of] what free activities are out there to get fit.

The cooking classes and nutrition advice.

Cooking classes, learning about different food with better healthy group.

Sport activities and healthy tips on food.

Sessions, running around.

Doing some different things and putting yourself into sports you would never thought of before.

Letting kids try lots of different activities.



Giving me goals so that I can try my hardest to do them and doing a lot of activities I can join.

The gym sessions workout with an instructor.

Different ideas on fun sport activities. Don't have to spend money to have fun.

Trying different activities, games, sports [and] learning nutritional values.

Having more knowledge of activities available in the area.

Trying new activities with no pressure.

Weekly sport activity [and] weekly cooking class.

Help with amounts of certain foods on daily intake [and] alternative options for less healthy foods.

Being aware of the nutritional value of food.

Talking and getting advice. Learning about my body. Being able to do my exercise and see results. [Name] is helpful and caring.

Good information, helpful information, good reminders [and] awesome team.

Knowing what food is good and bad. Other activity to keep active.

Activity ideas and variation in different activities. Being more continuous of activity.

Having different sort of food and juice.

Keeps us aware, gives us information [and] working together.

Learning about nutrition and mindful eating.

Good health tips.

Plenty of helpful information about healthy eating, exercise ideas (including home activities).

More aware of what type of food to give.

Sitting down and talking about it.

Independent advice in conjunction with Family Guidance.

Keeping us on track and giving us a lot of advice. Giving new ideas.



Other most helpful areas included the support available (18 percent), being motivated (11 percent), and getting active (10 percent).

Table 7: Most helpful aspect of the GRx Active Families programme

Q13. What is the most helpful part of the GRx Active Families programme?

	Base =	Total 208 %
Information, ideas, advice		19
Support available		18
Getting active		10
Motivation		11
Whole family involvement		3
Activities		24
Monitoring		4
Independent advice		1
Interaction with other families and children		5
Belonging and connectedness		4
Fun		1
Results achieved		0
Greater awareness		4
Others		11
Did not say		6

Total may exceed 100 because of multiple response.



6.4 Suggestions for improving the Active Families programme

Twenty six percent of participants offered a suggestion as to how the Active Families programme could be improved (Table 8). The remaining participants either offered no response (48 percent), or said that they did not have any particular suggestions (26 percent).

The most common suggestion was in relation to offering more sessions and/or a greater frequency of sessions (7 percent).

Comments illustrating this theme include:

If programme was more often or with family groups attending.

Would love sessions to be longer, possibly 90 minutes.

More than once a week.

Should be two classes every week if possible.

More swimming - two times a week not one time.

Run longer than six months.

More activity sessions.

More regular monitoring, maybe fortnightly.

We [would] love more time with the Active Families.

Make the sessions longer. Do some fun games like keyhole tag.

More sessions.

Possibly having organised fitness sessions for kids once a week.

The kids love the variety, perhaps allowing children to participate for a longer period.

Instead of monthly visits, fortnightly visits.



Table 8: Suggested improvements to the GRx Active Families programme

Q14. What improvement/s can you suggest for the GRx Active Families programme?

	Base =	Total 208 %
Activities to better cater for different needs, abilities, locations, time		2
More sessions/greater frequency		7
Opportunities for group interactions		1
More information re: food and nutrition		1
Other suggestions		14
No particular suggestion		26
Don't know		1
Did not say		48

Total may exceed 100 because of multiple response.



6.5 General comments

Twenty nine percent of participants provided general comments about the programme near the end of the survey (Table 9). The majority of these comments were positive and reflected the gratitude participants had for the programme and thanking coordinators for their help and support. Some participants also commented on the programme benefiting the whole family and being both fun and enjoyable.

A selection of their comments includes the following:

Great programme, very supportive.

Active Families Programme is very good for my son.

This programme has helped get the kids active.

This programme has been a great for my family and for other families to get involved.

Will miss the family visits.

It's been great for [name], supported her to do more exercises.

Every family needs to participate.

I suggest it to any family that is struggling with weight loss.

