





Green Prescription Patient Survey 2018 Report

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1.0 Executive Summary

This report presents the findings from the 2018 Green Prescription (GRx) initiative patient survey, conducted for the Ministry of Health (the Ministry) during late March through end May 2018.

Introduction

The GRx patient survey allows the Ministry to monitor the performance of the GRx initiative each year. The ongoing success of the programme is measured against eight key performance indicators (KPIs), developed by the Ministry. This measurement is also used to provide feedback to the 17 contract holders around the country.

The survey was conducted as a mixed-method online, telephone and paper-based survey during the months of March, April and May 2018. A total of 10,000 participants were selected to take part in the survey from the N=20,849 programme participants put forward by contract holders. By the survey close-off date n=2,940 valid, completed responses were received during the survey period (n=1,934 on paper, n=706 online, and n=300 by telephone). This represents a participation rate of 29.4 percent, compared to 28.4 percent in 2016, 27.1 percent in 2015 and 28.6 percent in 2014.

The results presented in this report are weighted to be representative of the distribution of patients across the contract holders. Results based on the total sample have a maximum margin of error of plus or minus 2.3 percent (at the 95 percent confidence level).

Key findings

Table 1 (overleaf) summarises the KPI results for 2018. At the national level, the average result for eight out of nine of the KPIs is at or above the prescribed minimum level set by the Ministry.

Five out of 18 contract holders met or exceeded all nine KPIs; these were Sport Gisborne/Tairāwhiti, Sport Whanganui, Sport Manawatu, Nelson Bays PHO and Marlborough PHO.

The indicator results and tables for each KPI are provided on the following pages. Note that the KPI scores are calculated excluding non-response. As agreed with the Ministry, in addition to excluding non-responses for the KPI reporting, the detailed sections of this report also exclude non-responses in the 2018 results. This is so that the findings in the body of the report align with how the KPI reporting is undertaken.

Due to the change in how non-responses are treated in the 2018 survey, comparisons with previous measures are indicative only, and should be treated with caution. As such comparisons between the 2018 and 2016 survey results are not specifically commented on.



Table 1: KPI summary table¹

Goal Participants...	Indicator	Average result %	Number of providers that achieved KPI*
1...Are more active since receiving their GRx.	Minimum of 48% of GRx participants are more active after 6-8 months of receiving their GRx	61	17 of 18 providers
2...Adopt better nutritional habits.	Minimum of 55% of GRx participants have made changes to their diet since receiving their GRx.	65	16 of 18 providers
3...Receive effective support to maintain activity.	Minimum of 65% of GRx participants feel more confident about doing physical activity.	73	16 of 18 providers
4...Have a choice of activities that are relevant and appropriate for them.	Minimum of 80% of GRx participants felt the physical activity suggested was appropriate for them.	83	15 of 18 providers
5...Have a choice of activity providers that are relevant and appropriate for them.	Minimum of 80% of GRx participants felt the activity provider suggested was appropriate for them.	83	15 of 18 providers
6...Are motivated to participate in and follow their GRx.	Minimum of 75% of GRx participants are motivated to get/stay physically active.	77	12 of 18 providers
7...Are aware of and understand the benefits of physical activity.	Minimum of 85% of GRx participants are aware of and understand the benefits of physical activity.	77	5 of 18 providers
8...Have noticed positive health changes since being more active.	Minimum of 65% of GRx participants have noticed positive health changes.	71	14 of 18 providers
9...Receive consistent high quality services and support.	Minimum of 80% of GRx participants are satisfied with the overall service and support provided.	80	10 of 18 providers

*Results for Sport Auckland (Auckland and Counties), and CWCST (Canterbury and West Coast) have been counted individually for this table.

*'Non-responses' have been removed from these results.

¹ Note: The KPIs as detailed in the Executive Summary exclude those respondents who did not answer a particular question for some reason. However, in the body of the report non-responses are included. While this has been done to maintain consistency with how the survey has historically been reported, it does result in some discrepancies between figures in the Executive Summary and those reported in the chapters that follow.



KPI 1: Participants are more active since receiving their GRx

61 percent of patients who were issued a GRx 6-8 months ago are spending more time being active now, compared to before their GRx was issued. The remaining patients are either spending the same amount of time being active (28 percent) or less time (11 percent).

Table 2: KPI 1 Indicator: Minimum of 50% of GRx participants are more active after 6-8 months of receiving their GRx

Q8. Compared to the time before you were first prescribed a GRx, are you now spending...?

	Base =	Total 583* %
More time being active		61
About the same amount of time being active		28
Less time being active		11
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who received their prescription between 6-8 months ago and who answered the question.

*Non responses have been removed from these results.

KPI 2: Participants adopt better nutritional habits

65 percent of patients have made changes to their diet since being prescribed their GRx, while 35 percent say they have not made any changes.

Table 3: KPI 2 Indicator: Minimum of 55% of GRx participants have made changes to their diet since receiving their GRx

Q10. Have you made any changes to your food and/or drink intake since being given your GRx?

	Base =	Total 2799* %
No		35
Yes		65
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.

*Non responses have been removed from these results.



KPI 3: Participants receive effective support to maintain activity

73 percent of patients feel more confident about doing physical activity as a result of the support they received from their GRx support person. Just eight percent feel this is not the case.

Table 4: KPI 3 Indicator: Minimum of 70% of GRx participants feel more confident about doing physical activity

Q19g. Now thinking about the service and support you received, 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

	Base =	Total 2654* %
Strongly agree		36
Agree		37
Neither agree nor disagree		20
Disagree		5
Strongly disagree		3
Total		100

Total may not sum to 100% due to rounding.

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

*Non responses have been removed from these results.

KPI 4: Participants have a choice of activities that are relevant and appropriate for them

83 percent of patients feel that they have adequate choices in terms of the physical activities available to them. Just seven percent feel that the options suggested by the support person were not appropriate for them.

Table 5: KPI 4 Indicator: Minimum of 80% of GRx participants felt the physical activity suggested was appropriate for them

Q19b. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements... The physical activity options suggested were appropriate for me

	Base =	Total 2676* %
Strongly agree		35
Agree		47
Neither agree nor disagree		11
Disagree		5
Strongly disagree		2
Total		100

Total may not sum to 100% due to rounding.

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

*Non responses have been removed from these results.



KPI 5: Participants have a choice of activity providers that are relevant and appropriate for them

83 percent of patients feel that the activity provider that was suggested to them, while 17 percent feel that this was not the case.

Table 6: KPI 5 Indicator: Minimum of 80% of GRx participants felt the activity provider suggested was appropriate for them

Q16. Was the activity provider right for you?

	Base =	Total 1931* %
No		17
Yes		83
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those who had contact with a GRx support person and who gave an answer.

*Non responses have been removed from these results.

KPI 6: Participants are motivated to participate in and follow their GRx

77 percent of patients feel their support person motivated them to get or stay physically active. Just eight percent say they were not motivated.

Table 7: KPI 6 Indicator: Minimum of 75% of GRx participants are motivated to get/stay physically active

Q19d. Now thinking about the service and support you received, 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

	Base =	Total 2654* %
Strongly agree		39
Agree		38
Neither agree nor disagree		14
Disagree		5
Strongly disagree		3
Total		100

Total may not sum to 100% due to rounding.

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

*Non responses have been removed from these results.



KPI 7: Participants are aware of and understand the benefits of physical activity

77 percent of patients feel that as a result of their GRx, they now understand the benefits of physical activity. Just six percent feel this is not the case.

Table 8: KPI 7 Indicator: Minimum of 80% of GRx participants are aware of and understand the benefits of physical activity

Q19f. Now thinking about the service and support you received, 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

	Base =	Total 2646* %
Strongly agree		38
Agree		40
Neither agree nor disagree		17
Disagree		4
Strongly disagree		2
Total		100

Total may not sum to 100% due to rounding.

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

*Non responses have been removed from these results.

KPI 8: Participants have noticed positive health changes since being more active

71 percent of participants have noticed positive health changes since taking part in the GRx initiative.

Table 9: KPI 8 Indicator: Minimum of 70% of GRx participants have noticed positive health changes

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

	Base =	Total 2848* %
Yes		71
No		17
Don't know/unsure		12
Total		100

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered this question.

*Non response have been removed from these results.



KPI 9: Participants receive consistent, high quality services and support

Overall, 80 percent of participants are satisfied with the service and support they received from their GRx provider. Just six percent are dissatisfied.

Table 10: KPI 9 Indicator: Minimum of 80% of GRx participants are satisfied with the overall service and support provided

Q20. 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?

Base =	Total 2707* %
Very satisfied	46
Satisfied	35
Neither/nor	13
Dissatisfied	4
Very dissatisfied	3
Total	100

Total may not sum to 100% due to rounding.

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

*Non responses have been removed from these results.



2.0 Introduction

2.1 Background

This report presents the findings from the 18th monitor of the Green Prescription (GRx) initiative. The Ministry commissioned Research New Zealand to undertake the research in March, April and May 2018.

Responsibility for the GRx initiative, including GRx Active Families, was transferred from SPARC to 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

The main objectives of the Green Prescription monitoring research are to allow the Ministry to:

1. Report against performance targets in respect of the GRx initiative.
2. Monitor the level of satisfaction with the GRx patient support service.
3. Monitor the impact of GRx in relation to any changes in physical activity of GRx patients.
4. Report on changes to patients' health and dietary habits since their GRx was issued.
5. Provide feedback to DHBs, the GRx contract holders, GPs and nurses who are prescribing GRx.
6. Provide the Ministry with supporting information for liaison with other Government and non-Government agencies.



2.3 Methodology

The research was conducted as a hybrid self-completion paper-based, telephone and online survey in March, April and May 2018. The population of interest for this survey is GRx patients who had contact with a contract holder over the six months from July-December 2017.

Each GRx contract holder forwarded its patient list to Research New Zealand, identifying a total population of N=20,849 eligible GRx patients. Sampling for the survey was undertaken in three stages. Initially larger contract holders with greater than 700 patients were separated from smaller contract holders. A sample of n=2,343 Māori and Pacific patients was randomly selected from the combined lists of the larger contract holders, proportional to the total number of Māori and Pacific patients on these lists. All patients with known contact details on the lists of smaller contractor holders (n=3,493) were then selected. The third stage of sampling involved selecting a random sample of n=4,164 non-Māori and Pacific patients from the remaining lists of the larger contract holders, proportional to the total number of non-Māori and Pacific patients put forward on each provider's list.

On 12 March 2018, each selected patient was sent a letter on Ministry letterhead inviting them to participate, along with a paper copy of the survey (see Appendix A), and a reply-paid envelope. The letter introduced the survey and its purpose, and also gave instructions for completing the survey on paper or online.

On 9 April 2018, 5,808 patients who had not yet responded were sent a reminder letter and 2,208 were sent a reminder email from Research New Zealand. Commencing 26 April 2018, all sampled Māori and Pacific patients, who had not yet responded, received a reminder call from Research New Zealand. This applied to n=1,407 Māori and Pacific patients and a randomly selected sample of n=1,164 non-Māori and Pacific patients. Of these, 1,174 were able to be contacted during the reminder call period (each was called a maximum of five times). The survey closed on 29 May 2018.

Changes to the questionnaire

The Ministry, with the input of Research New Zealand, reviewed the 2018 questionnaire. For the 2018 survey, four questions in relation to whether patients had been back to see their referrer since they were first issued a GRx were removed.



2.3.1 Participation rate

A total of n=2,940 valid, completed responses were received during the survey period (n=1,934 on paper, n=706 online, and n=300 by telephone). This represents a participation rate of 29.4 percent, compared to 28.4 percent in 2016, 27.1 percent in 2015 and 28.6 percent in 2014. Table 11, on page 16, shows the achieved sample and participation rate for each of the contract holders.

Attempts to maximise participation in the survey included four activities:

1. The reminder letter and email.
2. The reminder phone calls targeted at all Māori and Pacific patients, as well as a randomly selected sample of non-responding non-Māori and Pacific patients.
3. The booster telephone interviews with randomly selected non-respondents from each providers list.
4. The use of a prize draw incentive - three prizes of \$250 gift vouchers of the winners' choice. This was publicised in the invitation letter, questionnaire and the reminder letter.

2.3.2 Weighting and analysis

This year's results were weighted to be representative of the proportion of patients from each contract holder. This is to account for the different sampling criteria applied to large and small contract holders and for the differing participation rates across contract holders. The weighted results for the total sample in the 2018 survey have a maximum margin of error of plus or minus 2.3 percent, at the 95 percent confidence level.

Overall results were tested for significant differences against the demographic variables in the survey, and against the Deprivation Index rating. Where meaningful, statistically significant differences for results of 10 percent or greater for particular subgroups of GRx patients have been commented on and can also be found highlighted in the Supplementary Tabulations in Appendix B. Where differences by a particular demographic characteristic are not noted (e.g. age or gender), this is due to their not being any meaningful statistically significant differences of 10 percent or greater when viewed by that variable. As in previous years, statistically significant differences of less than 10 percent have also been commented on for certain core questions (i.e. main reasons for being prescribed a GRx, positive health outcomes since being on a GRx, and reasons for no longer being on a GRx).

Due to the change in how non-responses are treated in the 2018 survey, comparisons with previous measures are indicative only, and should be treated with caution. For this reason, while previous years' survey results are provided in some figures for the reader's consideration, differences between the 2018 and 2016 survey results are not specifically commented on.



Table 11: Population, sample, and participation rate for each GRx contract holder

GRx contract holder	2018					2016	2015	2014
	Eligible population	Participati on rate	Number Selected	Achieved Sample	Maximum Margin of Error \pm	Participation rate	Participation rate	Participation rate
Sport Northland	1,597	30.3%	813	246	5.7%	25.4%	24.1%	24.6%
Sport Auckland - Auckland	2,474	22.2%	383	85	10.4%	24.6%	21.5%	21.9%
Sport Auckland – Counties	2,979	21.2%	429	91	10.1%	20.9%	28.1%	19.7%
Harbour Sport	2,356	22.8%	813	185	6.9%	20.9%	24.3%	28.6%
Sport Waikato	2,479	27.6%	813	224	6.2%	25.6%	21.2%	29.3%
Sport Gisborne/Tairāwhiti	575	31.0%	575	178	6.1%	29.0%	23.6%	27.0%
Sport Bay of Plenty	1,504	30.0%	813	244	5.7%	29.0%	26.8%	28.3%
Sport Hawke's Bay	615	25.7%	615	158	6.7%	26.8%	21.9%	24.5%
Sport Taranaki	581	21.9%	581	127	7.7%	32.3%	28.7%	34.3%
Sport Whanganui	359	50.4%	359	181	5.1%	52.9%	43.8%	47.6%
Sport Manawatu	816	34.9%	816	285	4.7%	35.4%	43.9%	50.6%
Sport Wellington	1,350	27.1%	813	220	6.0%	27.9%	25.7%	24.4%
Nelson Bays PHO	225	44.4%	225	100	7.3%	35.1%	25.1%	26.5%
CWCST – Canterbury/SCDHB	1,251	32.2%	488	157	7.3%	24.4%	31.8%	35.5%
CWCST - West Coast	954	27.1%	325	88	10.0%	31.3%	30.0%	30.6%
Sport Otago	428	25.9%	428	111	8.0%	27.0%	33.7%	24.9%
Sport Southland	422	34.1%	422	144	6.6%	35.3%	29.8%	27.1%
Marlborough PHO	288	40.3%	288	116	7.0%	36.1%	30.6%	35.4%
Total	20,892	29.4%	10,000	2,940	2.3%	28.4%	27.1%	28.6%

Note: Maximum margins of error have been adjusted to account for the eligible population size of respondents from each contract holder.



3.0 Getting the Green Prescription

In this section, we examine when and why patients received a GRx, who referred them, and what, if any, advice they received on healthy eating.

Key findings

Sixty-nine percent of patients were first referred to GRx by their GP/Doctor.

About one third of this year's patients were issued their first GRx more than eight months ago (35 percent). Just 13 percent had their first GRx issued in the last four months.

- ◆ The main reasons for being issued a GRx continue to be: weight problems, high blood pressure or risk of stroke, arthritis, back pain or problems and stress.

About two thirds reported they have received information on healthy eating (64 percent).

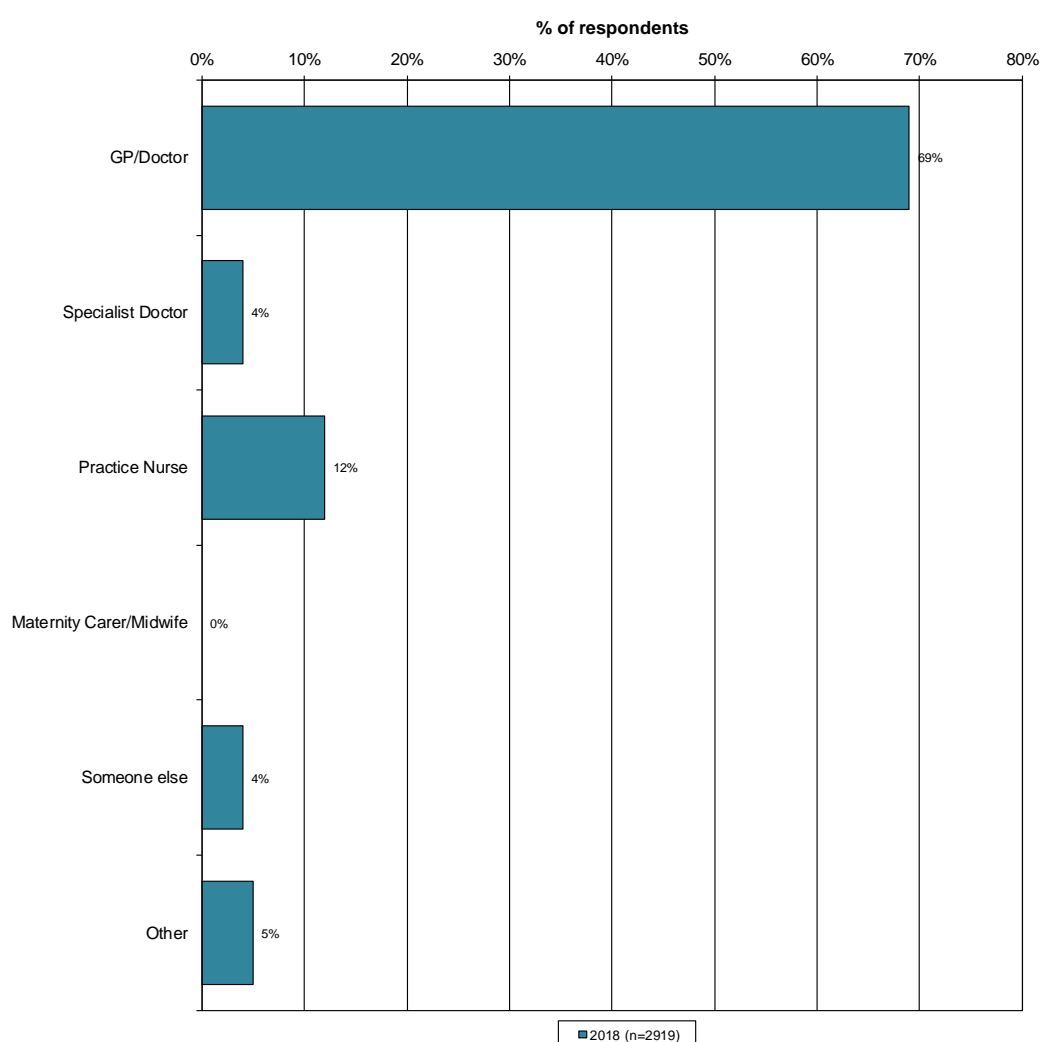


3.1 Green Prescription Referral Source

More than two thirds of all patients (69 percent) were first referred to GRx by their GP/Doctor, while 12 percent were first referred by a Practice Nurse and four percent by a Specialist Doctor (Figure 1). There were no referrals from Lead Maternity Carers.

Figure 1: Green Prescription Referral Source

Q1. Who first referred you to Green Prescription (GRx) for support?

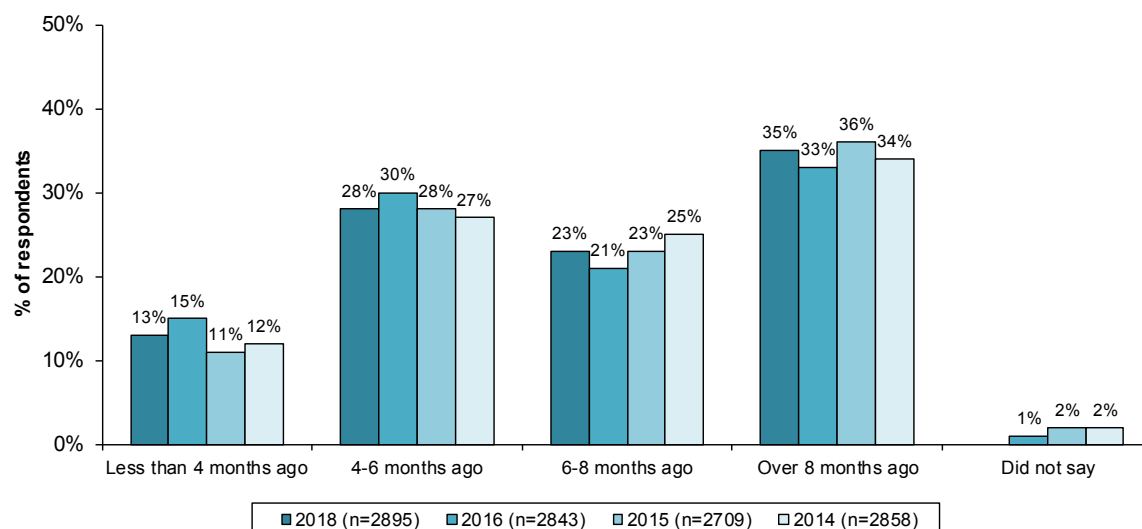




About one third (35 percent) of this year's patients reported they were issued their first GRx more than eight months ago. Thirteen percent had their first GRx issued in the last four months, while the remaining patients were issued their first GRx between 4-6 months ago (28 percent) or 6-8 months ago (23 percent).