Fantastic program. I had the opportunity to do GRx and together we have all benefited as a whanau.

Keep it up and inform us of any activities i.e. walk events outside of group we could do.

Thank you for teaching my son exercise can be fun.

Keep up that great work and services you are doing.

Thanks for everyone's help. Can't do it without your help.

It's really fun and I feel more confident.

Great idea, really big need and great support.

Love it, so glad we have this in our area.

The Active Families members are very nice.

Loved it and had fun.

This is the best thing, more people should do it.



Great programme, totally recommended.

Thanks.

Our leader or co-ordinator, she's nice and encouraging.

It's very helpful.

Thank you and really hope we can keep you.

Has been very supportive and a good environment to promote good health and wellbeing to children without pressure.

You guys have a cool fish tank.

Awesome.

Good role models.

Doing good with my kids, thanks guys.

I love Active Families.

Great for the kids.

Sports mentors really good.

Great.

This is a fantastic service, thank you.

Would recommend to all.

It's fun.

Thank you for all your help, you're awesome [name].

Love the positive programme as a family, we all enjoy it.

A very good programme that is very important for the health and welfare of the children.

It is a fantastic programme.

It's a really great programme.

Used some ideas with maths on trampoline and skating.

Keep up the great job.



Awesome bunch of people.

Excellent programme. Kids love it, highly recommend.

Love it.

Thank you [name] for having faith in me and my family.

This is great and supportive.

Four participants offered a suggestion or concern about the programme:

What's with the family part? It's just me.

Not very well known, need to reach out, advertising at schools etc.

When playing, please split them into groups of their ages.

More promotion through school to help families on preparing food.

Table 9: General comments about the GRx Active Families programme

Q19. Please feel free to make any other comments about the GRx Active Families programme.

	Base =	Total 208 %
Generally favourable		27
Concerns and suggestions		2
Other general comment		1
Did not say		71

Total may exceed 100% because of multiple response.



7.0 Profile of child and family

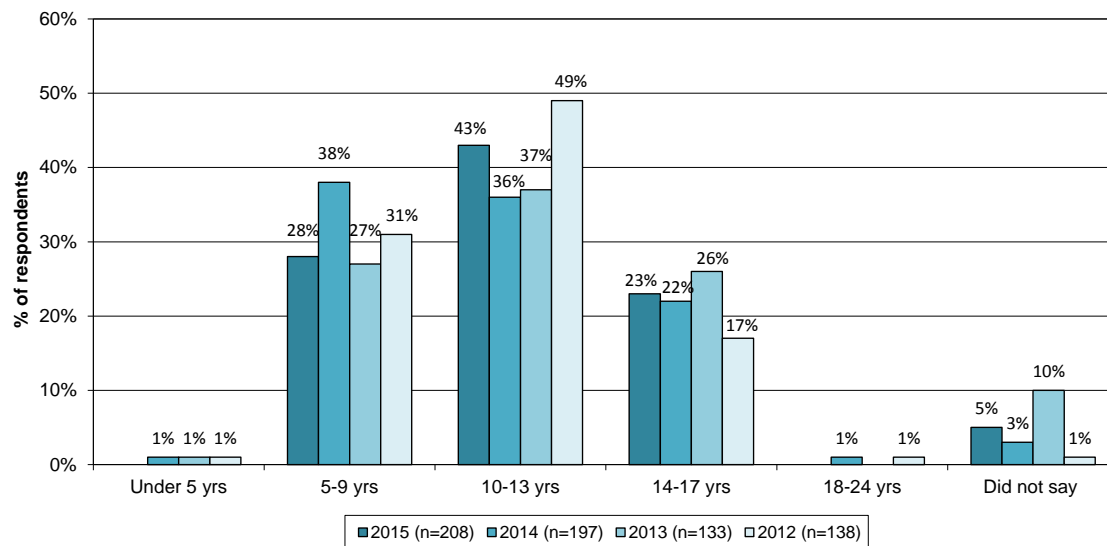
This section summarises the profile of the children referred to the Active Families programme and their families.

- ◆ Forty three percent of the children referred were aged 10-13 years old with 28 percent aged 5-9 years old and 23 percent aged 14-17 years old (Figure 18).
- ◆ Over half of the children referred to the programme (59 percent) were female and 39 percent were male (two percent did not say) (Figure 19).
- ◆ Seventy three percent of the survey participants were the mother of the referred child, while 7 percent were the father and 4 percent were the grandmother of the referred child. Another 12 percent said they had another relationship with the referred child such as being the child's older sibling (Figure 20).
- ◆ Sixty seven percent of the participants identified their family as being European (64 percent New Zealand European and two percent British/European), while 41 percent identified as Maori, 11 percent as Pacific (four percent Samoan, three percent Cook Island Maori and three percent other Pacific) and three percent as Asian. Another nine percent specified some other ethnicity. Note that more than one ethnic group may apply (Table 10 and Table 11).
- ◆ In terms of household composition, 65 percent of the referred children live with their mother and 45 percent live with their father (Figure 21).
 - ◆ Ten percent of participants have a grandmother and five percent have a grandfather residing in their household.
 - ◆ Thirty four percent of the referred children have at least one brother and 32 percent at least one sister. Two percent had an aunt and/or their cousins residing in their household.
- ◆ Participants are most commonly from the Sport Northland catchments (18 percent), Harbour Sport (14 percent), and Sport Bay of Plenty (13 percent). (Table 12).
- ◆ Forty one percent of participants live in the most-deprived three deciles of the country including 16 percent who live in the highest deprivation decile (Figure 22). Note that this figure is for the population of Active Families programme participants, rather than the n=208 participants in the survey.



Figure 18: Age of referred child

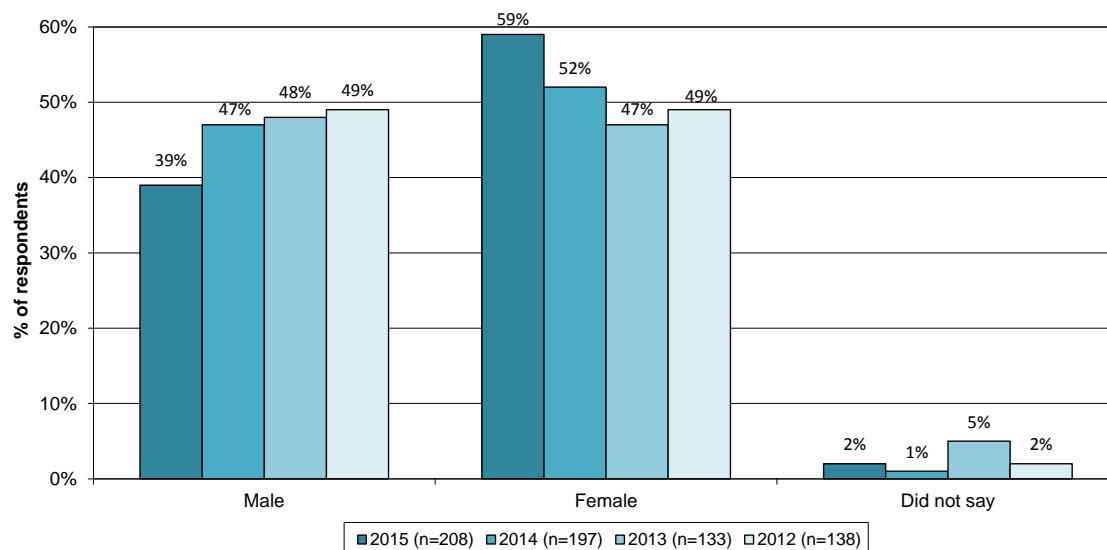
Q20. What is the current age of the child referred to the programme?



Total may not sum to 100% due to rounding.

Figure 19: Gender of referred child

Q21. What is the gender of the child referred to the programme?