Figure 2: Time since first Green Prescription

Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?



Total may not sum to 100% due to rounding.
2018 results exclude non-response.

Significant differences

The following significant differences were observed for the 2018 results (see Appendix B for supplementary tabulations):

◆ Employment Status:

- ◆ Patients who were undertaking studying were more likely to report they were first prescribed a GRx by a GP/Doctor (85 percent, compared to 69 percent overall).

◆ Contract holder:

- ◆ Patients from Sport Bay of Plenty were more likely to report they were first prescribed a GRx by a GP/Doctor (80 percent, compared to 69 percent overall).
- ◆ Patients from Marlborough PHO were more likely to report their referrer first prescribed a GRx for them less than four months ago (25 percent respectively, compared to 13 percent overall).
- ◆ Patients from Sport Whanganui were more likely to report they were first prescribed a GRx more than eight months ago (65 percent, compared to 35 percent overall).

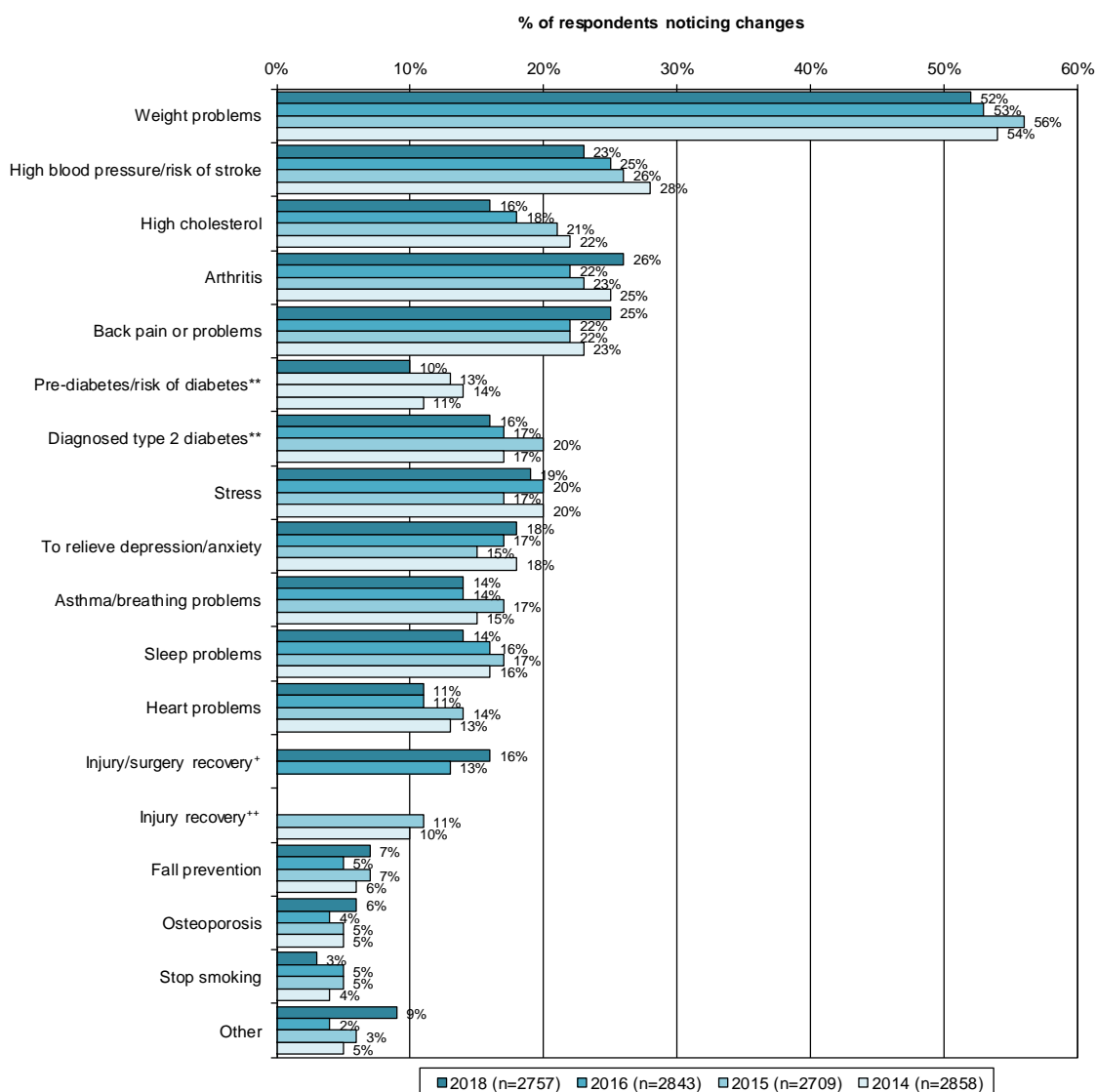


3.2 Main reasons for Green Prescription

When patients were asked to identify the main reasons they were issued a GRx, 52 percent reported it was because of weight problems (Figure 3). Other common reasons included: arthritis (26 percent), back pain or problems (25 percent), high blood pressure or risk of stroke (23 percent), and stress (19 percent).

Figure 3: Main reasons for GP issuing Green Prescription

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



Total may exceed 100% because of multiple response.

2018 results exclude non-response.

**Categories pre-diabetes and diagnosed type 2 diabetes was added in 2014.

*Category "injury/surgery recovery" was added in 2016.

**Category "injury recovery" was deleted in 2016.



Table 12: Main reasons for GP issuing Green Prescription 2013-2015

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

	2018	2016	2015	2014
Base=	2757	2843	2709	2858
	%	%	%	%
Weight problems	52	53	56	54
High blood pressure/risk of stroke	23	25	26	28
Arthritis	26	22	23	25
Back pain or problems	25	22	22	23
To relieve stress	19	20	17	20
High cholesterol	16	18	21	22
Diagnosed type 2 diabetes**	16	17	20	17
To relieve depression/anxiety	18	17	15	18
Sleep problems	14	16	17	16
Asthma/breathing problems	14	14	17	15
Pre-diabetes/risk of diabetes**	10	13	14	11
Injury/surgery recovery^	16	13	-	-
Injury recovery***	-	-	11	10
Heart problems	11	11	14	13
Stop smoking	3	5	5	4
Fall prevention	7	5	7	6
Osteoporosis	6	4	5	5
General fitness	3	3	1	2
Pregnancy^^	1	1	-	-
Cancer**	-	-	3	3
Surgery recovery***	-	-	2	2
Fibromyalgia***	1	-	1	-
Other	9	4	6	5
Did not say/No response	-	7	3	8

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

**Category "cancer" deleted in 2016.

***Category "surgery recovery" and "injury recovery" deleted in 2016.

**Categories pre-diabetes/risk of diabetes and diagnosed type 2 diabetes added in 2014.

***Coded from other specify response

^Category "injury/surgery recovery" added in 2016.

^^Category "pregnancy" added in 2016.



Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged under 25 years were more likely to report they were issued a GRx because of depression and anxiety (36 percent, compared to 18 percent overall).
- ◆ Patients aged 25–34 years old were more likely to report they were issued a GRx because of weight problems (63 percent, compared to 52 percent overall) and/or depression (30 percent, compared to 18 percent overall).
- ◆ Patients aged 35–49 years old were more likely to report they were issued a GRx because of weight problems (70 percent, compared to 52 percent overall).
- ◆ Patients aged 65 plus were more likely to report they were issued a GRx because of arthritis (40 percent, compared to 26 percent overall) and/or high blood pressure/risk of stroke (31 percent, compared to 23 percent overall).

In contrast, patients aged 65 plus were less likely to report they were prescribed a GRx because of weight problems (34 percent, compared to 52 percent overall).

◆ Ethnicity:

- ◆ Māori were more likely to report they were issued a GRx because of weight problems (68 percent, compared to 52 percent overall), high blood pressure/risk of stroke (30 percent, compared to 23 percent overall), asthma/breathing problems (21 percent, compared to 14 percent overall) and/or sleep problems (20 percent, compared to 14 percent overall).
- ◆ Pacific patients were more likely to report they were issued a GRx because of weight problems (62 percent, compared to 52 percent overall) and/or high blood pressure/risk of stroke (36 percent, compared to 23 percent overall).

◆ Employment status:

- ◆ Patients working full time were more likely to say they were issued a GRx because of weight problems (65 percent, compared to 52 percent), while being less likely to be issued a GRx because of arthritis (16 percent, compared to 26 percent overall) and/or back pain or problems (15 percent, compared to 25 percent overall).
- ◆ Unemployed patients were more likely to say they were issued a GRx because of depression/anxiety (29 percent, compared to 18 percent overall).
- ◆ Retired patients were more likely to report they were issued a GRx because of arthritis (38 percent, compared to 26 percent overall), high blood pressure or risk of stroke (30 percent,



compared to 23 percent overall), heart problems (18 percent, compared to 11 percent overall) or fall prevention (15 percent, compared to seven percent overall).

- ◆ Sickness or invalid beneficiaries were more likely to report they were issued a GRx because of depression/anxiety (37 percent, compared to 18 percent overall), back pain or problems (36 percent, compared to 25 percent overall), stress (31 percent, compared to 19 percent overall), high cholesterol and/or sleep problems (both 23 percent, compared to 16 percent and 14 percent, respectively, overall) and/or asthma/breathing problems (21 percent, compared to 14 percent overall).

◆ **Community Services Card:**

- ◆ Patients who have Community Services Cards were more likely to report they were issued a GRx because of arthritis (30 percent, compared to 26 percent overall), back pain or problems (30 percent, compared to 25 percent overall), depression/anxiety (25 percent, compared to 18 percent overall) and/or asthma/breathing problems (18 percent, compared to 14 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they were issued a GRx because of arthritis (38 percent, compared to 26 percent overall), back pain or problems (33 percent, compared to 25 percent overall), injury recovery (21 percent, compared to 16 percent overall).

◆ **Contract holder:**

- ◆ Patients from Nelson Bays PHO and Sport Gisborne/Tairāwhiti were more likely to report they were issued a GRx because of arthritis (48 percent and 39 percent, respectively, compared to 26 percent overall).
- ◆ Patients from Sport Wellington, Sport Hawke's Bay and Sport Otago were more likely to report they were issued a GRx because of weight problems (all 65 percent, compared to 52 percent overall).
- ◆ Patients from Sport Taranaki were more likely to report they were issued a GRx because of fall prevention (20 percent, compared to seven percent overall).



3.2.2 Profile of selected reasons for GRx

This sub-section profiles different types of GRx patients, according to the reason why their GRx was issued.

◆ **Weight Problems:**

- ◆ 52 percent of patients were issued a GRx to help with their weight problem.
 - ◆ Many of these patients also had high blood pressure or risk of stroke (28 percent), stress (26 percent), back pain or problems (26 percent), arthritis (24 percent), depression (24 percent) and/or high cholesterol (21 percent).
- ◆ The main types of activity recommended for these patients were walking (68 percent), swimming (57 percent), water/pool exercises (49 percent) and/or gym exercises (45 percent).
- ◆ 69 percent of these patients have noticed positive changes in their health.
- ◆ 63 percent of these patients are now spending more time being active.
- ◆ 71 percent of these patients have received advice on healthy eating.
- ◆ 76 percent have made changes to their diet since getting their GRx.
- ◆ 73 percent are female.
- ◆ 53 percent have secondary education or no qualifications.
- ◆ 48 percent are aged 45-64 years. Another 29 percent are aged under 45.
- ◆ 47 percent have a long-term disability or impairment.
- ◆ 57 percent are of European descent, 25 percent are Māori and 13 percent are Pacific people.
- ◆ 49 percent have a Community Services Card.
- ◆ 52 percent live in areas with the highest deprivation.

◆ **High Blood Pressure/Risk of Stroke:**

- ◆ 23 percent of patients were issued a GRx because they had high blood pressure or were at risk of stroke.



- ◆ Many of these patients also had weight problems (61 percent), high cholesterol (41 percent), arthritis (35 percent), diagnosed type 2 diabetes (29 percent), back pain or problems (29 percent), sleep problems (26 percent) and/or stress (25 percent).
- ◆ The main types of activity recommended for these patients were walking (69 percent), swimming (58 percent), water/pool exercises (52 percent) and/or gym exercises (43 percent).
- ◆ 73 percent of these patients have noticed positive changes in their health.
- ◆ 62 percent of these patients are now spending more time being active.
- ◆ 68 percent of these patients have received advice on healthy eating.
- ◆ 70 percent have made changes to their diet since getting their GRx.
- ◆ 63 percent are female.
- ◆ 62 percent have secondary education or no qualifications.
- ◆ 46 percent are aged 65 plus. Another 41 percent are aged 45-64 years.
- ◆ 51 percent have a long-term disability or impairment.
- ◆ 53 percent are of European descent, 24 percent are Māori and 16 percent are Pacific people.
- ◆ 52 percent have a Community Services Card.
- ◆ 54 percent live in areas with the highest deprivation.
- ◆ **Arthritis:**
 - ◆ 26 percent of patients were issued a GRx to help with their arthritis.
 - ◆ Many of these patients also had weight problems (47 percent), back pain or problems (40 percent), high blood pressure/risk of stroke (31 percent), high cholesterol (22 percent), stress (24 percent) and/or asthma/breathing problems (21 percent).
 - ◆ The main types of activity recommended for these patients were walking (62 percent), swimming (57 percent), water/pool exercises (56 percent) and/or gym exercises (32 percent).
 - ◆ 72 percent of these patients have noticed positive changes in their health.
 - ◆ 61 percent of these patients are now spending more time being active.



- ◆ 63 percent of these patients have received advice on healthy eating.
- ◆ 64 percent have made changes to their diet since getting their GRx.
- ◆ 78 percent are female.
- ◆ 59 percent have secondary education or no qualifications.
- ◆ 53 percent are aged 65 plus. Another 43 percent are aged 45-64 years.
- ◆ 72 percent have a long-term disability or impairment.
- ◆ 64 percent are of European descent, 18 percent are Māori and 10 percent are Pacific people.
- ◆ 55 percent have a Community Services Card.
- ◆ 51 percent live in areas with the highest deprivation.

◆ **High Cholesterol:**

- ◆ 16 percent of patients were issued a GRx because they had high cholesterol.
 - ◆ Many of these patients also had weight problems (67 percent), high blood pressure or risk of stroke (58 percent), arthritis (35 percent), back pain or problems (35 percent), stress (33 percent) and/or diagnosed type 2 diabetes (30 percent).
- ◆ The main types of activity recommended for these patients were walking (75 percent), swimming (54 percent), water/pool exercises (51 percent) and/or gym exercises (43 percent).
- ◆ 72 percent of these patients have noticed positive changes in their health.
- ◆ 60 percent of these patients are now spending more time being active.
- ◆ 77 percent of these patients have received some advice on healthy eating.
- ◆ 72 percent have made changes to their diet since getting their GRx.
- ◆ 65 percent are female.
- ◆ 63 percent have secondary education or no qualifications.
- ◆ 51 percent are aged 45-64 years. Another 36 percent are aged 65 plus.
- ◆ 52 percent have a long-term disability or impairment.



- ◆ 52 percent are of European descent, 24 percent are Māori and 14 percent are Pacific people.
- ◆ 50 percent have a Community Services Card.
- ◆ 53 percent live in areas with the highest deprivation.

◆ **Diagnosed type 2 diabetes:**

- ◆ 16 percent of patients were issued a GRx because they had been diagnosed with type 2 diabetes.
 - ◆ Many of these patients also suffered from weight problems (59 percent), high blood pressure or risk of stroke (43 percent), high cholesterol (31 percent), arthritis (29 percent), back pain or problems (27 percent), and/or stress (19 percent).
- ◆ The main types of activity recommended for these patients were walking (74 percent), swimming (59 percent), water/pool exercises (48 percent) and gym exercises (45 percent).
- ◆ 74 percent of these patients have noticed positive changes in their health.
- ◆ 62 percent of these patients are now spending more time being active.
- ◆ 78 percent of these patients have received advice on healthy eating.
- ◆ 72 percent have made changes to their diet since getting their GRx.
- ◆ 62 percent are female.
- ◆ 57 percent have secondary education or no qualifications.
- ◆ 48 percent are aged 45-64 years. Another 33 percent are aged 65 plus.
- ◆ 50 percent have a long-term disability or impairment.
- ◆ 47 percent are of European descent, 24 percent are Māori and 17 percent are Pacific people.
- ◆ 51 percent have a Community Services Card.
- ◆ 57 percent live in areas with the highest deprivation.



◆ **Pre-diabetes/risk of diabetes:**

- ◆ 10 percent of patients were issued a GRx because they had been identified as pre-diabetic or at risk of diabetes.
 - ◆ Many of these patients also had weight problems (67 percent), high blood pressure or risk of stroke (39 percent), high cholesterol (36 percent), sleep problems (24 percent) and/or stress (25 percent).
- ◆ The main types of activity recommended for these patients were walking (68 percent), swimming (55 percent), water/pool exercises (49 percent) and/or gym exercises (38 percent).
- ◆ 75 percent of these patients have noticed positive changes in their health.
- ◆ 65 percent of these patients are now spending more time being active.
- ◆ 76 percent of these patients have received advice on healthy eating.
- ◆ 82 percent have made changes to their diet since getting their GRx.
- ◆ 70 percent are female.
- ◆ 52 percent have secondary education or no qualifications.
- ◆ 46 percent are aged 45-64 years. Another 33 percent are aged 65 plus.
- ◆ 49 percent have a long-term disability or impairment.
- ◆ 56 percent are of European descent, 28 percent are Māori and 12 percent are Pacific people.
- ◆ 47 percent have a Community Services Card.
- ◆ 47 percent live in areas with the highest deprivation.

◆ **Stress:**

- ◆ 19 percent of patients were issued a GRx to help with stress.
 - ◆ Many of these patients also had weight problems (70 percent), depression or anxiety (57 percent), sleep problems (41 percent), back pain or problems (41 percent) and/or high blood pressure or risk of stroke (31 percent).
- ◆ The main types of activity recommended for these patients were walking (70 percent), swimming (57 percent), water/pool exercises (48 percent) and gym exercises (46 percent).



- ◆ 68 percent of these patients have noticed positive changes in their health.
- ◆ 61 percent of these patients are now spending more time being active.
- ◆ 65 percent of these patients have received advice on healthy eating.
- ◆ 68 percent have made changes to their diet since getting their GRx.
- ◆ 75 percent are female.
- ◆ 52 percent have secondary education or no qualifications.
- ◆ 48 percent are aged 45-64 years. Another 26 percent are aged under 45 years.
- ◆ 60 percent have a long-term disability or impairment.
- ◆ 63 percent are of European descent, 23 percent are Māori, and 10 percent are Pacific people.
- ◆ 55 percent have a Community Services Card.
- ◆ 53 percent live in areas with the highest deprivation.

◆ **Depression/Anxiety:**

- ◆ 18 percent of patients were issued a GRx to help with depression or anxiety.
 - ◆ Many of these patients also suffer from weight problems (68 percent), stress (59 percent), sleep problems (38 percent), back pain or problems (35 percent) and/or high blood pressure or risk of stroke (26 percent).
- ◆ The main types of activity recommended for these patients were walking (66 percent), swimming (56 percent), water/pool exercises (50 percent) and gym exercises (46 percent).
- ◆ 64 percent of these patients have noticed positive changes in their health.
- ◆ 59 percent of these patients are now spending more time being active.
- ◆ 63 percent of these patients have received advice on healthy eating.
- ◆ 64 percent have made changes to their diet since getting their GRx.
- ◆ 71 percent are female.
- ◆ 53 percent have secondary education or no qualifications.



- ◆ 49 percent are aged 45-64 years. Another 31 percent are aged under 45 years.
- ◆ 60 percent have a long-term disability or impairment.
- ◆ 71 percent are of European descent, 19 percent are Māori, and seven percent are Pacific people.
- ◆ 65 percent have a Community Services Card.
- ◆ 56 percent live in areas with the highest deprivation.