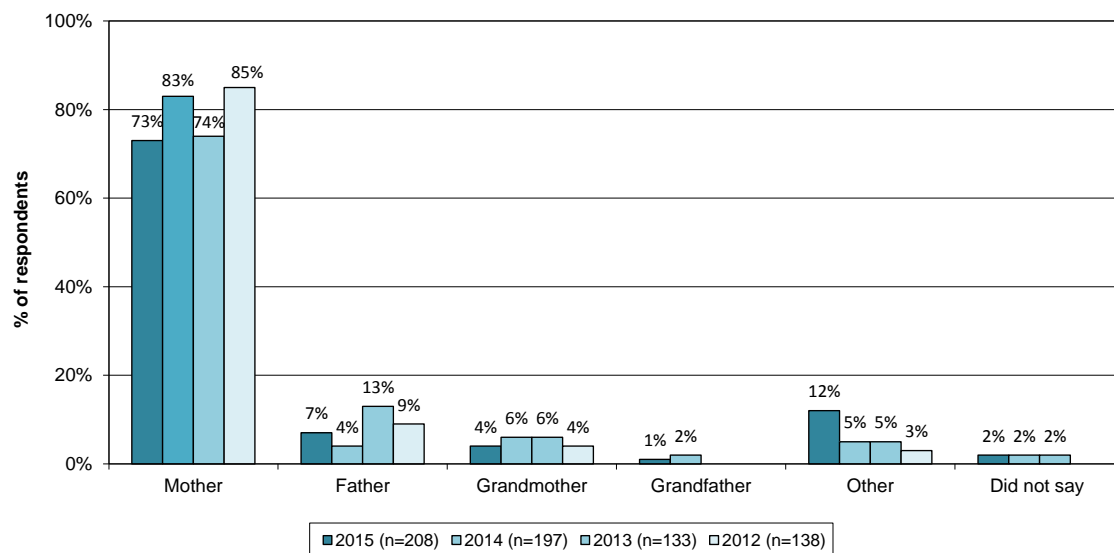


Total may not sum to 100% due to rounding.



Figure 20: Relationship to child of respondent

Q22. What is your relationship to the referred child?