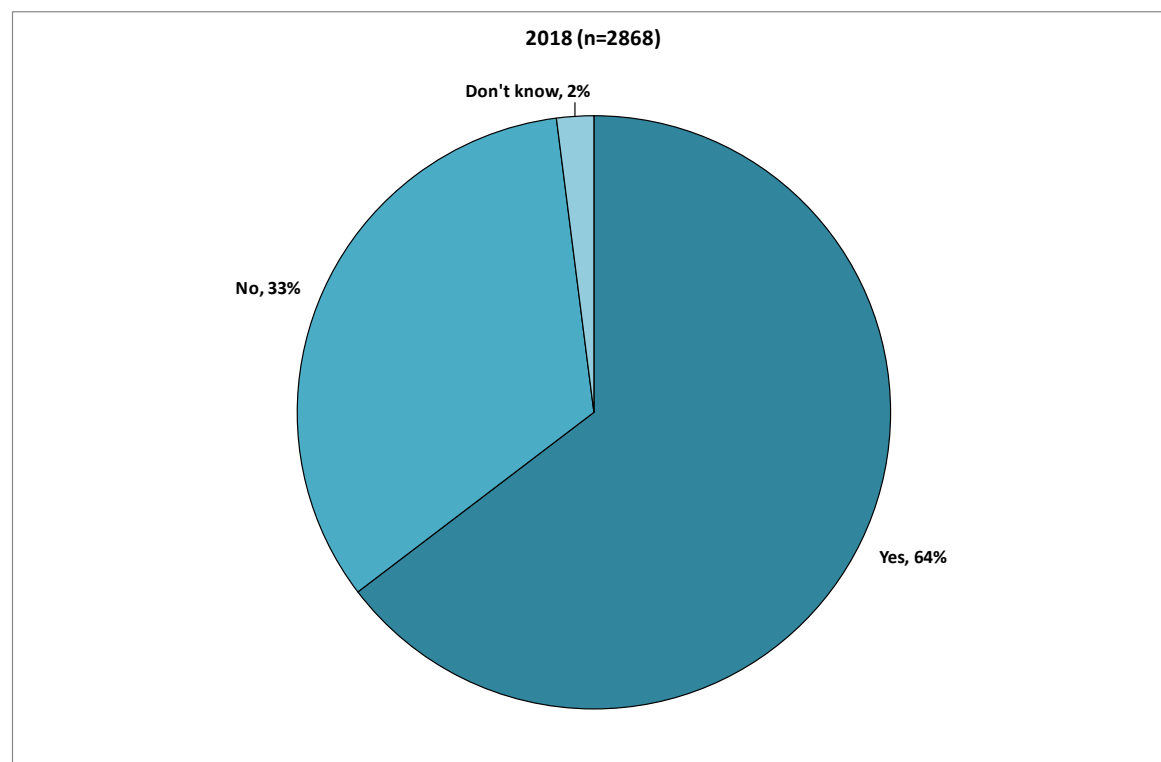


3.3 Advice received on healthy eating

As detailed in Figure 4, 64 percent of patients reported they had received advice on healthy eating.

Figure 4: Advice received on healthy eating (n=2868)

Q9. Have you received any specific advice on healthy eating?



Total may not sum to 100% due to rounding.

Significant differences

The following significant differences were observed for the 2018 survey results:

◆ **Ethnicity:**

- ◆ Māori were more likely to have received specific advice on healthy eating (75 percent, compared to 64 percent overall).

◆ **Overall satisfaction**

- ◆ Satisfied patients were more likely to have received specific advice on healthy eating (71 percent, compared to 64 percent overall), whereas neutral (46 percent) and dissatisfied (59 percent) patients were more likely to have not received such advice (compared to 33 percent overall).



◆ **Contract holder:**

- ◆ Patients from Nelson Bays PHO (82 percent), Sport Southland and Sport Manawatu (79 percent, respectively) and Sport Gisborne/Tairāwhiti (77 percent) were more likely to report they had received advice on healthy eating, compared to 64 percent overall.
- ◆ In contrast, patients from Sport Northland (53 percent), Sport Taranaki (52 percent) and Harbour Sport (45 percent) were more likely to have not received such advice, compared to 33 percent.



4.0 Current status of Green Prescription

This section examines what has happened to patients in the time since their Green Prescription was issued. Specifically, whether patients are still following their GRx, reasons for not following it, any return visits they have made to the referrer and what happened at these subsequent visits.

Key findings

Forty-two percent of patients report they are still following their GRx.

- ◆ The main reasons given by those not following their GRx (either temporarily or permanently) continue to be: injury or health problems, lack of time due to work or family responsibilities and/or a lack of energy. Costs/financial reasons can also be a significant factor for some patients.

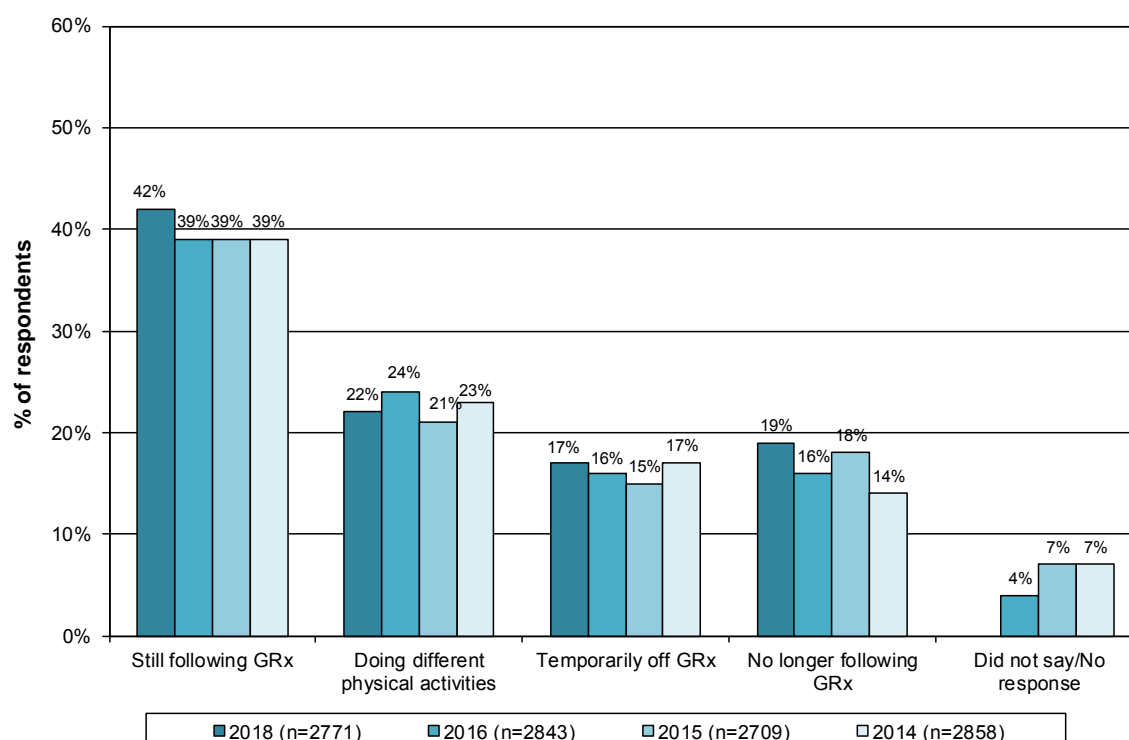


4.1 Current status of Green Prescription

Figure 5 shows that 42 percent of patients this year reported they were still following their GRx. Another 22 percent were doing physical activities different from their GRx. Seventeen percent said they were temporarily off their GRx and 19 percent were no longer following it.

Figure 5: Current status of Green Prescription

Q4. Are you currently...?



Total may not sum to 100% due to rounding.
2018 results exclude non-response.

Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Contract holder:

- ◆ Patients from Marlborough PHO were more likely to still be following their GRx activities (65 percent, compared to 42 percent overall).



Reasons for being off Green Prescription

The main reason for not following their GRx (either temporarily or permanently) continues to be injury or health problems (cited by 32 percent of these patients).

Other impediments were due to lack of time due to work (22 percent), family responsibilities (20 percent), cost/financial reasons (19 percent) and/or a lack of energy (18 percent).

Table 13: Reasons for being off GRx

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

	Base=	2018 904*	2016 1005*	2015 994*	2014 1062*
		%	%	%	%
Injury/health problems		32	30	28	33
Lack of time due to work		22	22	16	17
Lack of time due to family responsibilities		20	20	17	19
It costs too much/financial reasons^		19	16	17	6
Lack of energy/too tired		18	19	13	17
It's too hard to stick to a routine		12	11	10	11
Just didn't want to^		7	7	6	6
Moved elsewhere^		4	2	2	2
Issues with admin/paperwork (not helpful, no follow up etc.)		3	5	3	3
I'm doing other physical activities (not GRx)		3	3	2	5
The programme ran its course/wasn't renewed GRx		3	1	2	2
I'm too old		2	3	3	2
Other		13	12	14	11
Did not say/No response		-	7	11	10

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

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

^Category added to questionnaire in 2015. Previous year's surveys the response was coded from the "other specify" responses. Therefore, comparisons with previous years' surveys are indicative only due to this change.

Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged 35 - 49 years old were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to work commitments (32 percent, compared to 22 percent overall) and/or that they just don't wish to continue (16 percent, compared to seven percent overall).



◆ **Employment status:**

- ◆ Patients working full-time were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to work (54 percent, compared to 22 percent overall).
- ◆ Patients who mainly stay at home were more likely to report being temporarily off or no longer following their GRx because of a lack of time due to family responsibilities (39 percent, compared to 20 percent overall).
- ◆ Retired patients and sickness/invalid beneficiaries are more likely to report being temporarily off or no longer following their GRx because of injury or health problems (46 percent and 45 percent respectively, compared to 32 percent overall).
- ◆ Sickness/invalid beneficiaries are also more likely to report being temporarily off or no longer following their GRx because of cost (33 percent, compared to 19 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report being temporarily off or no longer following their GRx because of injury or health problems (47 percent, compared to 32 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were dissatisfied overall were more likely to report being temporarily off or no longer following their GRx because of issues with admin/paperwork and support (13 percent, compared to three percent overall).



5.0 Changes resulting from the GRx

Positive changes in patients' health, diet and activity levels are key to the success of the GRx initiative. This section examines these changes, as well as whether patients are encouraging others to be more active since being issued with a GRx.

Key findings

71 percent of patients report they have noticed positive changes in their health since they were first issued with a GRx:

- ◆ The main changes that these patients noticed were feeling fitter or stronger, generally feeling better, more energy, weight loss, breathing easier, and feeling less stressed.

Overall, 61 percent of patients say they were spending more time being active now, compared to before their GRx was issued.

- ◆ The main reason given for spending less time being active are illness/injury/health problems.
- ◆ Sixty-seven percent of patients say they have also encouraged others to be more active as a result of their Green Prescription.

65 percent of patients report they have also made changes to their diet since being prescribed their GRx.

- ◆ The most common types of changes include: having less sugar, sugary foods and soft-drinks, eating less junk food or generally eating more healthily, eating smaller meals or eating less, drinking more water and eating more vegetables.



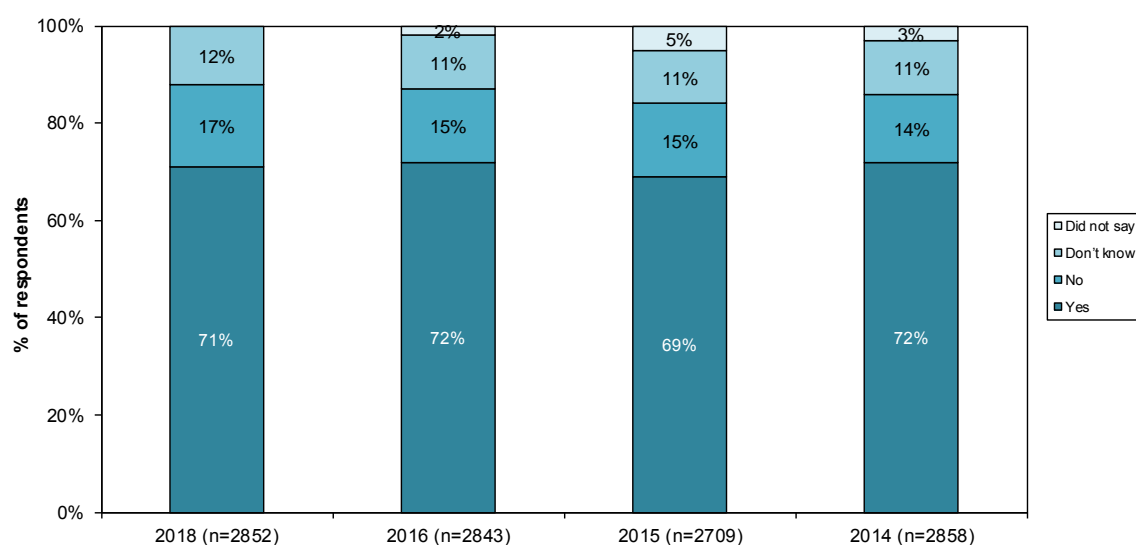
5.1 Positive changes in health

71 percent of patients said they had noticed positive changes in their health since they were first issued with a GRx (Figure 6).

Of those noticing changes, 57 percent said they felt fitter or stronger, 52 percent felt generally better, 43 percent had lost weight, 44 percent had more energy and 32 percent were breathing easier (Figure 7).

Figure 6: Whether positive changes in health have been noticed since first GRx

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

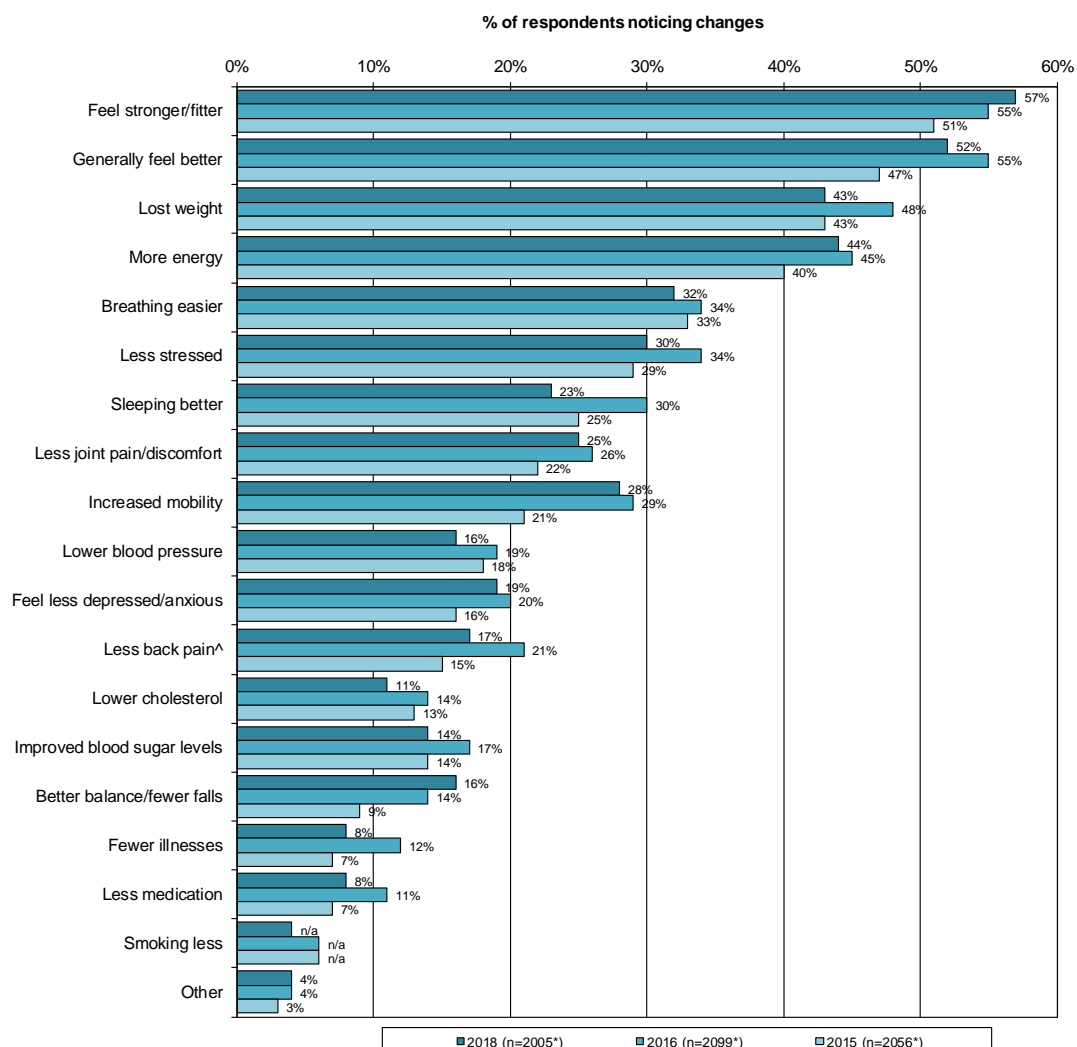


Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 7: Health changes noticed

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



Total may exceed 100% because of multiple response.

2018 results exclude non-response

Note: 2013 results not shown due to insufficient space.

*Sub-sample based on those who had noticed change.

Significant differences

The following significant differences were observed for the 2018 results:

◆ Age:

- ◆ Patients aged 35-49 years were more likely to report they had lost weight (55 percent, compared to 43 percent overall), had more energy (54 percent, compared to 44 percent overall), feeling less stressed (41 percent, compared to 30 percent overall) and/or sleeping better (33 percent, compared to 23 percent overall).



- ◆ Patients aged 65 plus were more likely to report they had less joint pain or discomfort (32 percent, compared to 25 percent overall), had better balance (22 percent, compared to 16 percent overall) and/or they had lower blood pressure (21 percent, compared to 16 percent overall).

◆ **Ethnicity:**

- ◆ Māori patients were more likely to report they had lost weight (52 percent, compared to 43 percent overall), had more energy (51 percent, compared to 44 percent overall), were breathing easier (46 percent, compared to 32 percent overall) and/or feeling less stress (37 percent, compared to 30 percent overall).
- ◆ Pacific patients were more likely to report they had more energy (58 percent, compared to 44 percent overall), lost weight (55 percent, compared to 43 percent), sleeping better (38 percent, compared to 23 percent overall), lower blood pressure (32 percent, compared to 16 percent overall) and/or lower cholesterol (22 percent, compared to 11 percent overall).

◆ **Employment status:**

- ◆ Patients working full-time were more likely to report they had lost weight (53 percent, compared to 43 percent overall), had more energy (52 percent, compared to 44 percent overall) and/or sleeping better (30 percent, compared to 23 percent overall).
- ◆ Unemployed patients were more likely to report they were less depressed/anxious (34 percent, compared to 19 percent overall), and/or had improved blood sugar levels (30 percent, compared to 14 percent overall).
- ◆ Sickness/beneficiary patients were more likely to report they were breathing easier (46 percent, compared to 32 percent).
- ◆ Patients who were currently studying were more likely to report they had lost weight (62 percent, compared to 43 percent overall).

◆ **NZDep Index:**

- ◆ Patients living in areas classified as being most deprived were more likely to report they were breathing easier (38 percent, compared to 32 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to report they had increased mobility (35 percent, compared to 28 percent overall).



◆ **Contract holder:**

- ◆ Patients from Sport Bay of Plenty were more likely to report they feel stronger/fitter (69 percent, compared to 57 percent overall) and/or had lost weight (54 percent, compared to 43 percent overall).
- ◆ Patients from Sport Whanganui were more likely to report they generally felt better (66 percent, compared to 52 percent overall) and/or had less back pain (29 percent, compared to 17 percent overall).



5.2 Changes in activity levels

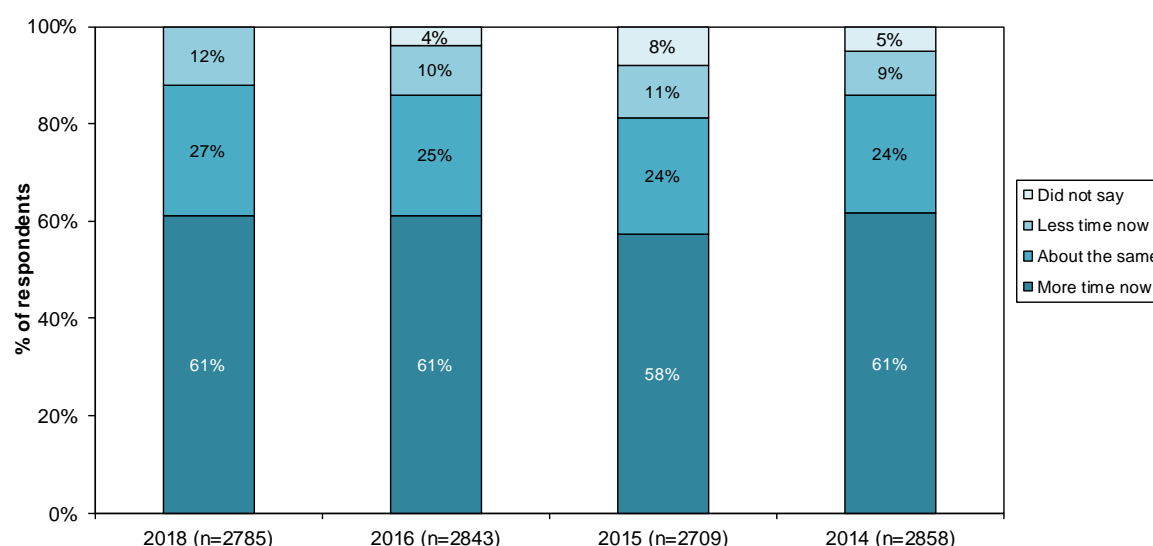
Overall 61 percent of patients reported they were spending more time being active now, compared to before their GRx was issued. The remaining patients were either spending the same amount of time being active (27 percent) or less time (12 percent).

Table 14 shows the levels of activity broken down by the amount of time since the GRx was issued. For those who had a GRx issued 6-8 months ago, 61 percent reported they were spending more time being active. 63 percent of patients who had a GRx issued more than 8 months ago were also spending more time being active.

Patients' reasons for spending the same or less time being active are given in sections 5.2.1 and 5.2.2 overleaf.

Figure 8: Changes in activity levels since GRx was issued

Q8. Compared to the time before you were first prescribed a GRx, are you now spending...?



Total may not sum to 100% due to rounding.



Table 14: Changes in activity levels by time since GRx was issued

Q8. Compared to the time before you were first given a GRx, are you now spending...