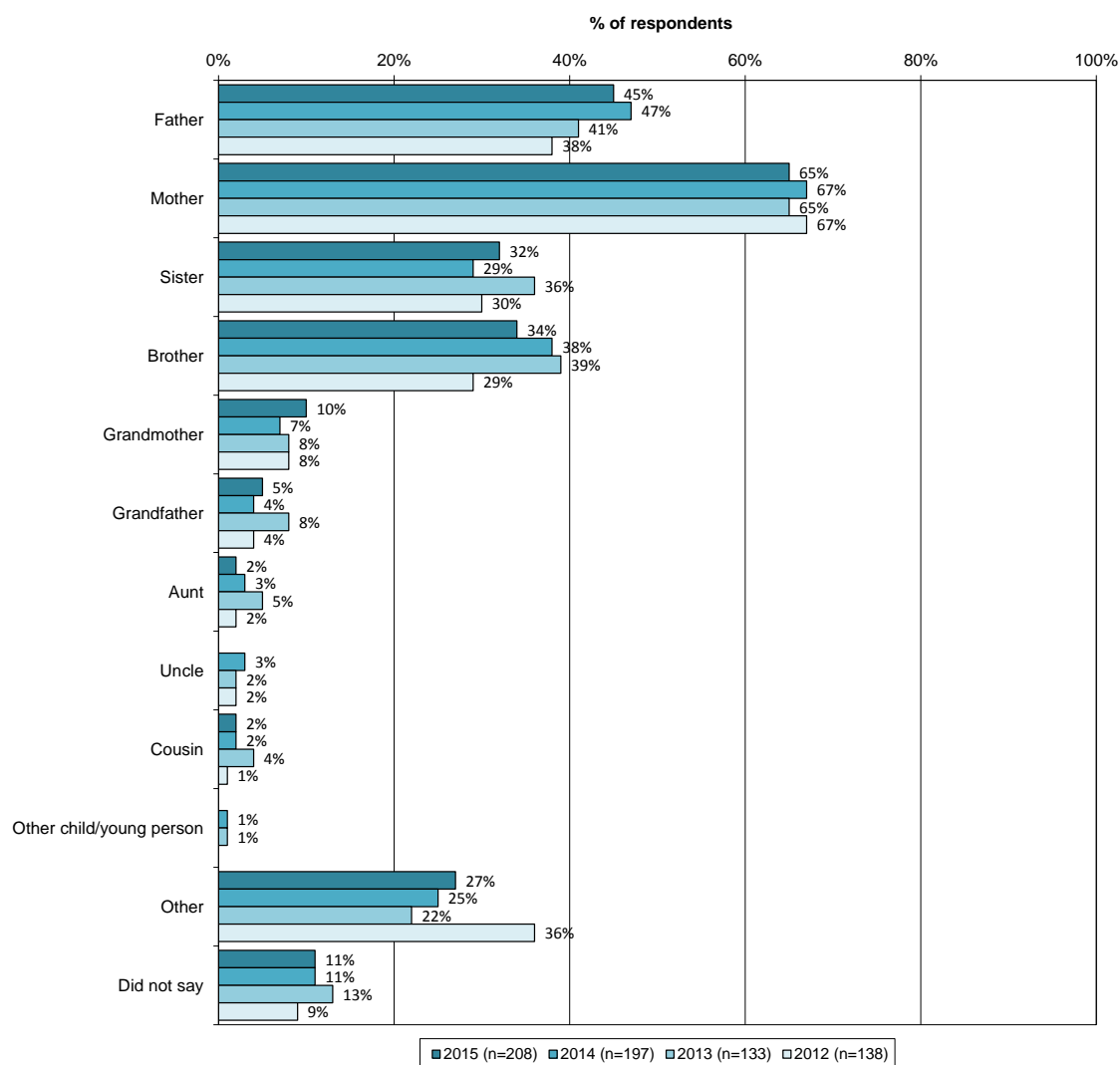


Total may not sum to 100% due to rounding.



Figure 21: Others living in the household

Q24. Please list who else usually lives in the same household as the referred child.



Total may exceed 100 because of multiple response.



Table 10: Ethnicity

Q23. Which ethnic group does your family belong to?

	Base =	2015 n	2015 %	2014 n	2014 %	2013 n	2013 %
NZ European		134	64	108	55	77	58
Maori		85	41	93	47	64	48
Cook Island Maori		7	3	5	3	5	4
Niuean		1	0	2	1	1	1
Indian		1	0	3	2	2	2
Samoan		9	4	14	7	10	8
British/European		5	2	3	2	3	2
Chinese		5	2	4	2	0	0
Other Pacific		7	3	3	2	4	3
Other Asian		0	0	0	0	0	0
Other		18	9	24	12	7	5
Did not say		4	2	1	1	2	2

Total may exceed 100% because of multiple response.

Table 11: Ethnicity (summary groups)

Q23. Which ethnic group does your family belong to?

	Base =	2015 n	2015 %	2014 n	2014 %	2013 n	2013 %
European		139	67	111	56	78	59
Maori		85	41	93	47	64	48
Pacific		23	11	21	11	17	13
Asian		6	3	7	4	2	2
Other		18	9	24	12	7	5
Did not say		4	2	1	1	2	2

Total may exceed 100% because of multiple response.