		Less than 4 months ago	4 - 6 months ago	6 - 8 months ago	More than 8 months ago
Base =	Total 2785 %	349 %	807 %	585 %	1009 %
More time being active?	61	65	58	61	63
About the same amount of time being active?	27	26	31	28	24
Less time being active?	12	9	11	11	13
Total	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

2018 results exclude non-response

Significant differences

The following significant differences were observed for the 2018 results:

◆ Ethnicity:

- ◆ Māori patients were more likely to report they were spending less time being active, compared to before they got their GRx (16 percent, compared to 12 percent overall).

◆ Employment status:

- ◆ Sickness or invalid beneficiaries were more likely to report they were spending less time being active, compared to before they got their GRx (18 percent, compared to 12 percent overall).

◆ NZDep Index:

- ◆ Patients living in areas classified as being least deprived were more likely to report they were spending about the same time being active, compared to before they got their GRx (34 percent, compared to 27 percent overall).

◆ Overall satisfaction:

- ◆ Patients who were satisfied overall were more likely to report they were no spending more time being active, compared to before they got their GRx (69 percent, compared to 61 percent overall), while those who were neutral or dissatisfied were more likely to report spending about the same amount of time being active (45 percent and 50 percent, respectively, compared to 27 percent overall).



◆ **Contract holder:**

- ◆ Patients from Marlborough PHO were more likely to report they were spending more time being active, compared to before they got their GRx (75 percent, compared to 61 percent overall).

5.2.1 Reasons for spending the same amount of time being active

Patients were asked to identify the reasons why they were spending about the same amount of time being active now, as they were before their GRx.

The most frequently identified reasons included: illness, injury, pain or a medical condition (25 percent), increased workload/long hours/work commitments (13 percent) and already active enough (9 percent).

Table 15, below, shows all the reasons cited by at least one percent of patients.

Table 15: Reasons for spending about the same amount of time being active

Q8a. If spending about the same amount of time being active, why is this?

	Base=	2018 549* %	2016 727* %	2015 429* %	2014 436* %
Illness/injury/operation/pain/medical condition preventing, recovering		25	22	24	28
Increased workload/long hours/work commitments		13	16	12	8
Already doing enough, already/always been active/happy with what doing		9	12	17	13
Lack of motivation/laziness/depression^		6	9	6	7
Family responsibilities		5	9	7	10
Too busy/no time		10	8	11	9
Not doing specified type of activity/level of activity		2	7	0	6
Lack energy/tired		2	6	2	3
Other commitments, holidays		2	4	3	6
Difficulty getting into, or lost, routine/didn't get into a habit		2	3	3	2
Costs/fees of activity too expensive		2	3	4	3
GRx has not helped		4	2	1	0
Lack of support		-	1	2	1
Getting too old/no longer up to it		1	2	1	1
Weather/darkness		1	1	1	1
Other miscellaneous reasons		23	15	14	21
No particular reason		-	1	0	0
Don't know		-	0	1	0

Total may exceed 100% because of multiple response

2018 results exclude non-response.

^Category coded from other responses.

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



Significant differences

The following significant differences were observed:

◆ Age:

- ◆ Patients aged 50 to 64 were more likely to report they were spending about the same amount of time being active because of increased workloads, longer hours or work commitments (24 percent, compared to 13 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to report they were spending about the same amount of time being active because of increased workloads, longer hours or work commitments (27 percent, compared to 13 percent overall).

◆ Employment status:

- ◆ Patients who work full-time were more likely to report they were spending about the same amount of time being active because of increased workloads, longer hours or work commitments (36 percent, compared to 13 percent overall).
- ◆ Sickness or invalid beneficiaries were more likely to report they were spending about the same amount of time being active because of illness or injury (44 percent, compared to 25 percent overall).

◆ Overall satisfaction:

- ◆ Dissatisfied patients were more likely to report they were spending about the same amount of time being active because their GRx has not helped (21 percent, compared to four percent overall).



5.2.2 Reasons for spending less time being active

Table 16 summarises the main reasons patients are spending less time being active now, compared to before they were issued with their GRx.

Forty-nine percent reported they were spending less time being active now because of illness, injury, pain or health problems. This was distantly followed by a lack of motivation (12 percent), and/or work commitments (11 percent).

Table 16: Reasons for spending less time being active

Q8b. If spending less time being active, why is this?

	2018	2016	2015	2014	2013
Base=	205*	287*	189*	182*	263*
	%	%	%	%	%
Illness/injury/operation/pain/health problems	49	41	42	44	34
Lack of motivation/laziness/depression	12	16	13	16	7
Increased workload/long hours/work commitments	11	11	13	10	2
Too busy/no time, other priorities/commitments (including study)	8	3	10	15	5
Family responsibilities (incl. pregnancy, home issues)	6	10	8	5	6
Lack energy/tired	6	6	5	5	6
Costs/fees of activity too expensive	5	4	2	2	4
Weather/darkness/daylight saving over	-	3	3	2	0
Not doing specified type of activity	1	0	1	2	4
Other miscellaneous reasons	15	18	11	11	10
No particular reason	-	0	0	0	1
Don't know	-	0	0	0	0

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

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

Significant differences

The following significant differences were observed:

◆ Employment status:

- ◆ Patients who work full-time were more likely to report they were spending less time being active because of increased workloads, longer hours or work commitments (34 percent, compared to 11 percent overall).

◆ Disability:

- ◆ Patients with a long-term disability or impairment were more likely to report they were spending less time being active because of illness/injury/operation/pain/health problems (69 percent, compared to 49 percent overall).

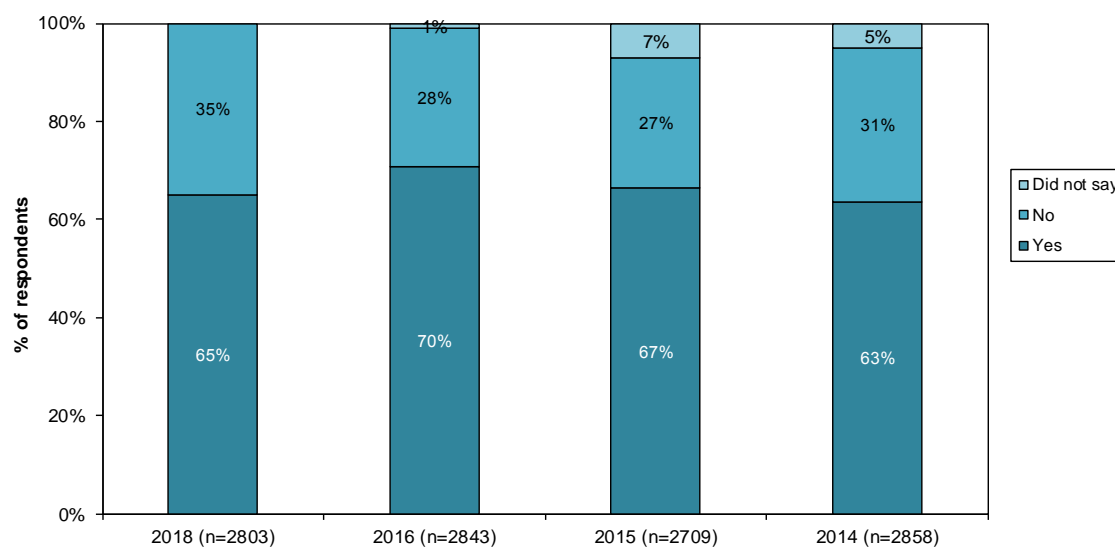


5.3 Changes in diet

Sixty-five percent of patients reported they had made changes to their diet since being prescribed their GRx. The types of changes made are examined in section 5.3.1, overleaf.

Figure 9: Changes to diet since Green Prescription

Q10. Have you made any changes to your food and/or drink intake since being given your GRx?



Total may not sum to 100% due to rounding.
2018 results exclude non-response.



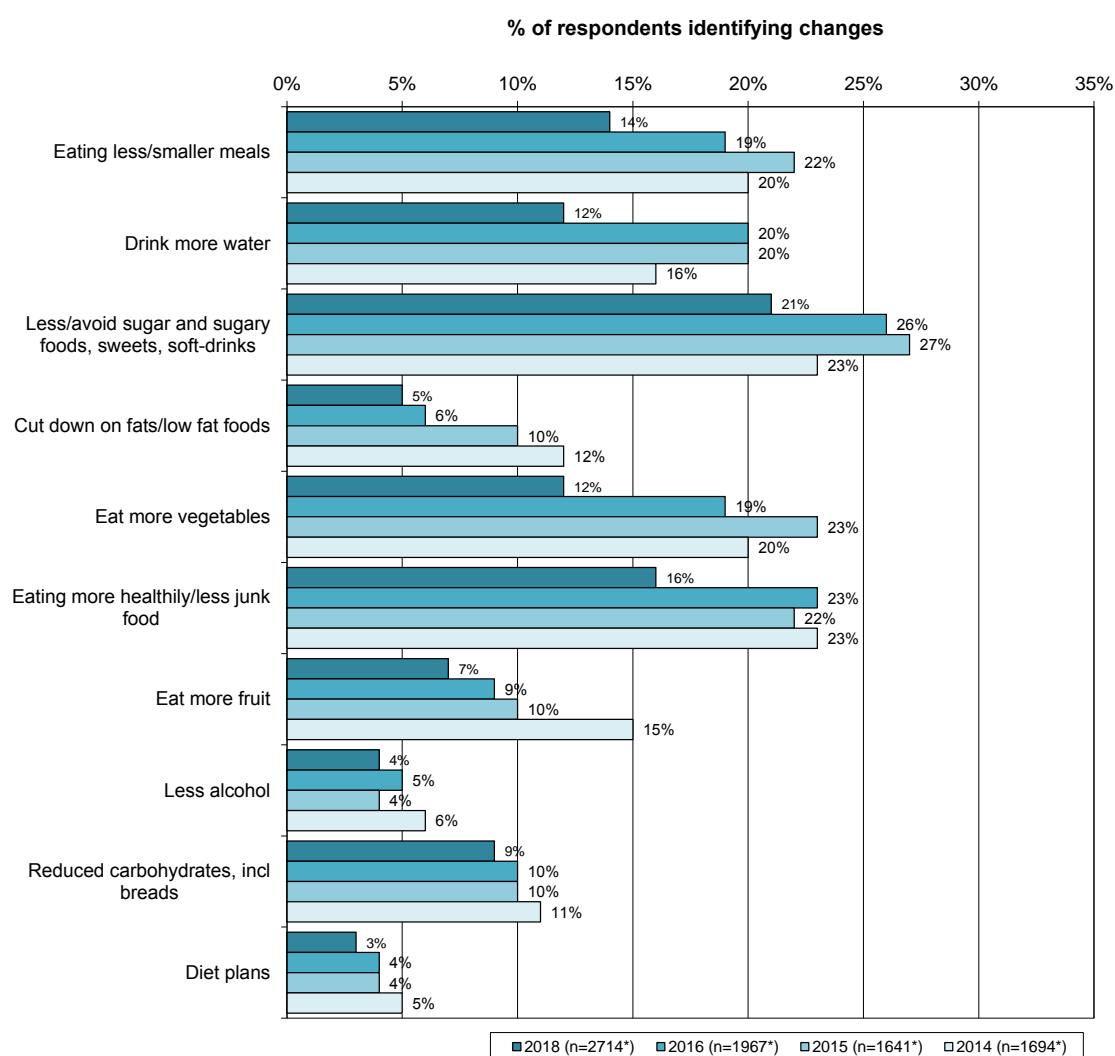
5.3.1 Types of changes made to diet

Figure 10 shows the most common changes patients made to their diets were: having less sugar and sugary foods, sweets and soft drinks (21 percent), eating more healthily or less junk food (16 percent), eating less or smaller meals (14 percent), drinking more water and/or eating more vegetables (12 percent respectively).

Other, less commonly cited reasons are shown in Table 17 on page 49.

Figure 10: Types of changes to diet since Green Prescription

Q10a. What changes?



Total may exceed 100% because of multiple response.

2018 results exclude non-response.

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



Table 17: Other changes made to diet

Q10a. What changes (other)?

	2018	2016	2015	2014	2013
Base=	2714*	1967*	1641*	1694*	1884*
	%	%	%	%	%
Less takeaways/ fast food	2	5	4	3	3
No snacking/regular meals, breakfasts	3	4	3	5	5
Eat less (red) meat/more fish	3	4	3	4	4
Reading labels on food^	2	3	2	3	2
Less dairy	1	2	2	3	3
Less coffee/tea	2	2	1	1	2
Cut down on salt use	2	2	4	3	3
More protein	1	1	1	2	2
More grain breads, fibre or similar	1	1	2	2	2
Supplements, dietary	-	0	1	1	0
Other miscellaneous reasons	5	11	13	12	9
No particular changes	36	0	0	0	0
Don't know	-	0	0	0	0

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who said what changes they have made to their food and/or drink intake.

Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged 50-64 years were more likely to report they had made changes to their food and/or drink intake since being given their GRx (72 percent, compared to 65 percent overall).
- ◆ Patients aged 65 plus were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (43 percent, compared to 35 percent overall).

◆ Ethnicity:

- ◆ Pacific and Māori patients were more likely to report they had made changes to their food and/or drink intake since being given their GRx (75 percent and 74 percent respectively, compared to 65 percent overall).

◆ Employment status:

- ◆ Patients working full-time (73 percent), at home (75 percent) and students (80 percent) were more likely to report they had made changes to their food and/or drink intake since being given their GRx, compared to 65 percent overall.



- ◆ Retired patients were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (44 percent, compared to 35 percent overall).
- ◆ **Overall satisfaction:**
 - ◆ Satisfied patients were more likely to report they had received specific advice on healthy eating (71 percent, compared to 64 percent overall).
- ◆ **Contract holder:**
 - ◆ Patients from Sport Taranaki and Sport Northland were more likely to report they had not made changes to their food and/or drink intake since being given their GRx (50 percent and 47 percent respectively, compared to 35 percent overall).

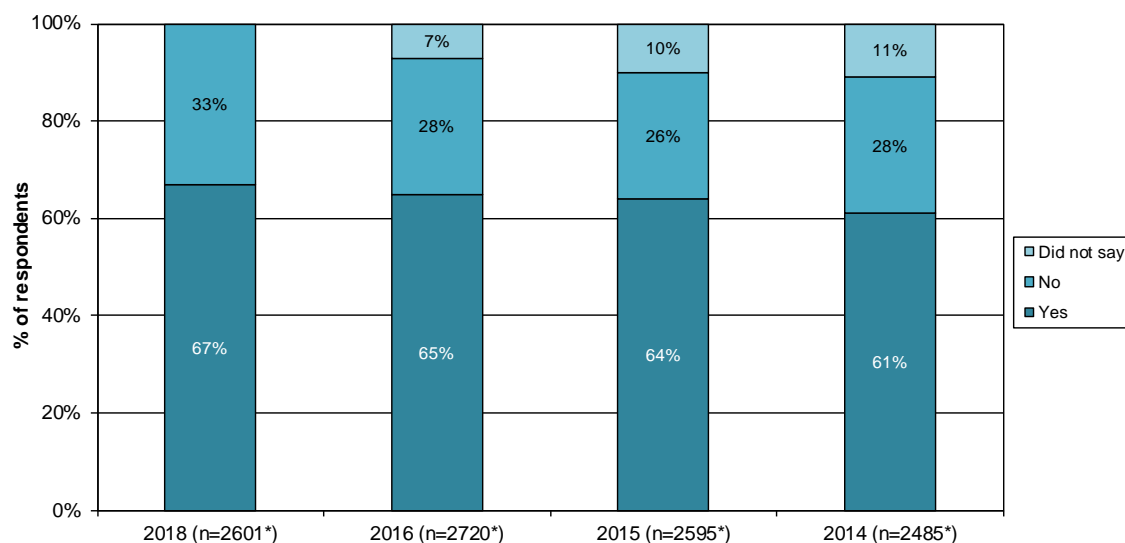


5.4 Encouraging others to be active

Sixty-seven percent of patients had encouraged others to be more active as a result of their GRx (Figure 11), which is similar to that reported last year.

Figure 11: Encouraging others to be active

Q17. As a result of your GRx experience, have you encouraged others to become more active?



Total may not sum to 100% due to rounding.

2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant difference was observed for the 2018 results:

◆ Ethnicity:

- ◆ Pacific patients were more likely to report that they had encouraged others to become more active (83 percent, compared to 67 percent overall).

◆ Overall satisfaction:

- ◆ Patients who were satisfied overall were more likely to report that they had encouraged others to become more active (76 percent, compared to 67 percent overall).

◆ Contract holders:

- ◆ Patients from Gisborne/Tairāwhiti and Sport Whanganui were more likely to report that they had encouraged others to become more active (both 79 percent, compared to 67 percent overall).



6.0 Contact with GRx support person

Once prescribed a GRx, patients are supposed to make contact with or be contacted by their assigned support person. This section examines:

- ◆ The nature of the initial contact with the support person and the activities the support person suggested.
- ◆ The types of providers they were referred to, if any and what follow-up support they have received.
- ◆ Who they do physical activity with.

Key findings

In most cases (64 percent), the support person contacted patients first. Twenty-seven percent of patients visited the support person, while relatively few patients called the phone number provided (four percent) or had not yet had any contact with their GRx support person (five percent).

- ◆ The main activities recommended by the GRx support people continue to be walking, swimming, water/pool exercises and gym exercises.

In cases where there has been contact, 71 percent of patients report their GRx support person referred them to an activity provider. The main activity providers recommended to patients are swimming pools and gyms.

- ◆ Eighty-two percent of those referred thought the activity provider was appropriate for them.

After their first contact, just six percent of patients said they have not received any follow-up contact or support from their GRx support person. Where follow-up has occurred, it was mostly by phone (54 percent) or through face-to-face contact (43 percent).

About one third of patients report their GRx support person has given them an extension for longer support (38 percent).

In terms of who patients do physical activity with, 74 percent say they are active on their own, while 30 percent are active with adult family members and 22 percent with friends.

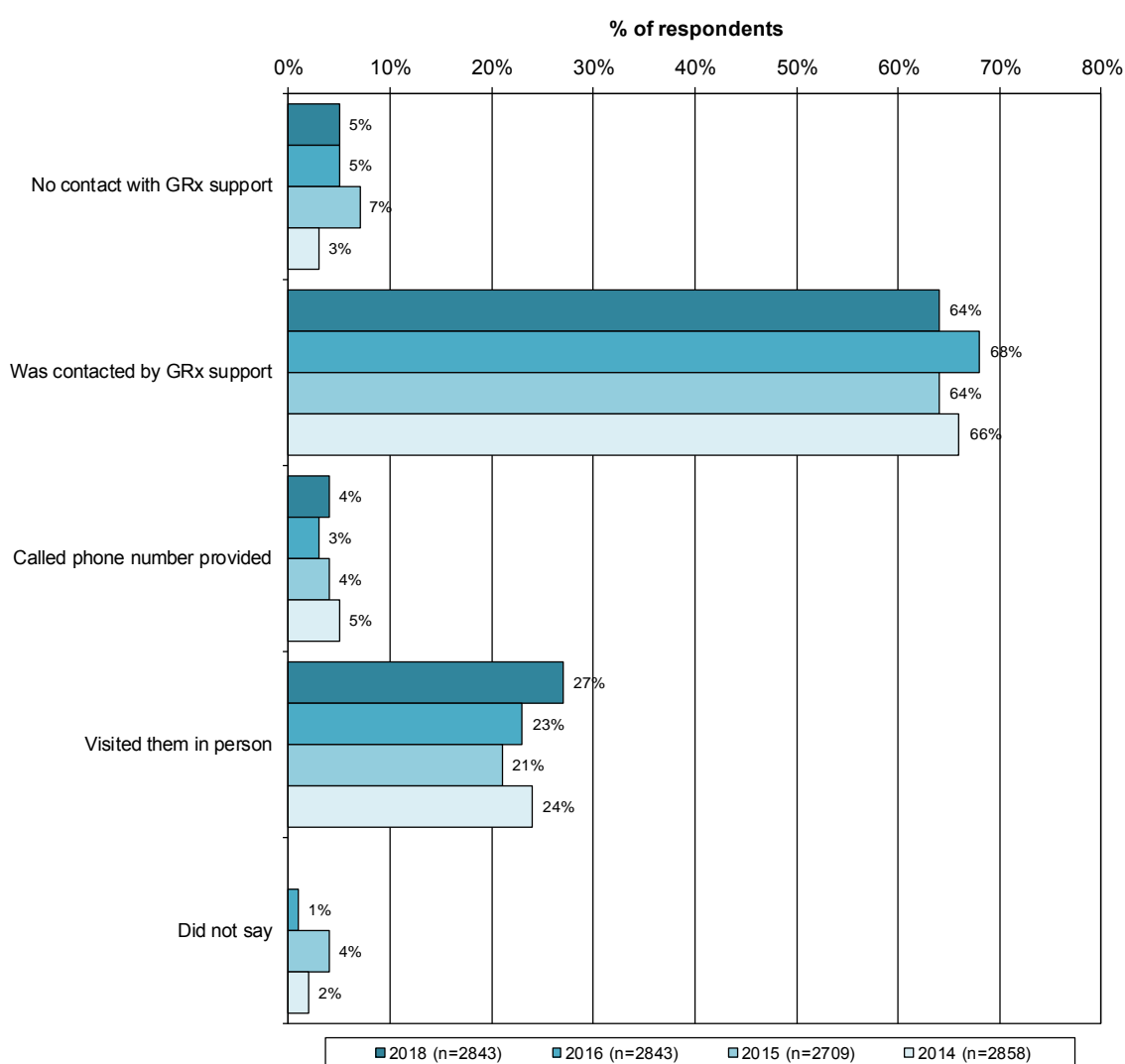


6.1 Initial contact with the GRx support person

About two-thirds of patients reported that their GRx support person contacted them first (64 percent), while 27 percent visited them in person, and four percent called the number provided. Five percent said they had not had any contact with the GRx support person.

Figure 12: First contact with the GRx support person

Q11. How was contact first made with the GRx support person?



Total may exceed 100% because of multiple response.
2018 results exclude non-response.



Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged 65 years plus were more likely to report they went to see their support person in person (33 percent, compared to 27 percent overall).

◆ Employment:

- ◆ Patients working part-time and full-time were more likely to report their GRx support person contacted them first (74 percent and 71 percent respectively, compared to 64 percent overall).
- ◆ Retired patients were more likely to report they went to see their support person in person (34 percent, compared to 27 percent overall).

◆ Education:

- ◆ Patients with no qualifications were more likely to report they went to see their support person in person (33 percent, compared to 27 percent overall).

◆ Contract holder:

- ◆ Patients from Spot Southland (90 percent), Sport Taranaki (87 percent), Sport Hawke's Bay (81 percent) and Nelson Bays PHO (80 percent) were more likely to report that their support person contacted them first (compared to 64 percent overall).
- ◆ Patients from Sport Bay of Plenty were more likely to report they went to see their support person in person (37 percent, compared to 27 percent overall).

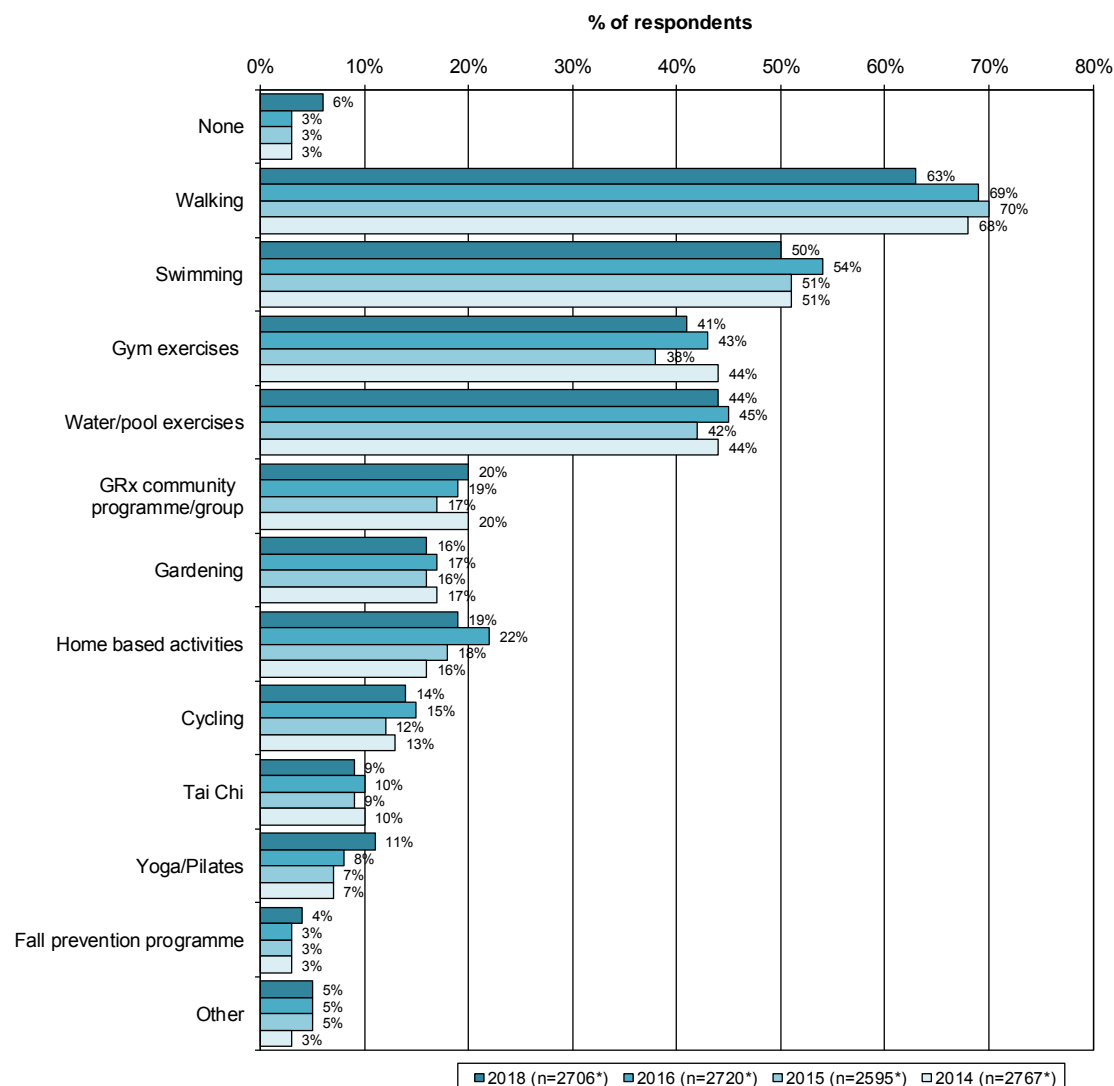


6.2 Activities suggested by GRx support person

The main activities recommended by GRx support people continue to be walking (63 percent), swimming (50 percent) and water/pool exercises (44 percent).

Figure 13: Activities suggested by the GRx support person

Q14. What, if any, physical activities did the GRx support person suggest to you?



Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.



Significant differences

The following significant differences were observed for the 2018 results:

◆ Age:

- ◆ Patients aged under 25 years and those aged 35 to 49 years were more likely to report that their GRx support person suggested they take up gym exercises (58 percent and 48 percent, respectively, compared to 41 percent overall).
- ◆ Patients aged under 25-34 years were more likely to report that their GRx support person suggested they take up other home base activities (e.g. exercycle/treadmill; 29 percent, compared to 19 percent overall).
- ◆ Patients aged 50-64 years were more likely to report that their GRx support person suggested they take up swimming (56 percent, compared to 50 percent overall) or water/pool exercise (51 percent, compared to 44 percent overall).
- ◆ Patients aged 65 years plus were more likely to report that their GRx support person suggested they take up gardening (21 percent, compared to 16 percent overall) and/or Tai Chi (13 percent, compared to nine percent overall)

◆ Gender:

- ◆ Males were more likely to report their GRx support person suggested they take up gym exercises (47 percent, compared to 41 percent overall) and/or cycling (20 percent, compared to 14 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to report their GRx support person suggested they take up swimming (63 percent, compared to 50 percent overall).
- ◆ Pacific patients were more likely to report their GRx support person suggested they take up gardening (27 percent, compared to 16 percent overall).

◆ Employment status:

- ◆ Retired patients were more likely to report their GRx support person suggested they take up gardening (21 percent, compared to 16 percent overall), Tai chi (14 percent, compared to nine percent overall) and/or join a GRx Community programme/group (24 percent, compared to 20 percent overall).
- ◆ Sickness/invalid beneficiaries were more likely to report their GRx support person suggested they take up swimming (59 percent, compared to 50 percent overall).



- ◆ Students were more likely to report their GRx support person suggested they take up gym exercises (63 percent, compared to 41 percent overall).
- ◆ **Education:**
 - ◆ Patients with post-secondary qualifications were more likely to report their GRx support person suggested they take up walking (69 percent, compared to 63 percent overall), swimming (57 percent, compared to 50 percent overall) or gym exercises (50 percent, compared to 41 percent overall).
- ◆ **Disability:**
 - ◆ Patients with a disability or impairment were more likely to report their GRx support person suggested they take up swimming (55 percent, compared to 50 percent overall) and/or water/pool exercises (53 percent, compared to 44 percent).
- ◆ **Overall satisfaction:**
 - ◆ Neutral and dissatisfied patients were more likely to report their GRx support person did not make any suggestions (13 percent and 21 percent, respectively, compared to six percent overall).
- ◆ **Contract holder:**
 - ◆ Patients from Sport Southland (79 percent), Sport Otago (77 percent) and Sport Bay of Plenty (76 percent) were more likely to report their GRx support person suggested they take up walking (compared to 63 percent overall).
 - ◆ Patients from Nelson Bays PHO were more likely to report their GRx support person suggested they take up water/pool exercises (77 percent, compared to 44 percent overall), gardening (35 percent, compared to 16 percent overall) and Cycling (30 percent, compared to 14 percent overall).
 - ◆ Patients from Gisborne/Tairāwhiti and Sport Whanganui were more likely to report their GRx support person suggested they take up water/pool exercises (both 59 percent, compared to 44 percent overall).
 - ◆ Patients from Canterbury/West Coast were more likely to report their GRx support person suggested they take up Tai chi or Yoga/Pilates (19 percent, respectively, compared to nine and 11 percent, respectively, overall).
 - ◆ Patients from Sport Hawke's Bay were more likely to report their GRx support person suggested they take up cycling (30 percent, respectively, compared 14 percent overall).



- ◆ Patients from Sport Manawatu were more likely to report their GRx support person suggested they take join a GRx Community programme/group (30 percent, respectively, compared 20 percent overall).
- ◆ Patients from Marlborough PHO were more likely to report their GRx support person suggested they take up water/pool exercises (63 percent, compared to 44 percent overall) or Tai chi (26 percent, compared to nine percent overall).



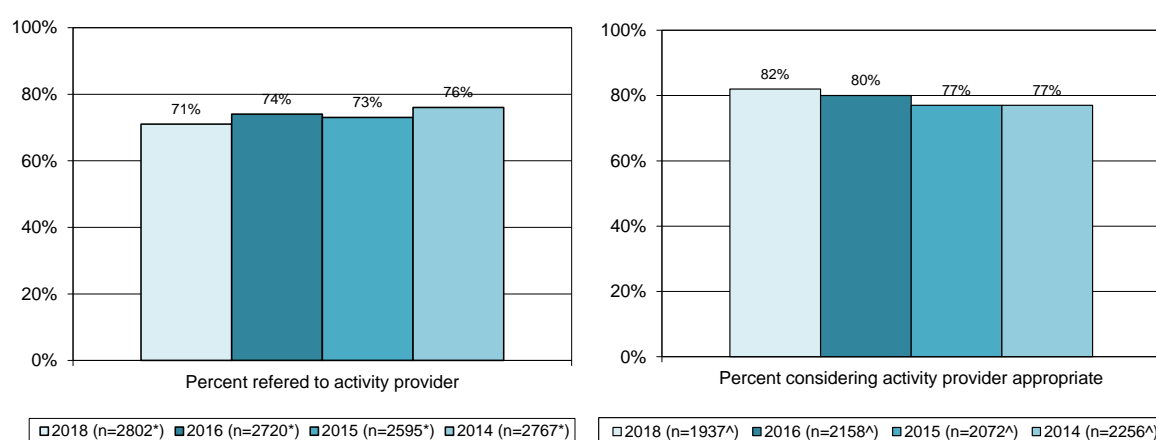
6.3 Referrals to activity providers

Seventy-one percent of patients reported that their support person referred them to an activity provider. The main activity providers patients were referred to were swimming pools (51 percent) and gyms (45 percent). Eighty-two percent of those who were referred to a provider felt it was appropriate for them.

Figure 14 and 15: Referrals to activity provider and percent who considered the provider was appropriate

Q15. Were you referred to any of the following activity providers?

Q16. Was the activity provider right for you?



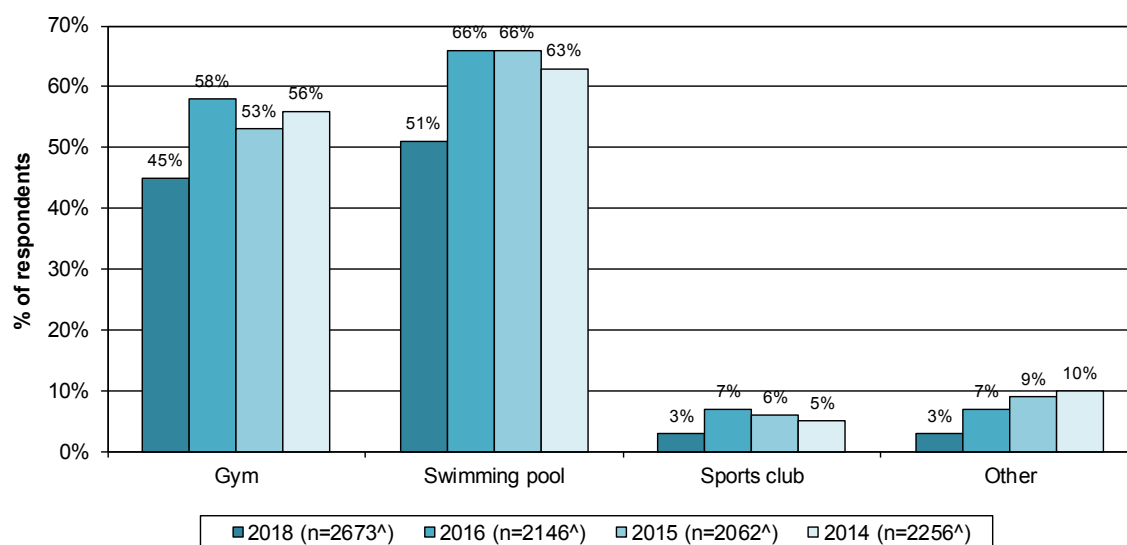
2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

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

Figure 16: Type of activity provider referred to

Q15. Were you referred to any of the following activity providers?



2018 results exclude non-response.

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



Significant differences

The following significant differences were observed:

◆ **Age:**

- ◆ Patients aged under 25 years were more likely to be referred to a gym (63 percent, compared to 45 percent overall).
- ◆ Patients aged 50-64 years were more likely to be referred to a swimming pool (58 percent, compared to 51 percent overall).

◆ **Gender:**

- ◆ Male patients were more likely to be referred to a gym (54 percent, compared to 45 percent overall).

◆ **Ethnicity:**

- ◆ Māori patients were more likely to be referred to a swimming pool (59 percent, compared to 51 percent overall).

◆ **Employment status:**

- ◆ Sickness/invalid beneficiaries were more likely to be referred to a swimming pool (62 percent, compared to 51 percent overall).
- ◆ Those who were unemployed and actively seeking a job were more likely to report they were referred to a sports club (11 percent, compared to three percent overall).

◆ **Education:**

- ◆ Patients with no qualifications were more likely to be referred to a swimming pool (58 percent, compared to 51 percent overall).

◆ **Disability:**

- ◆ Patients with a long-term disability or impairment were more likely to be referred to a swimming pool (60 percent, compared to 51 percent overall).

◆ **NZDep:**

- ◆ Patients living in areas classified as being least deprived were more likely to report they had been referred to a swimming pool (56 percent, compared to 51 percent overall).

◆ **Overall satisfaction:**



- ◆ Neutral and dissatisfied patients were more likely to report they had not been referred to any provider (42 percent and 48 percent, respectively, compared to 25 percent overall).

◆ **Contract holder:**

- ◆ Patients from Sport Auckland/Counties (59 percent), Harbour Sport (57 percent) and Sport Bay of Plenty (55 percent) were more likely to be referred to a gym (compared to 45 percent overall).
- ◆ Patients from Sport Whanganui (73 percent), Gisborne Tairāwhiti (72 percent), Nelson Bays PHO (71 percent), Sport Hawke's Bay (67 percent) and Marlborough PHO (66 percent) were more likely to report being referred to a swimming pool (compared to 51 percent overall).
- ◆ Patients from Sport Waikato were more likely to report they had not been referred to any activity provider (43 percent, compared to 25 percent overall).

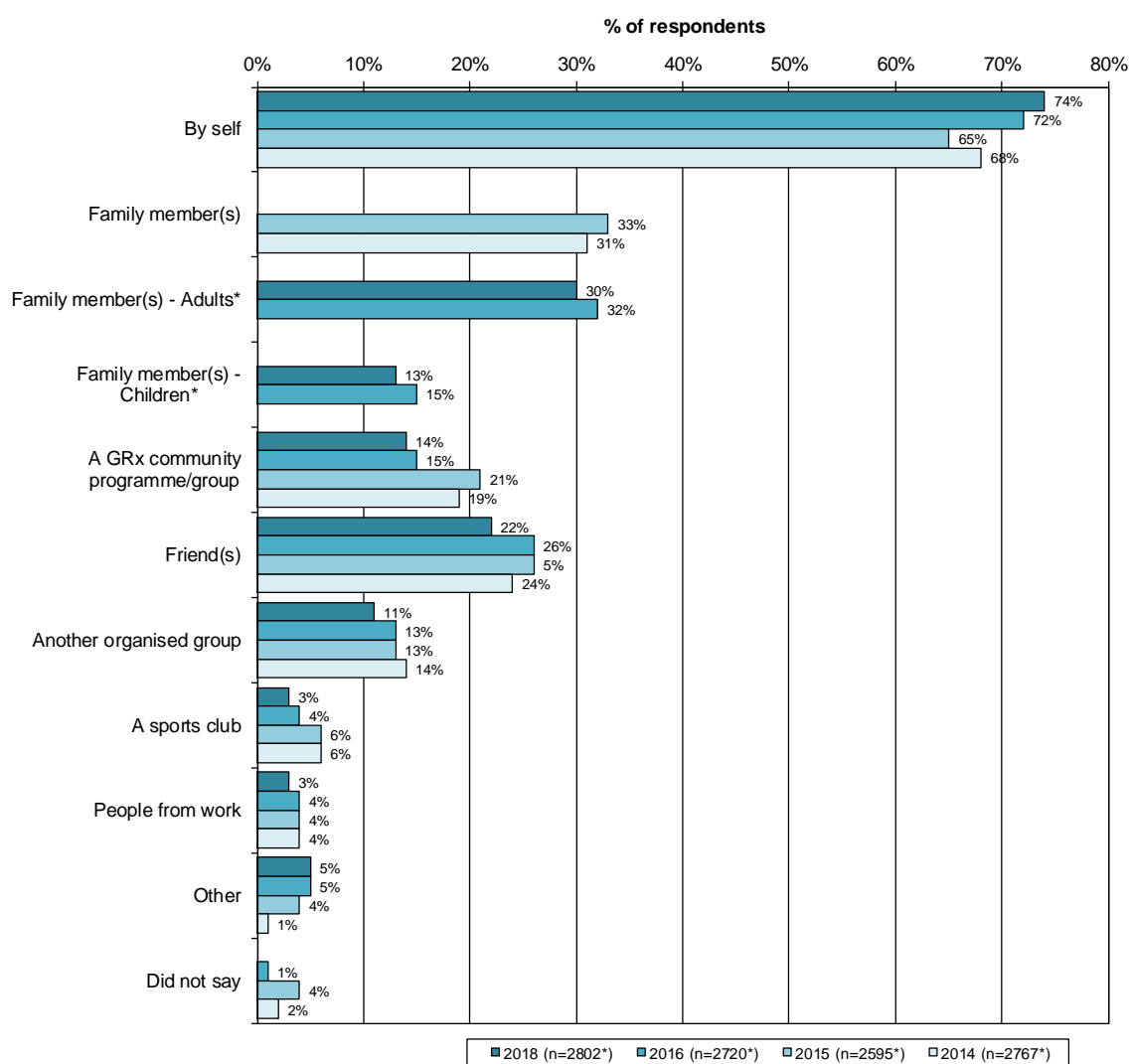


6.4 Companions when doing physical activity

When patients were asked who they do physical activity with, 74 percent reported that they exercise on their own, while 30 percent said they exercise with adult family members and 22 percent with friends (Figure 17).

Figure 17: Companions when doing physical activity

Q18. When you do physical activity, who is it with?



Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

*Categories added in 2016.



Significant differences

The following significant differences were observed:

◆ Age:

- ◆ Patients aged under 25 years were more likely to undertake physical activity with adult family members (51 percent, compared to 30 percent overall) and/or friends (38 percent, compared to 22 percent overall).
- ◆ Patients aged 25 to 34 years were more likely to undertake physical activity with adult family members (44 percent, compared to 30 percent overall), child family members (26 percent, compared to 13 percent overall), friends (35 percent, compared to 22 percent overall).
- ◆ Patients aged 35 to 49 years were more likely to undertake physical activity with child family members (27 percent, compared to 13 percent overall).
- ◆ Patients aged 65 plus were more likely to undertake physical activity with a GRx community programme/or group (22 percent, compared to 14 percent overall) and/or another organised group (15 percent, compared to 11 percent overall).

◆ Ethnicity:

- ◆ Māori patients were more likely to undertake physical activity with friends (28 percent, compared to 22 percent overall).
- ◆ Pacific patients were more likely to undertake physical activity with child family members (26 percent, compared to 13 percent overall).

◆ Employment status:

- ◆ Patients working full-time were more likely to undertake physical activity by themselves (79 percent, compared to 74 percent overall).
- ◆ Patients working part-time were more likely to undertake physical activity with friends (29 percent, compared to 22 percent overall).
- ◆ Patients who mainly stay at home were also more likely to undertake physical activity with child family members (23 percent, compared to 13 percent overall).
- ◆ Retired patients were more likely to undertake physical activity with a GRx community programme/or group (23 percent, compared to 14 percent overall) and/or another organised group (16 percent, compared to 11 percent overall).



◆ **Education:**

- ◆ Patients with tertiary or other post-secondary qualifications were more likely to undertake physical activity by themselves (79 percent and 82 percent, respectively, compared to 74 percent overall).

◆ **Contract holder:**

- ◆ Patients from Nelson Bays PHO (36 percent), Sport Manawatu (30 percent) and Gisborne/Tairāwhiti (27 percent) were more likely to undertake physical activity as part of a GRx Community programme/group (compared to 14 percent overall).
- ◆ Patients from Nelson Bays PHO were also more likely to report undertaking physical activity with friends (40 percent, compared to 22 percent overall).