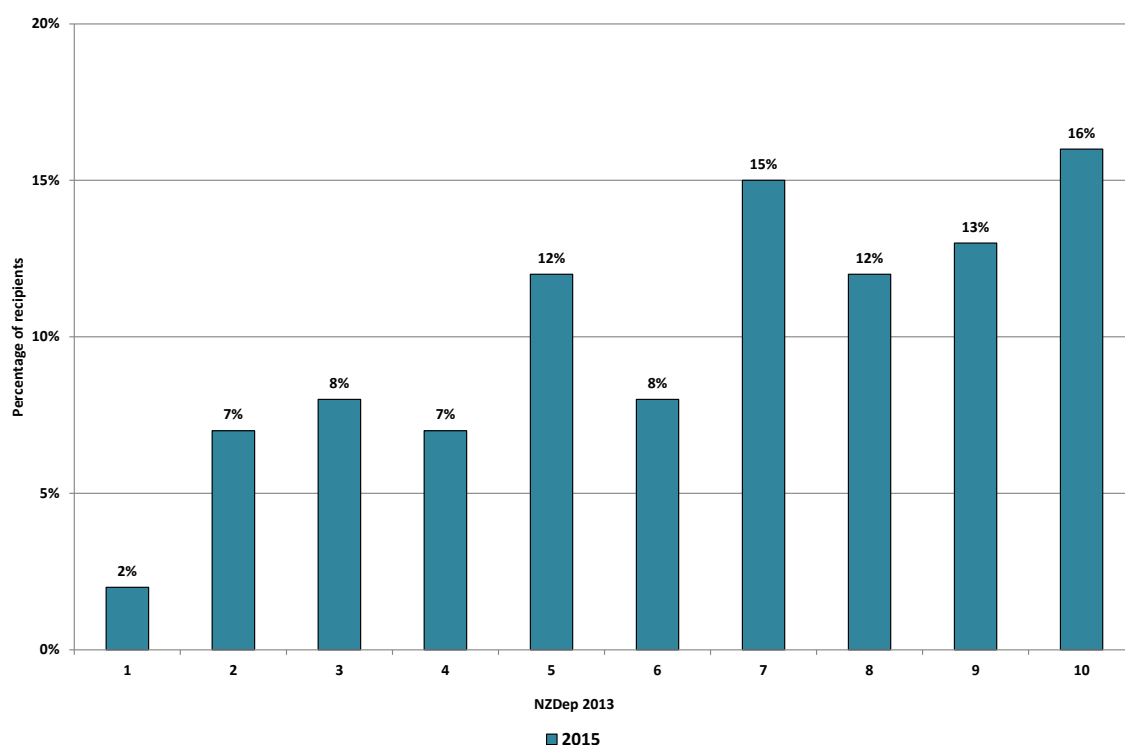


Table 12: Surveys received from each contract holder (from sample)

	Base =	2015 n	2015 %	2014 n	2014 %	2013 n	2013 %
Otago Health – Counties Manukau		3	1	14	7	13	10
Harbour Sport		29	14	18	9	10	8
Marlborough PHO		5	2	7	4	9	7
Sport Taranaki		16	8	9	5	3	2
Sport Southland		13	6	7	4	7	5
Sport Bay of Plenty		28	13	26	13	20	15
Sport Gisborne		3	1	12	6	9	7
Sport Hawkes Bay		13	6	12	6	11	8
Sport Manawatu		5	2	6	3	6	5
Sport Northland		37	18	25	13	20	15
Sport Otago		14	7	9	5	6	5
Sport Waikato		12	6	24	12	6	5
Sport Wanganui		6	3	8	4	2	2
Sport Wellington		24	12	20	10	11	8

Total may not sum to 100% due to rounding.

Figure 22: Deprivation index distribution of all recipients (1 = least deprived, 10 = most deprived)



Total may not sum to 100% due to rounding.



Appendix A: Questionnaire



GRx Active Families Survey

This survey is to help the Ministry of Health find out how effective its Green Prescription (GRx) Active Families programme is. The Ministry provides some funding towards the delivery of this programme in your region so we want to know how well it is working for you and welcome feedback on the support and advice provided.

You have been selected for the survey because your child/family are part of a GRx Active Families programme. The survey should take you around 15 minutes to fill out. All surveys completed and returned in the self-addressed envelope provided will go into an annual draw to win one of four prizes of \$100 worth of either petrol, book or gardening vouchers.

All survey responses will be treated confidentially in accordance with the Privacy Act and you will not be identified in any reporting on the survey. Your information will not be used in any other way than for this report and for the draw of prize winners. An independent professional research organisation will analyse and report on the responses to the Ministry.

Please read each question carefully and follow the directions where applicable.

Thank you for taking the time to complete it.

BE IN TO

WIN WIN WIN!!!

You can win one of four gift vouchers, to the value of \$100 each simply by completing this survey and returning it to us. See the back page for details on how to enter.

1 Who referred your child to the GRx Active Families programme? (please tick ALL that apply)

- | | |
|---|--|
| 1 <input type="checkbox"/> Doctor/GP | 4 <input type="checkbox"/> Paediatrician |
| 2 <input type="checkbox"/> Doctor's Nurse | 5 <input type="checkbox"/> Public Health Nurse |
| 3 <input type="checkbox"/> Dietitian | 6 <input type="checkbox"/> Other (please write in) _____ |

2 When did your child start the programme?

- 1 ☐ Less than 6 months ago
2 ☐ 6–8 months ago
3 ☐ 8–12 months ago
4 ☐ More than 12 months ago

3 What were the main reasons your child was referred to the programme? (please tick ALL that apply)

- | | |
|--|--|
| 1 <input type="checkbox"/> Asthma/breathing problems | 4 <input type="checkbox"/> To get more active |
| 2 <input type="checkbox"/> Sore back or joints | 5 <input type="checkbox"/> Weight problems |
| 3 <input type="checkbox"/> Diabetes | 6 <input type="checkbox"/> To reduce stress/anxiety |
| | 7 <input type="checkbox"/> Other (please write in) _____ |

4 What physical activities did the GRx Active Families Co-ordinator recommend for your child to do outside of the group/family session? (please tick ALL that apply)

- | | |
|-------------------------------------|---|
| 1 <input type="checkbox"/> None | 5 <input type="checkbox"/> Water/pool exercises |
| 2 <input type="checkbox"/> Walking | 6 <input type="checkbox"/> Home-based exercise (eg. trampoline, skipping) |
| 3 <input type="checkbox"/> Swimming | 7 <input type="checkbox"/> Sport |
| 4 <input type="checkbox"/> Biking | 8 <input type="checkbox"/> Other (please write in) _____ |



5 Is your child . . . ? (please tick ONE only)

- 1 ☐ Still taking part in the GRx Active Families programme – Go to Q7
- 2 ☐ Temporarily out of the GRx Active Families programme but means to start again – Go to Q6
- 3 ☐ No longer taking part in the GRx Active Families programme – Go to Q6

6 If your child is temporarily off or no longer taking part in the GRx Active Families programme, why is this? (please tick ALL that apply)

- | | |
|--|---|
| 1 <input type="radio"/> Child has injury/health problems | 8 <input type="radio"/> Lost interest |
| 2 <input type="radio"/> Child didn't enjoy it | 9 <input type="radio"/> Other family members didn't enjoy it |
| 3 <input type="radio"/> Lack of transport | 10 <input type="radio"/> Family not ready to change yet |
| 4 <input type="radio"/> Not enough time | 11 <input type="radio"/> Family has made positive changes and no longer needs support |
| 5 <input type="radio"/> It costs too much | 12 <input type="radio"/> Other (please write in) |
| 6 <input type="radio"/> Location of sessions | |
| 7 <input type="radio"/> Timing of sessions | |

7 Have you noticed any change in your child's health and fitness since taking part in the GRx Active Families programme?

- 1 ☐ Yes – Go to Q8
- 2 ☐ No – Go to Q9
- 3 ☐ Don't know – Go to Q9

8 If yes, what changes have you noticed in your child? (please tick ALL that apply)

- | | |
|--|--|
| 1 <input type="radio"/> Breathing easier | 8 <input type="radio"/> Is active without being reminded |
| 2 <input type="radio"/> Sleeping better | 9 <input type="radio"/> Fewer illnesses |
| 3 <input type="radio"/> Less back or joint pain | 10 <input type="radio"/> Generally feels better |
| 4 <input type="radio"/> More energy | 11 <input type="radio"/> Feels less stressed/anxious |
| 5 <input type="radio"/> More willing to try new activities | 12 <input type="radio"/> Not bullied as much |
| 6 <input type="radio"/> Low weight/clothes looser | 13 <input type="radio"/> More confident |
| 7 <input type="radio"/> Feels stronger/fitter | 14 <input type="radio"/> Less medication |
| | 15 <input type="radio"/> Other (please write in) |

9 Compared to the time before your child started the GRx Active families programme is he/she spending . . .

- 1 ☐ More time being active now?
- 2 ☐ About the same amount of time being active now?
- 3 ☐ Less time being active now?