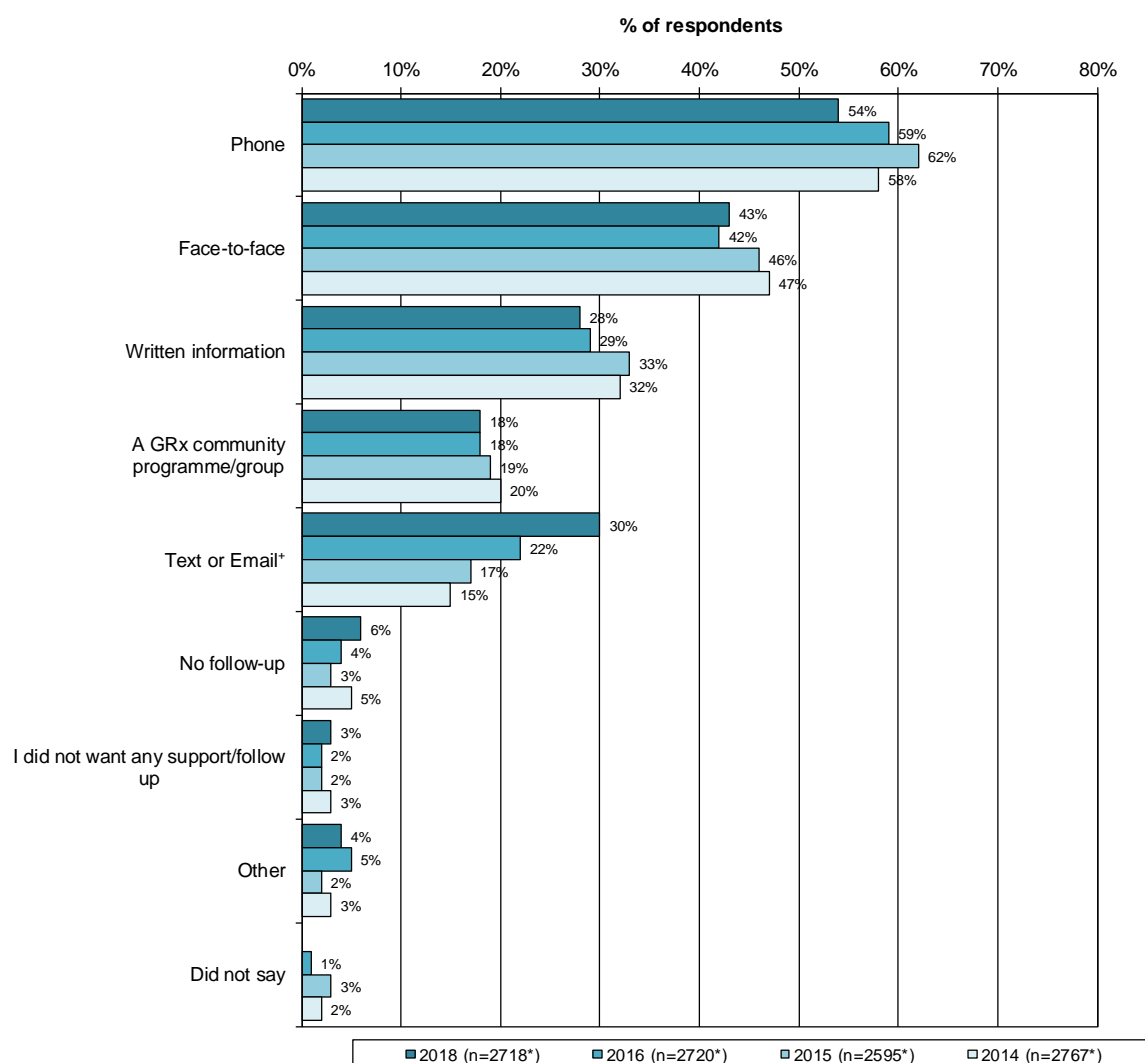


6.5 Follow-up support

After their initial contact, 54 percent of patients reported they were given support to follow their GRx activities over the phone. Smaller (yet still sizable) proportions received support face to face (43 percent), in written form (28 percent), through a programme or group (18 percent) or via text or email (30 percent). Just six percent of patients said they had not received any follow-up support.

Figure 18: How follow-up support was provided

Q12. After your first contact, how were you given support to follow your GRx activities?



Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

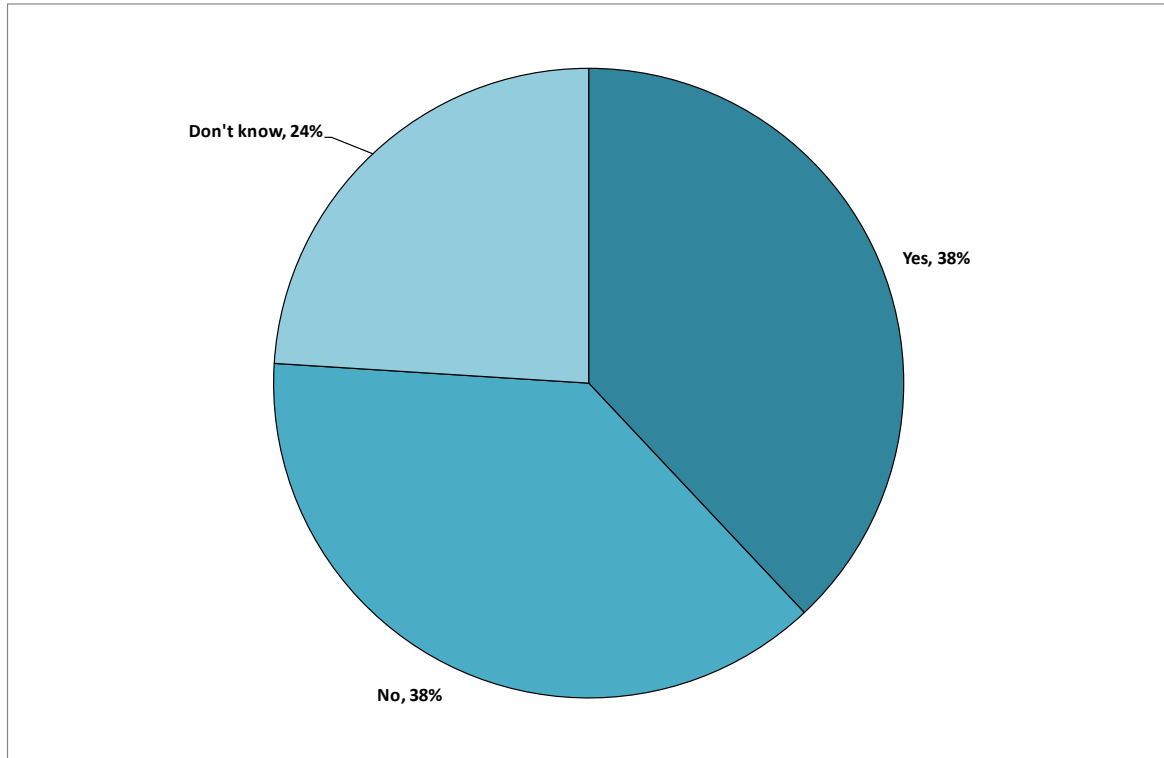
*Category was added to the questionnaire in 2014.

Over one third of patients report their GRx support person has given them an extension for longer support (38 percent). While a further 38 percent reported their support person had not given them an extension for longer support.



Figure 19: Extension for Longer Support

Q13. Has your GRx support person given an extension for longer support during the last year?



As detailed in Table 18 overleaf, however, there were no statistically significant differences in relation to positive changes to their health when comparing patients who had and who had not received an extension.



Table 18: Positive changes noticed by whether patients have been given an extension for longer support

Q7. Compared to being given an extension for longer support, what positive changes have you noticed...?

	Given an extension	Not given an extension
Unweighted base =	878 %	553 %
Breathing easier	34	27
Feel stronger/fitter	59	56
Less stressed	32	28
Less joint pain/discomfort	26	24
Less back pain	20	15
More energy	47	42
Lower cholesterol	12	12
Lower blood pressure	19	14
Less medication	9	8
Lost weight	48	41
Smoking less	5	3
Sleeping better	27	22
Fewer illnesses	9	9
Generally feel better	56	51
Feel less depressed/anxious	19	15
Increased mobility	31	26
Better balance/fewer falls	18	15
Improved blood sugar levels	17	11
Other (Specify)	3	4

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

2018 results for Q7 exclude non-response.

*Sub-sample based on those respondents who have had contact with a GRx support person and who have noticed positive changes in their health since they were first issued a GRx.



Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged 25-34 years and 35 to 49 years were more likely to have received follow-up support through a text or email 44 percent and 43 percent, respectively, compared to 30 percent overall).
- ◆ Patients aged 65 plus were more likely to have received follow-up support through a GRx community programme/group (24 percent, compared to 18 percent overall).

◆ Gender:

- ◆ Males more likely to have received follow-up support face-to-face (50 percent, compared to 43 percent overall).

◆ Ethnicity:

- ◆ Māori patients more likely to have received follow-up support by text message or email (36 percent, compared to 30 percent overall).

◆ Education:

- ◆ Patients who have tertiary education were more likely to have received follow-up support through a text or email (32 percent, compared to 22 percent overall).

◆ Employment status:

- ◆ Patients working full-time or part-time were more likely to have received follow-up support through a text or email (39 percent and 38 percent, respectively, compared to 30 percent overall).
- ◆ Retired patients were more likely to have received follow-up support through a GRx community programme/group (24 percent, compared to 18 percent overall).

◆ Overall satisfaction:

- ◆ Patients who were satisfied overall were more likely to have received follow-up support face-to-face/in person (49 percent, compared to 43 percent overall).
- ◆ Patients who were dissatisfied overall or neutral were more likely to have not received any follow-up support (25 percent and 12 percent, respectively, compared to six percent overall).



◆ **Contract holder:**

- ◆ Patients from Sport Southland (90 percent), Sport Taranaki (78 percent) and Harbour Sport (74 percent) were more likely to have received follow-up support through a phone call (compared to 54 percent overall).
- ◆ Patients from Marlborough PHO (80 percent), Gisborne/Tairāwhiti (66 percent) and Sport Bay of Plenty (61 percent) were more likely to have received follow-up face-to-face (compared to 43 percent overall).
- ◆ Patients from Sport Southland (46 percent), Nelson Bays PHO (43 percent) and Sport Manawatu (42 percent) were more likely to have received follow-up support through brochures/leaflets (compared to 28 percent overall).
- ◆ Patients from Nelson Bays PHO (48 percent), Sport Manawatu (44 percent) and Gisborne/Tairāwhiti (32 percent) were more likely to have received follow-up support through a GRx Community programme/group (compared to 18 percent overall).
- ◆ Patients from Sport Otago and Sport Waikato were more likely to report receiving follow-up support by text or email (68 percent and 47 percent, respectively, compared to 30 percent overall).



7.0 Opinions about GRx support

Overall satisfaction with, and opinions about the GRx support service, are covered in this chapter. The chapter also goes into the details of why patients are satisfied or dissatisfied with the support and service they received.

Key findings

More than four-in-five patients are either very satisfied (49 percent) or satisfied (35 percent) with the support service provided to them.

- ◆ The main drivers of satisfaction are the:
 - ◆ encouraging, motivating, supportive, helpful behaviour from support people,
 - ◆ improved health, motivation and confidence experienced by patients,
 - ◆ motivation to be active or more active by support people,
 - ◆ follow-up contact/checks on progress.
- ◆ The main reasons given by patients who feel less than satisfied are:
 - ◆ a feeling that the programme has insufficient follow-up or communication,
 - ◆ that they received a lack of support or encouragement,
 - ◆ that more suitable ideas are required to meet their needs and circumstances (e.g. time and travel distance constraints),
 - ◆ cost, work and/or time barriers.

As in previous years, patients are most likely to agree that the advice they received from their support person was helpful, their support person was understanding and supportive, that the suggested activities were appropriate and that the information and advice was relevant.

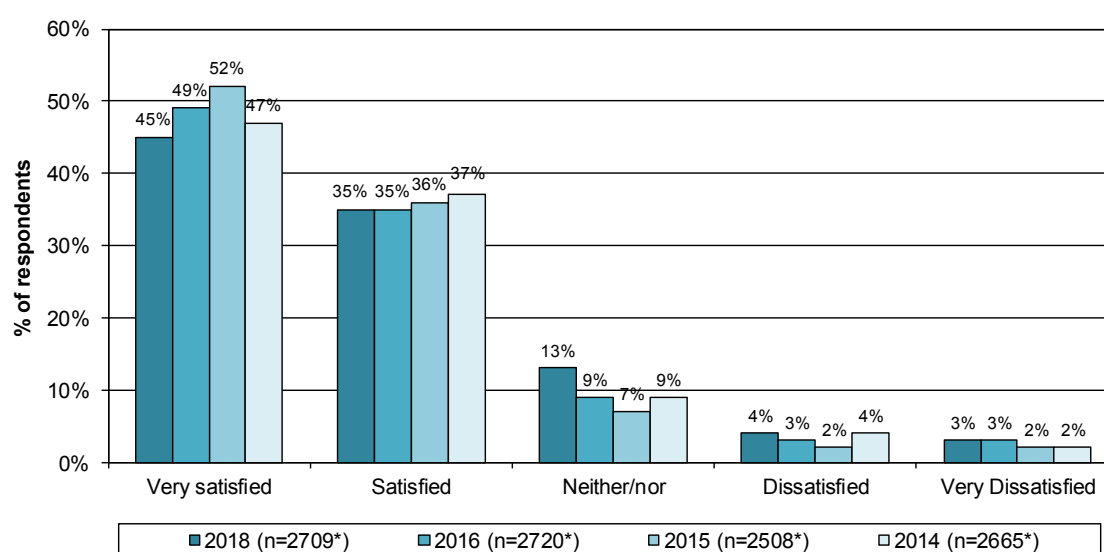


7.1 Overall satisfaction with GRx service

Eighty percent of patients reported they were either very satisfied (45 percent) or satisfied (35 percent) with the support service provided to them (Figure 20), compared to 84 percent of patients last year.

Figure 20: Overall satisfaction with GRx support

Q20. 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 may not sum to 100% due to rounding.

2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant differences were observed for the 2018 survey results:

◆ Age:

- ◆ Patients aged 65 plus were more likely to be very satisfied with the service provided to them by their GRx support person (51 percent, compared to 45 percent overall).
- ◆ Patients aged under 25 years were more likely to report being neither satisfied nor dissatisfied with the service provided to them by their GRx support person (27 percent, compared to 13 percent overall).

◆ Employment status:

- ◆ Retired patients were more likely to be very satisfied with the service provided to them by their GRx support person (53 percent, compared to 45 percent overall).



- ◆ Patients aged under 25 years were more likely to report being neither satisfied nor dissatisfied with the service provided to them by their GRx support person (27 percent, compared to 13 percent overall).

◆ **Contract holder:**

- ◆ Patients from Marlborough PHO (64 percent), Gisborne Tairāwhiti (64 percent) and Sport Bay of Plenty (56 percent) were more likely to be very satisfied with the service provided to them by their GRx support person (compared to 45 percent overall).



7.1.1 Reasons for satisfaction

Table 19 (page 75) shows the reasons patients provided for being satisfied with the support service they received overall, as well as comments on their experience of participating in the GRx initiative. The most common reasons for being satisfied continue to relate to:

- ◆ Encouraging, motivating, supportive and helpful behaviour from support people (cited by 29 percent of those who were satisfied).

The support people are very helpful and friendly. They checked up to see how I was doing and if I needed any help. I am very happy with the service I received. I think they have done a great job.

Definitely enjoyed the program and the support plus easier to do when in a motivated group scenario.

The GRx support people were very supportive and encouraged me to take part and to persist despite my physical limitations e.g. at first, riding a bicycle was hugely challenging for me, and they were incredibly patient with me, helping me to relearn to ride a bike. I am very grateful for them, they are fantastic.

- ◆ Improved health, motivation and confidence (14 percent).

GRx got me going. Now I look forward to going to the gym and I am eating healthier.

I am achieving what I intended to achieve. I have improved my health and wellbeing and lost 16kgs over four to five months.

It's helped with my exercise and the weight changes within myself, and it helped me give up smoking.

Overall I'm healthier physically and mentally and more motivated. It lifted the bar in terms of health maintenance.

- ◆ Being motivated to be active or more active by support people (11 percent).

Because if it wasn't for the person I saw I wouldn't be motivated to get out there and exercise. It helped me in my work as well to stay motivated and moving with clients, also more energetic in my personal life.

The programme motivated me to make changes in my physical activities and dietary choices. I now feel 100% fitter and healthier.

A lot more motivation, energy and laughter.



- ◆ Follow-up contact/checks on progress (11 percent).

They follow up and they motivate me to go walking. They are really good.

I received regular follow up, lots of encouragement, very friendly and helpful suggestions.

Because even when I couldn't make it they still contacted me and that's what I needed in my life, motivation and that's what they gave to me - they are awesome!

I was very impressed with the regular contact, texts, emails, etc., very supportive.

Reasons for partial satisfaction

Despite being satisfied overall, small numbers of these patients also gave a reason why they were not completely satisfied with the service overall.

The most common reasons cited were: barriers such as travel, work or family responsibility (cited by five percent) and/or barriers relating to illness or injury (cited by three percent of satisfied patients) (Table 20).



Table 19: Reasons for being satisfied overall

Q20a. Please explain your answer (or any other comments you would like to make about your participation in GRx).

	Base=	2018 1482* %	2016 2286* %	2015 1311* %	2014 1304* %
Encouraging, motivating, supportive, helpful		29	38	36	33
Improved health, motivation, confidence/feel better, happier/see results		14	16	8	16
Motivated me to be active/more active, am more active as a result		11	14	6	17
Useful/good information/ advice/ explanations/ ideas/ suggestions		8	14	8	13
Service great/good/impressive		2	14	5	6
Excellent/great/awesome team, support		5	13	5	1
Follow-up contact received/checks on progress		11	12	11	10
Personal contact/attention		-	9	2	3
Empathetic, understands needs/situation, takes genuine interest, caring, listens		6	7	4	7
Appropriate activities - suitable for my lifestyle, abilities, condition		9	6	5	9
Friendly, lovely, pleasant, cheerful, enthusiastic people		9	4	3	3
No pressure/non-judgmental		1	3	1	2
Greater awareness/understanding of need to be/benefits of being more active		2	3	1	5
Help with activities/exercises		2	2	0	2
Great/good communicator - clear/concise/understandable		2	2	1	1
Easy to contact/talk to, accessible, approachable		1	1	1	3
Other - positive comment		19	8	16	14
No particular reason		-	4	3	-

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who gave a reason for being satisfied with the service and support provided.

Note: 2013 survey results are not directly comparable to those of previous years, due to a change in wording of the survey question. Any observed differences should be viewed with caution.



Table 20: Reasons for being partially satisfied overall

Q20b. Reasons for being partially satisfied

	Base=	2018 1482* %	2016 2286* %	2015 1311* %	2014 1304* %
Other barriers: distance to travel, family responsibilities, work, time, cost		5	3	4	6
Illness/injury barriers - can't do exercises because of, doing what I can		3	2	2	6
More face-to-face/personal contact/support desired		1	1	1	2
Inappropriate activities for condition/age		1	1	-	1
Already active/doing own thing		-	1	1	3
A lack of contact or follow-up/more follow-up required		2	1	1	-
Need support/motivation, lack of motivation		2	1	1	2
Longer GRx period/GRx ran out, limited time only		2	1	1	3
More advice/information required		1	1	-	1
Self-motivated/up to me/my decisions		-	-	1	2
Staff too busy, not available, inexperienced/lack knowledge, staff issues		-	-	-	1
Other - negative comment		4	2	3	5
No particular reason		-	2	3	-

Multiple response question.

2018 results exclude non-response.

*Sub-sample based on those who gave a reason for being satisfied with the service and support provided.

Significant differences

◆ Employment status:

- ◆ Patients who were unemployed and actively seeking work were more likely to report being satisfied overall because their GRx support person motivated them to be more active (26 percent, compared to 11 percent overall).

◆ Education:

- ◆ Patients with tertiary qualifications were more likely to report being satisfied overall because the follow-up contact/checks on progress they received (18 percent, compared to 11 percent overall).

◆ Contract holder

- ◆ Patients from Gisborne/Tairāwhiti were more likely to report being satisfied because their GRx support person was encouraging/motivating, supportive and helpful (48 percent, compared to 29 percent overall).



7.1.2 Reasons for being less than satisfied

Table 21 shows the reasons patients provided for being dissatisfied with the support service they received, as well as comments relating to their experience of participating in the GRx initiative. The most common reasons for being dissatisfied continue to relate to:

- ◆ Insufficient follow-up or communication (33 percent of dissatisfied patients say this).

I feel that I wasn't given any follow up and the cost can be very demotivating.

Just cause I only had one contact with the support person and that was it, it wasn't engaging and motivating and I didn't want to take advantage of it.

No real follow up or support which regardless is not motivating.

- ◆ Lack of support or encouragement (18 percent).

The main problem was when I went to the on-site gym no one came to assist. I asked for assistance as to how to use the equipment on more than one occasion but was met with indifference. No follow up; staff were too intent on chatting to one another.

They gave minimal support. I had to contact them to arrange the first meeting, the first assessment was very basic. The trainer talked to me about the keto diet which was not suitable due to budget, time and the extreme nature of it. He then gave me two phone calls which were lame and not motivating. On the last appointment the trainer cancelled 15 minutes before by SMS as he did not have all his equipment. I told him I was at the gym and could meet. He didn't get back to me for an hour, by which time I was home even though I saw him in the GRx office at [town].

- ◆ More suitable ideas required (14 percent)

I think the Green Prescription program suits those who either have health problems, haven't been active for a long period of time or are old and need some inspirational advice to get fit again.

The person who contacted me and followed up was very encouraging. However I feel the options for consistent exercise in the area I live are very limited, both distance wise and accessibility wise. The closest pool for example is only open to the public for an hour or 2, 3 days a week and is very small. The other pool is over 40 minutes drive away. The cost of the closest gym is reduced but still is not always possible financially. Other options such as pilates or yoga are not reduced, are too expensive and have very limited session times. I was disappointed to learn that the green prescription only lasted 3 months.



◆ Cost barriers (14 percent)

I haven't been doing it, I only go once a week because of the cost.

I was referred to go back to swimming. I love swimming first thing in the morning. However the cost was just too much! Even saving \$1 on a Tuesday or Thursday was difficult to keep up.

Because I could not afford the enrolment fee I only did the free trial period so there was only the initial contact with a support person which was very helpful. Had I been able to afford to enrol and carry on with the programme it may have been different.

◆ Work/time barriers (14 percent)

I am a very busy person as I work part-time and I also have a lot of groups I go to, so my time is limited. The person I got assigned to didn't try [to] fit around my schedule and preferred me to contact him instead which I thought was wrong as he should have put in more effort [and] we only met once.

I had a first meeting face to face, the person was really enthusiastic and great communicator BUT all the free activities that he suggested to me were on the morning when I am working and the paid ones even with the discount I can't afford them. Second time they contacted me by phone call, I asked the lady on the phone if she can call me back after 3pm as I was working and could not talk at that moment. She kept explaining to me and [asking] me questions... then she asked if I want some more help and I asked for a nutritionist and told her again I was at work and could not talk anymore. She texted me that she booked me an appointment at 12 something with a nutritionist... Which I could not go [to] as I work until 2.30/3pm... So overall was really frustrating. She did not call me back after 3 pm and book me an appointment that I could not go.

Apart from supermarket label reading sessions, that I didn't go to, because I already know this. There was nothing physical I could do because they are all during work hours. Is everyone that needs encouraging group fitness at home during the day? This service was a waste of time for me.



Table 21: Reasons for being less than satisfied overall

Q24b. Reasons for being less than satisfied

	2018	2016	2015	2014
Base=	330*	210*	242*	283*
	%	%	%	%
Insufficient follow-up/communication, contact stopped	33	38	28	26
More suitable ideas required (relevant to time available, travel distance, condition)	14	23	15	16
Lack of support/encouragement, need more support	18	19	17	17
Didn't change much/didn't help/no benefit	2	19	4	14
Empathy lacking, disinterested	4	16	6	5
A lack of personal contact; phone calls not sufficient	9	11	4	5
Insufficient staff/resources, lack of knowledge/experience	4	10	10	12
Cost barriers	14	7	11	13
No advice regarding exercises	3	3	3	6
Did it/left to do it myself, already motivated	6	2	6	12
Work/time barriers	14	1	4	7
Positive comment	7	7	7	9
Other	18	20	23	17

Total may exceed 100% because of multiple response.

2018 results exclude non-response.

*Sub-sample based on those who gave a reason for feeling less than satisfied with the service provided.

Significant differences

There were no meaningful significant differences when viewed by the demographic variables or contract holder.

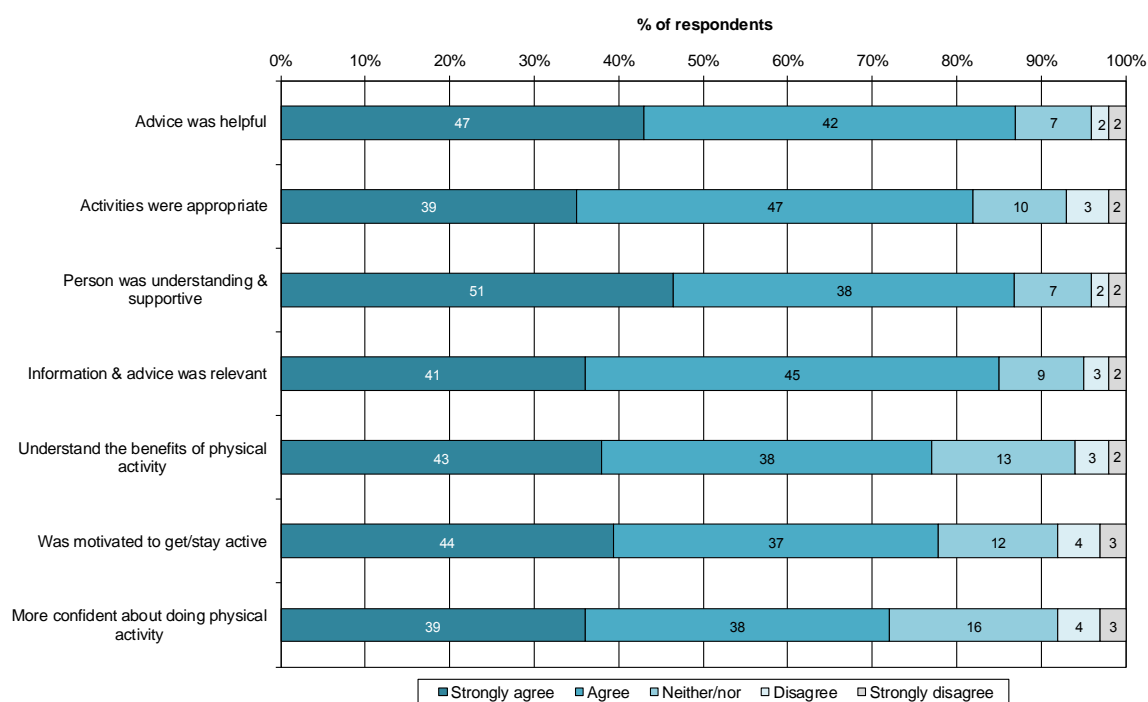


7.2 Opinions about GRx support

Figure 21 shows the opinions of patients about the service provided to them in relation to seven key attributes. Patients are most likely to strongly agree or agree that the advice they received from the support person was helpful (87 percent).

Figure 21: Opinions about GRx support (n=2672)*

Q19. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements...



Total may not sum to 100% due to rounding.

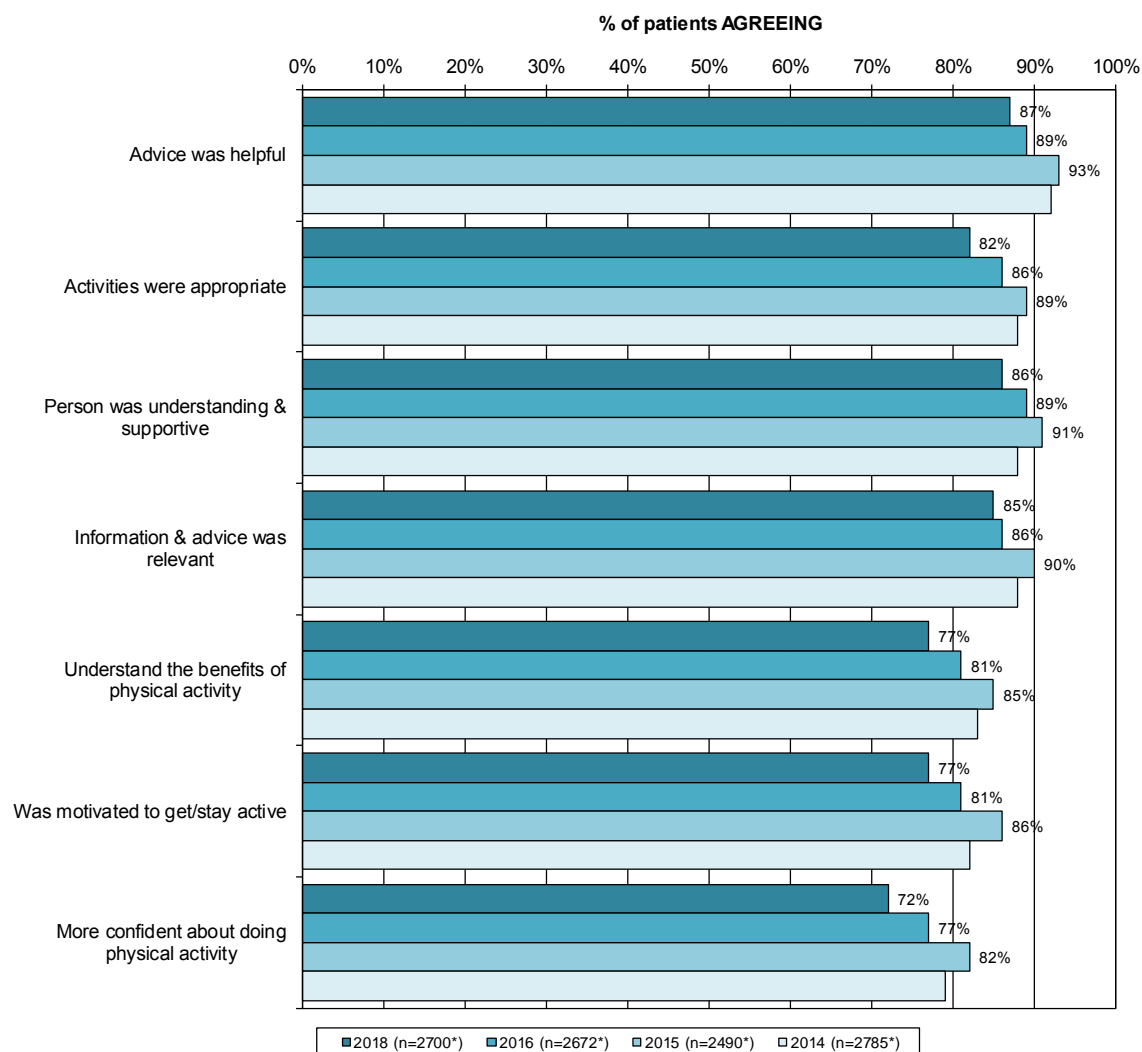
2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.



Figure 22: Opinions about GRx support – Comparison with previous years

Q19. Now thinking about the service and support you received, please indicate how strongly you agree or disagree with each of these statements...



2018 results exclude non-response.

*Sub-sample based on those who had contact with a GRx support person.

Significant differences

The following significant differences were observed in the 2018 survey:

◆ Age:

- ◆ Patients aged under 25 years were more likely to agree the advice given was helpful (64 percent, compared to 44 percent overall).
- ◆ Patients aged 35 to 49 years were more likely to neither agree or disagree that the person they spoke to was understanding (15 percent, compared to nine percent overall) or that as



a result of receiving a GRx, they now understand the benefits of physical exercise (23 percent, compared to 17 percent overall).

- ◆ Patients aged 65 plus were more likely to agree that as a result of the support they received, they now feel more confident about doing physical activity regularly (42 percent, compared to 36 percent overall).

◆ **Employment status:**

- ◆ Patients who were unemployed/actively seeking a job were more likely to strongly agree that the advice given was helpful (57 percent, compared to 43 percent overall), the suggested physical activity options were appropriate for them (48 percent, compared to 35 percent overall), that the person they spoke to motivated them to get/stay physically active (53 percent, compared to 39 percent overall).
- ◆ Patients who were mostly at home were more likely to agree that the person they spoke to was understanding and supportive (50 percent, compared to 40 percent overall).
- ◆ Retired patients were more likely to agree that the person they spoke to motivated them to get/stay physically active (44 percent, compared to 38 percent overall) and was understanding and supportive (46 percent, compared to 40 percent overall).

◆ **Education:**

- ◆ Patients with tertiary qualifications were more likely to neither agree nor disagree that as a result of receiving a GRx, they now understand the benefits of physical activity (23 percent, compared to 17 percent overall).

◆ **Overall satisfaction:**

- ◆ Patients who were satisfied with the service they received overall were more likely to strongly agree that the advice they were given was helpful (51 percent, compared to 43 percent overall), the suggested physical activity options were appropriate for them (43 percent, compared to 35 percent overall), the information and advice they were given was relevant to them (44 percent, compared to 36 percent overall), the person they spoke to motivated them to get/stay physically active (48 percent, compared to 39 percent overall), the person they spoke to was understanding and supportive (55 percent, compared to 46 percent overall) and that as result of receiving a GRx they now understand the benefits of physical activity (45 percent, compared to 38 percent overall).

◆ **Contract holders:**

- ◆ Patients from Marlborough PHO (62 percent), Gisborne Tairāwhiti (57 percent) and Sport Manawatu (52 percent) were more likely to strongly agree that the advice they were given was helpful (compared to 43 percent overall).



- ◆ Patients from Marlborough PHO (53 percent), Gisborne Tairāwhiti (49 percent), Sport Whanganui (48 percent) and Sport Manawatu (46 percent) were more likely to strongly agree that the suggested physical activity options were appropriate for them (compared to 35 percent overall).
- ◆ Patients from Marlborough PHO (55 percent) and Sport Southland (52 percent) were more likely to strongly agree that the information and advice they were given was relevant to them (compared to 36 percent overall).
- ◆ Patients from Marlborough PHO (67 percent), Gisborne/Tairāwhiti (59 percent) and Sport Southland (54 percent) were more likely to strongly agree that the person they spoke to motivate them to get/stay physically active (compared to 39 percent overall), while patients from Sport Northland were more likely to neither agree nor disagree this was the case (25 percent compared to 14 percent overall).
- ◆ Patients from Marlborough PHO (75 percent), Sport Southland (65 percent) and Gisborne/Tairāwhiti (64 percent) were more likely to strongly agree that the person they spoke to was understanding and supportive (compared to 46 percent overall),
- ◆ Patients from Marlborough PHO were more likely to strongly agree that as a result of receiving a GRx, they now understand the benefits of physical activity (56 percent, compared to 38 percent overall).

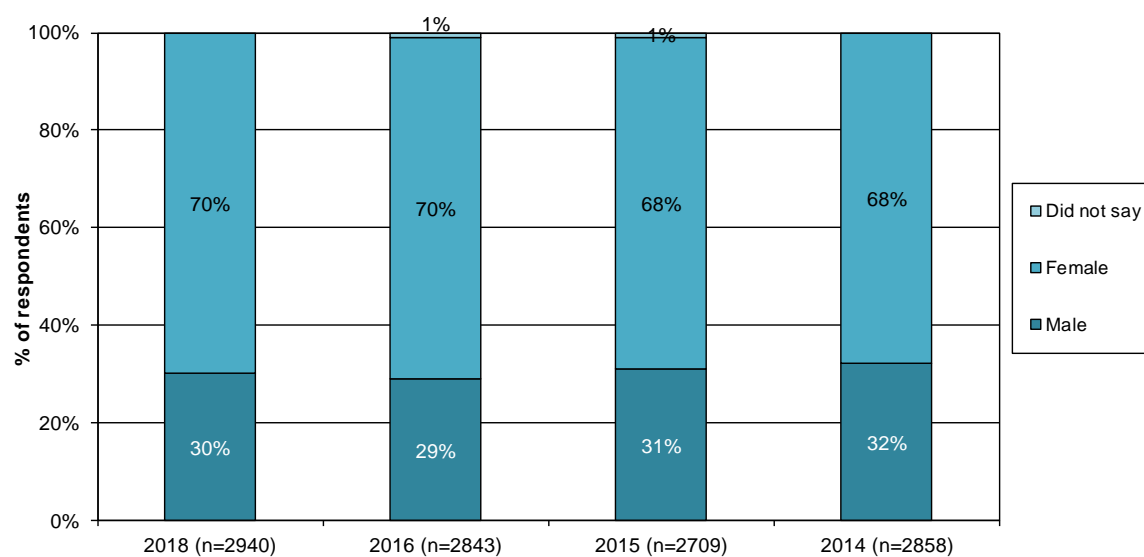


8.0 Profile of respondents

This section outlines the profile of patients who took part in the 2018 survey, and compares this with profiles of respondents from previous surveys, as well as 2013 Census data, where appropriate.

Figure 23: Gender

Q21. Are you...?

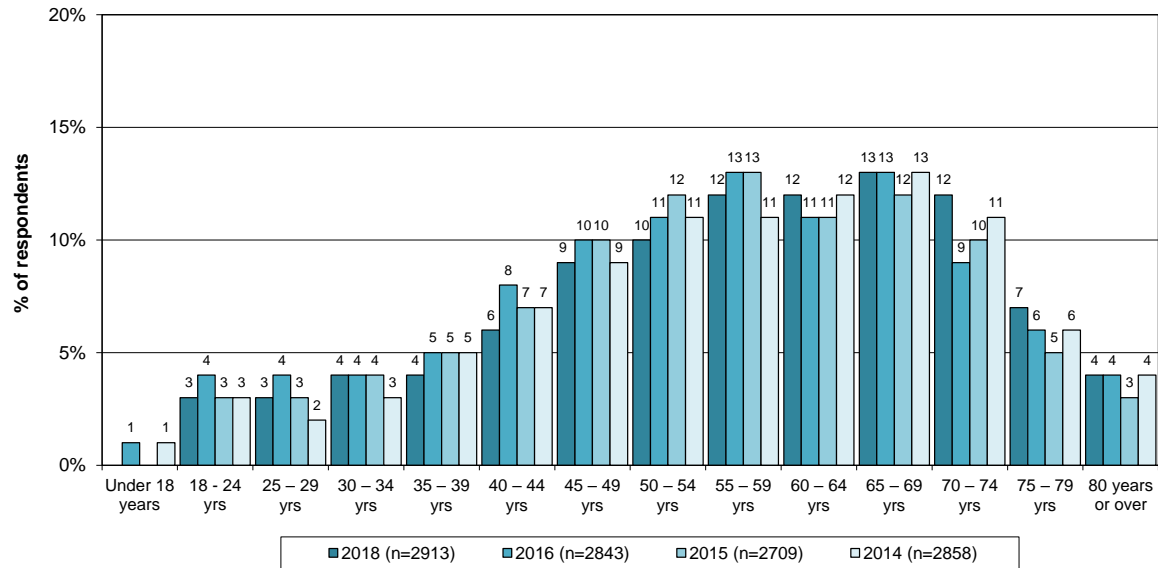


Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 24: Age group distribution

Q23. To which of these age groups do you belong?

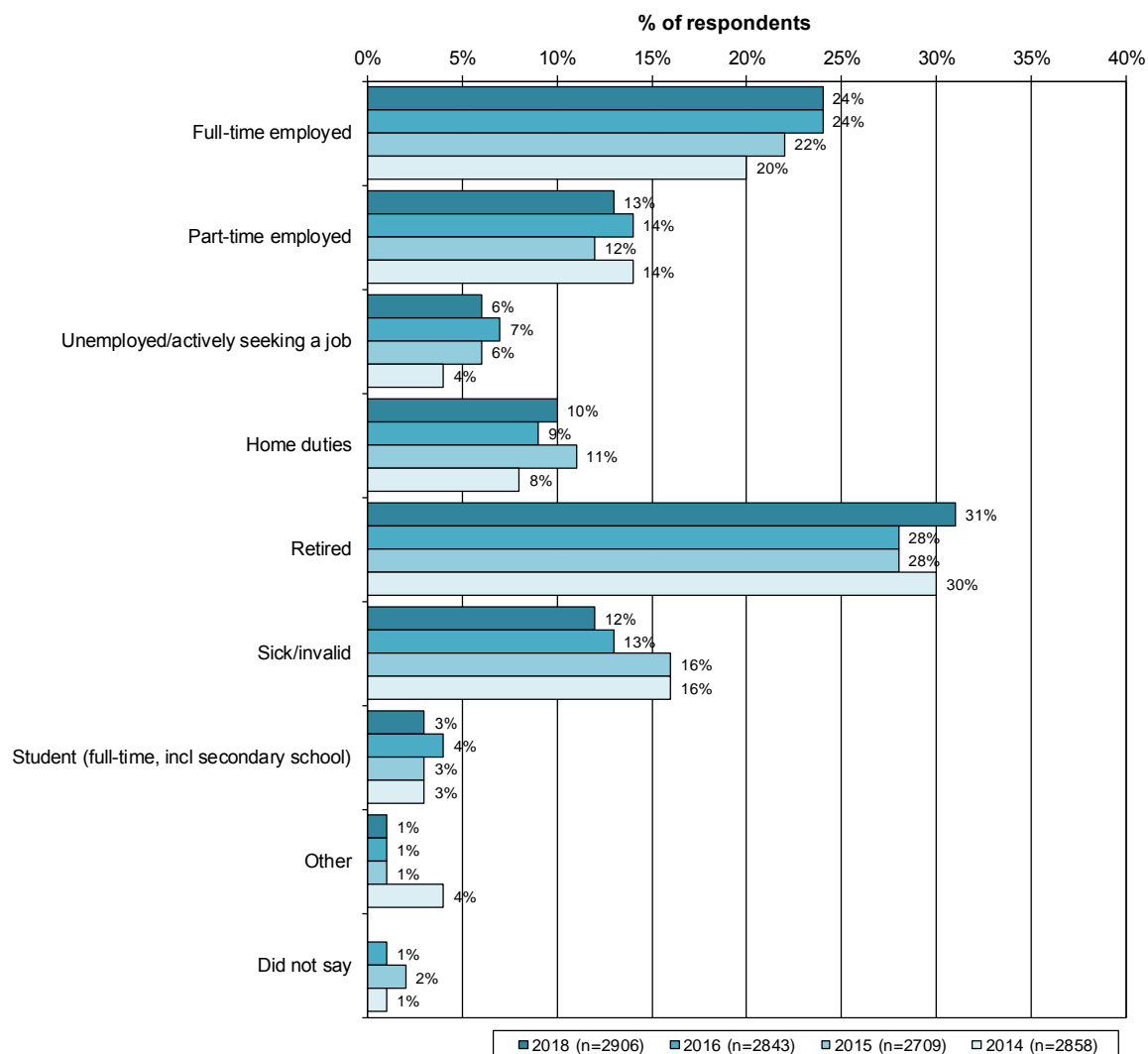


Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 25: Employment status

Q26. Which of the following best describes you?