If about the same time or less, why is this?

10 Since taking part in the GRx Active Families programme does your child now understand the benefits of:

- | | | |
|----------------------------|-----------------------------|----------------------------|
| a) Being physically active | 1 <input type="radio"/> Yes | 2 <input type="radio"/> No |
| a) Eating healthy foods | 1 <input type="radio"/> Yes | 2 <input type="radio"/> No |



11 Does your family now know how to choose healthy food and drink options as a result of being part of the GRx Active Families programme?

1 ☐ Yes 2 ☐ No

12 Has your family made any changes to its diet (food and/or drink) since being part of the GRx Active Families programme?

1 ☐ Yes 2 ☐ No

If YES, what changes have you made? (please write in)

13 What is the most helpful part of the GRx Active Families programme?

14 What improvement/s can you suggest for the GRx Active Families programme?

15 When your child is active, who is this usually with? (please tick ALL that apply)

- 1 ☐ By him/ herself 4 ☐ With another family member(s)
 2 ☐ With brother/sister 5 ☐ Organised group eg. sports club
 3 ☐ With friend(s) 6 ☐ Other (please write in)

16 Thinking about the service and support you received whilst on the GRx Active Families programme, please indicate how strongly you agree or disagree with each of these statements.

Strongly Agree Agree Neither agree nor disagree Disagree Strongly Disagree

- A. The advice our family was given is helpful 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 B. The physical activities suggested were appropriate for my child 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 C. The GRx Active Families programme motivates my child to get/ stay physically active 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 D. The GRx Active Families co-ordinator is understanding and supportive 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 E. As the result of the support my child receives, he/ she feels more confident about doing physical activity 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 F. The support my child receives helps my family continue with the GRx Active Families programme 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐
 G. The person(s) running the activities is appropriate for my child 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

If you disagreed or strongly disagreed with any of the above please explain why:



17 Overall, how satisfied are you with the service and support provided to your family and child through the GRx Active Families programme?

Very Satisfied Satisfied Neither/Nor Dissatisfied Very Dissatisfied
 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

please explain below:

About You

(this information will not be used to identify you individually)

20 What is the current age of the child who was referred to the programme?

1

21 What is the gender of the child referred to the programme?

1 ☐ Male 2 ☐ Female

22 What is your relationship to the referred child?

1 ☐ Mother 4 ☐ Grandfather
 2 ☐ Father 5 ☐ Other (please write in)
 3 ☐ Grandmother

23 Which ethnic group does your family belong to? (please tick the box or boxes that apply to you)

1 ☐ NZ European 7 ☐ British European
 2 ☐ Māori 8 ☐ Chinese
 3 ☐ Cook Island Maori 11 ☐ Other Pacific (Fijian, Tongan)
 4 ☐ Niuean 12 ☐ Other (please write in)
 5 ☐ Indian
 6 ☐ Samoan

18 As a result of your family's experience with the GRx Active Families programme, have you encouraged others to become more active?

1 ☐ Yes 2 ☐ No

If YES, please say who

19 Please feel free to make any other comments about the GRx Active Families programme.

24 Please list who else usually lives in the same household as the referred child (eg. mother, father, brother, sister, uncle, grandmother). For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families Programme.

	Age	More active now?	
		Yes	No
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>

BE IN TO WIN!!!

Thank you for your time! Please return your completed survey to your GRx Active Families Co-ordinator in the freepost envelope provided or post it yourself in that envelope.

If you would like to go into an annual prize draw to win one of four gift vouchers, to the value of \$100 each, please write in your name and phone number so we can contact you, if you win.

Name:

Phone: (0)

Preferred vouchers: 1 ☐ Gardening 2 ☐ Book 3 ☐ Petrol