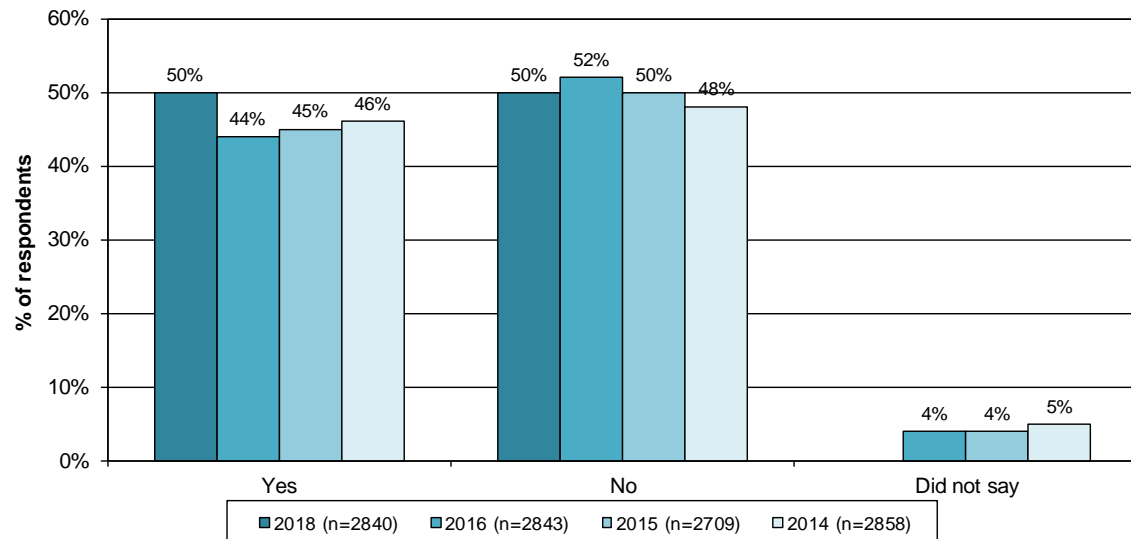


Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 26: Whether have a disability

Q24. 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?

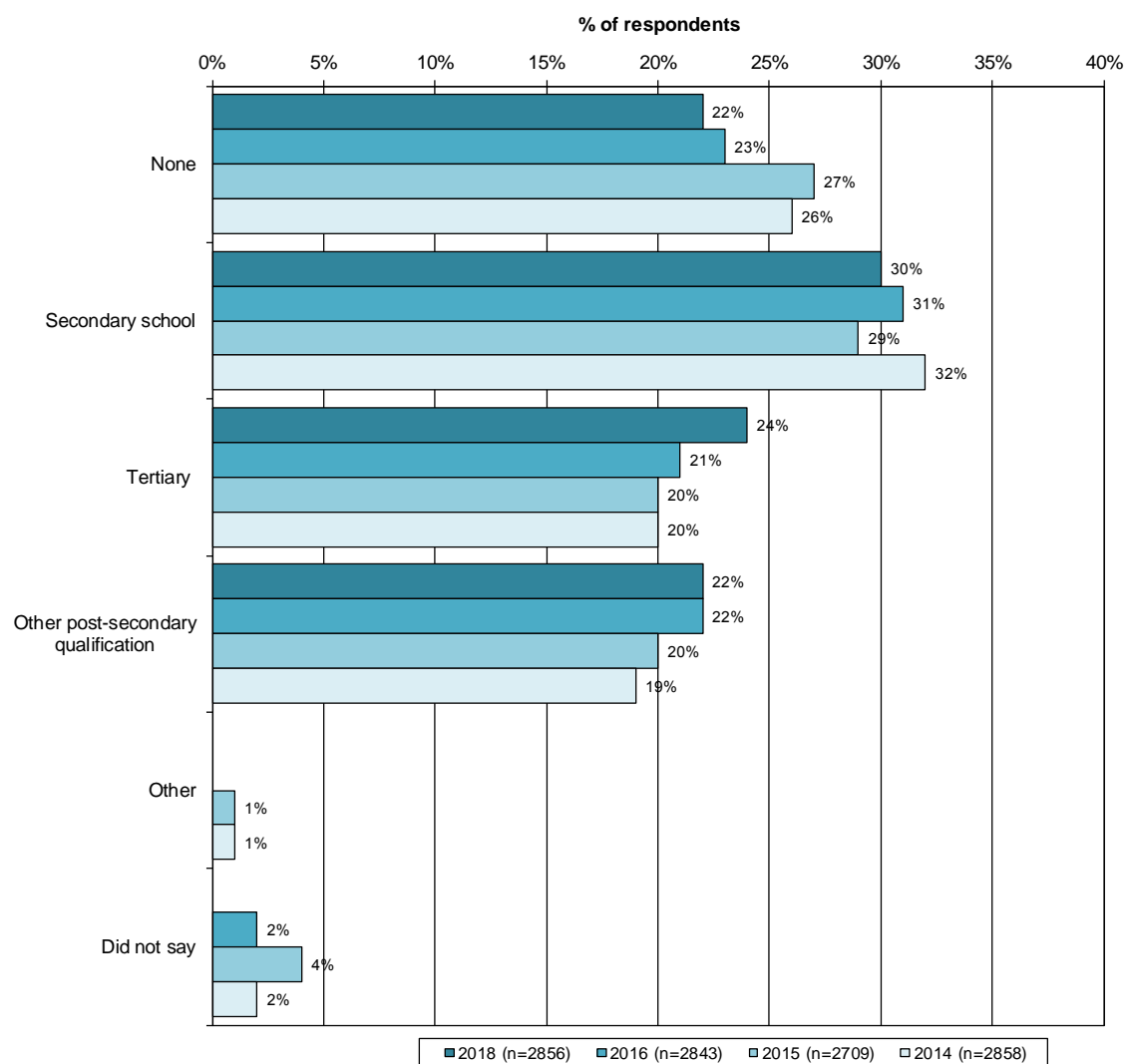


Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 27: Highest educational qualification

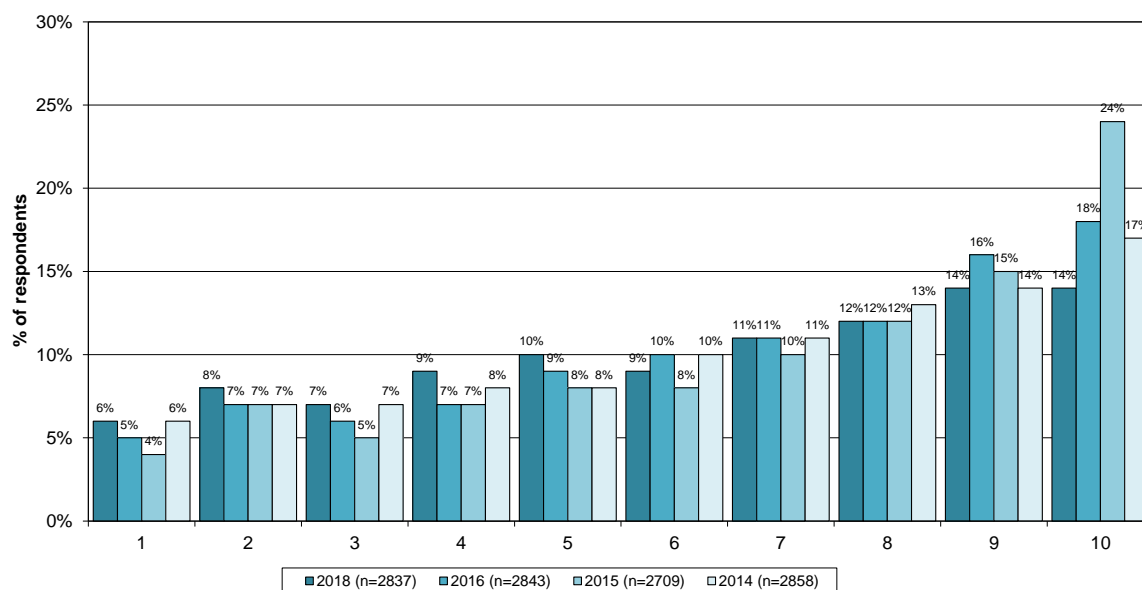
Q22. Which of these best describes your highest level of educational qualification?



Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Figure 28: Deprivation index distribution (1 = least deprived, 10 = most deprived)



Total may not sum to 100% due to rounding.

Table 22: Ethnicity

Q25. Which ethnic group do you mainly identify with?

	2018	2016	2015	2014	NZ 2013 Census
Base=	2899	2843	2709	2858	
	%	%	%	%	%
NZ European	56	54	49	61	68
Māori	18	28	32	23	12
Samoan	4	4	8	4	3
Cook Island Māori	2	3	4	2	1
Tongan	2	3	4	1	1
Niuean	1	1	2	1	0
Chinese	1	1	0	1	4
Indian	3	2	1	3	4
Other Asian	3	1	1	1	4
Other Pacific	2	2	2	1	1
British/European	7	5	4	6	8
Other	4	2	1	2	3
Did not say	-	1	1	0	-

Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Table 23: Ethnicity (summary groups)

Q25. Which ethnic group do you mainly identify with?

	2018	2016	2015	2014	NZ 2013 Census
Base=	2899	2843	2709	2858	
	%	%	%	%	%
European	63	59	53	67	75
Māori	18	28	32	23	12
Pacific	10	13	19	9	6
Asian	7	4	3	5	12
Other	4	2	1	2	3
Refused	1	-	-	-	-
Did not say	-	-	1	0	-

Total may not sum to 100% due to rounding.
2018 results exclude non-response.

Table 24: Age

Q23. To which of these age groups do you belong?

	2018	2016	2015	2014	NZ 2013 Census
Base=	2913	2843	2709	2858	
	%	%	%	%	%
Under 18 years	0	1	0	1	5
18 - 24 yrs	3	4	3	3	12
25 - 29 yrs	3	4	3	2	8
30 - 34 yrs	4	4	4	3	8
35 - 39 yrs	4	5	5	5	8
40 - 44 yrs	6	8	7	7	9
45 - 49 yrs	9	10	10	9	9
50 - 54 yrs	10	11	12	11	9
55 - 59 yrs	12	13	13	11	8
60 - 64 yrs	12	11	11	12	7
65 - 69 yrs	13	13	12	13	6
70 - 74 yrs	12	9	10	11	4
75 - 79 yrs	7	6	5	6	3
80 years or over	4	4	3	4	5
Did not say	0	-	1	0	-

Total may not sum to 100% due to rounding.
2018 results exclude non-response.



Table 25: Age (summary groups)

Q23. To which of these age groups do you belong?

	2018	2016	2015	2014	NZ 2013 Census
Base=	2913	2843	2709	2907	
	%	%	%	%	%
Under 25 yrs	4	4	3	3	17
25 – 34 yrs	7	8	8	6	15
35 – 49 yrs	19	23	22	21	26
50 – 64 yrs	34	34	36	35	23
65+ yrs	36	31	31	35	18
Did not say	0	-	1	0	-

Total may not sum to 100% due to rounding.
2018 results exclude non-response.

Appendix A: Cover letter, reminder letter and questionnaire

Date

Name

Address 1

Address 2«Address_3»

Address 3

Salutation

We are interested in your views on the Green Prescription (GRx) programme, the support provided by «Location» and any lifestyle changes you have made. Even if you are no longer doing your GRx physical activities, your views are important to us.

The attached survey should take you around 10 minutes to complete. Once you have completed the survey, please post it back in the freepost envelope provided by **Tuesday 15 May 2018**. Alternatively you can complete the survey online by visiting <https://surveys.researchnz.com/GRxSurvey2018> and entering your unique survey ID and password.

If you have any questions about the survey please refer to the Frequently Asked Questions on the back of this letter, or contact Annita Wood at Research New Zealand on 0800 273 732.

Kind regards

Gabrielle Roberts
Manager Primary Care
Community and Ambulance
Integrated Service Design
Service Commissioning
Ministry of Health

BE IN TO WIN! As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **15 May 2018** will go into a draw to win one of three prizes of \$250 worth of gift vouchers of your choice.

**What do I need to do to
provide my feedback online?**

Step 1: Go to:

<https://surveys.researchnz.com/GRxSurvey2018>

(Use your internet address bar, not a search engine)

OR

Scan the QR code below
using your smartphone or tablet:



Step 2: Enter your ID and password:

ID:

GR65499

Password:

2DMRS1G

Step 3: Click **Enter**

FREQUENTLY ASKED QUESTIONS

You can still complete most of the questionnaire even if you have not made any lifestyle changes	
How did you get my name and address?	Your name and details were randomly selected, along with hundreds of others, from a list of those who have received a Green Prescription (GRx) or attended a nutrition and activity programme between July and December in 2017.
What's the purpose of the survey?	The purpose of the survey is to get feedback from people who have received a GRx about their views on the initiative.
What's involved?	<p>Please complete the attached survey. There are no right or wrong answers and no preparation is required on your part.</p> <p>Or, you can complete the survey on-line now, by using the link provided on the front of this letter.</p>
How do I find the survey on the website?	The full website address on the front of the letter should be typed directly into your Internet address bar. Please do not try to search for the website using a search engine such as 'Google'.
How long will the survey take?	It should take around 10 minutes to complete the survey.
Is the survey confidential?	<p>Yes, it is confidential. Research NZ is bound by the Professional Code of Practice of ESOMAR, which prohibits them from identifying any person who takes part in a survey unless they have explicit consent from them to do so.</p> <p>Your results will only be grouped together with those of all the other people who take part in the survey, so that individual responses cannot be identified and to ensure your confidentiality.</p>
Do I have to take part in the survey?	No, you don't have to do the survey. Taking part in this survey is completely voluntary. The Ministry would however, greatly appreciate your help by completing the survey.
What do I do if I don't want to take part?	If you don't want to complete the survey, please call 0800 273 732 and quote your survey ID number: «IDNO». In addition to this letter, Research New Zealand will be sending a reminder letter to those that have not completed the survey after two weeks.
When does the survey close?	The survey will remain open until Tuesday 15 May 2018.
What if I want to find out more about it?	If you have any queries about the survey, please call Annita Wood or Mark Johnson (Research NZ, Project Managers) Freephone: 0800 273 732 or email GRxSurvey2018@researchnz.com.
What if I have trouble filling out the survey?	There are no right or wrong answers to the survey and no preparation is required on your part. If you need help filling out the survey, it is fine for a friend or family member to help you.

Date

Name

Address 1

Address 2«Address_3»

Address 3

Salutation

Recently we sent you a survey because we are interested in your views on the Green Prescription (GRx) programme, the support provided by «Location» and any lifestyle changes you have made. Even if you are no longer doing your GRx physical activities, your views are important to us.

Thank you if you have already completed the questionnaire. If you did not receive the questionnaire or if you need a replacement, please call Research New Zealand on 0800 273 732 toll free and we will send you a replacement.

The survey should take you around 10 minutes to complete. Once you have completed the survey, please post it back in the freepost envelope provided by the **15th May 2018**. If you have misplaced your reply paid envelope, you can send your questionnaire back to: FREEPOST 2088, Research NZ, PO Box 10-617, Wellington 6143.

If you have any questions about the survey please refer to the Frequently Asked Questions on the back of this letter or you can contact Annita Wood on 0800 273 732. (If in Wellington, please call 499 3088) or email: GRxSurvey2018@researchnz.com.

Kind regards

Alwood

Annita Wood
Project Manager, Research New Zealand

BE IN TO WIN! As a token of our appreciation for your time and effort in helping us, all surveys completed and returned by **15 May 2018** will go into a draw to win one of three prizes of \$250 worth of gift vouchers of your choice.

**What do I need to do to
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<https://surveys.researchnz.com/GRxSurvey2018>

(Use your internet address bar, not a search engine)

OR

Scan the QR code below
using your smartphone or tablet:



Step 2: Enter your ID and password:

ID:

GR60001

Password:

4QQ9Q8G

Step 3: Click **Enter**



FREQUENTLY ASKED QUESTIONS

You can still complete most of the questionnaire even if you have not made any lifestyle changes	
How did you get my name and address?	Your name and details were randomly selected, along with hundreds of others, from a list of those who have received a Green Prescription (GRx) or attended a nutrition and activity programme between July and December in 2017.
What's the purpose of the survey?	The purpose of the survey is to get feedback from people who have received a GRx about their views on the initiative.
What's involved?	Please complete the survey. There are no right or wrong answers and no preparation is required on your part. Or, you can complete the survey on-line, by using the link provided on the front of this letter.
How do I find the survey on the website?	The full website address on the front of the letter should be typed directly into your Internet address bar. Please do not try to search for the website using a search engine such as 'Google'.
How long will the survey take?	It should take around 10 minutes to complete the survey.
Is the survey confidential?	Yes, it is confidential. Research NZ is bound by the Professional Code of Practice of ESOMAR, which prohibits us from identifying any person who takes part in a survey unless we have explicit consent from them to do so. Your results will only be grouped together with those of all the other people who take part in the survey, so that individual responses cannot be identified and to ensure your confidentiality.
Do I have to take part in the survey?	No, you don't have to do the survey. Taking part in this survey is completely voluntary. The Ministry would however, greatly appreciate your help by completing the survey.
What do I do if I don't want to take part?	If you don't want to complete the survey, please call 0800 273 732 and quote your survey ID number: «IDNO».
When does the survey close?	The survey will remain open until Tuesday 15 May 2018 .
What if I want to find out more about it?	If you have any queries about the survey, please call Annita Wood (Research NZ, Project Manager) Freephone: 0800 273 732 or email GRxSurvey2018@researchnz.com.
What if I have trouble filling out the survey?	There are no right or wrong answers to the survey and no preparation is required on your part. If you need help filling out the survey, it is fine for a friend or family member to help you.











Appendix B: Supplementary tabulations

- Maroon/dark shading indicates result is significantly higher when compared against all patients.
- Grey/light shading indicates result is significantly lower when compared against all patients.



Table 26: Q1. Who first referred you to Green Prescription (GRx) for support?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2919*	91	219	518	977	1084	866	2053	1996	585	179	104	98	673	855	619	658	557	770	1491
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
GP/Doctor Specialist	69	75	74	69	71	64	67	69	67	69	78	78	56	68	68	70	69	67	70	68
Doctor	4	2	4	4	3	5	5	4	4	3	1	5	4	4	5	3	4	6	3	3
Practice Nurse	12	4	7	13	11	13	15	10	12	14	11	4	16	14	12	10	9	11	11	13
Maternity Carer/Midwife	0	2	2	0	0	0	0	0	0	0	1	2	0	0	1	0	0	0	1	0
Someone else	4	5	6	4	3	3	4	4	4	3	2	3	15	3	3	5	4	3	3	4
Friends	2	1	1	2	1	3	1	2	2	1	0	4	4	0	2	3	2	2	2	1
Physio	3	0	1	1	3	4	3	3	4	1	2	1	0	2	3	1	4	3	3	2
Myself	1	2	2	1	1	1	0	2	2	1	0	0	1	0	0	2	2	2	1	1
Family	1	2	1	1	1	1	1	1	1	1	2	0	1	1	2	1	0	0	2	1
Other	5	3	3	5	4	5	4	5	5	6	2	1	2	6	4	5	4	5	4	5
Don't know	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Refused	0	4	0	0	0	0	1	0	0	1	1	2	0	1	0	0	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 27: Q1. Who first referred you to Green Prescription (GRx) for support?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2919*	635	407	158	246	963	383	68	1429	1380	1487	1332	2238	294	160
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
GP/Doctor	69	69	71	68	71	63	75	85	72	66	70	68	68	73	73
Specialist															
Doctor	4	3	3	8	5	5	3	1	4	4	5	3	4	3	2
Practice Nurse	12	14	10	12	8	14	8	4	10	13	10	13	12	11	10
Maternity															
Carer/Midwife	0	1	0	1	0	0	0	0	0	1	0	0	0	0	1
Someone else	4	4	4	3	4	3	5	2	3	4	4	3	4	4	6
Friends	2	1	2	0	1	3	0	1	1	2	1	2	2	1	1
Physio	3	2	2	1	0	4	5	0	2	3	3	2	3	2	1
Myself	1	1	2	1	1	1	0	2	1	1	1	1	1	1	1
Family	1	1	0	1	2	1	1	1	1	1	1	1	1	0	1
Other	5	3	6	2	7	6	3	3	5	5	4	5	5	4	6
Don't know	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Refused	0	0	0	2	0	0	0	0	0	0	0	1	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 28: Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2895*	90	217	517	969	1075	867	2028	1986	579	176	103	95	674	848	611	654	550	763	1481
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	13	16	14	16	12	12	12	13	12	15	11	14	8	15	11	15	9	10	15	13
4 - 6 months ago	28	32	32	31	27	27	32	27	30	26	20	21	38	26	29	27	32	30	26	29
6 - 8 months ago	23	27	26	24	23	23	25	23	22	19	30	32	23	22	23	27	21	25	24	23
More than 8 months ago	35	26	28	29	38	39	31	37	35	39	40	33	30	38	37	30	38	35	35	35
Refused	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 29: Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2895*	631	406	158	242	957	377	68	1421	1369	1476	1325	2226	293	160
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	13	14	13	12	13	12	12	10	12	13	13	12	13	13	13
4 - 6 months ago	28	28	31	33	25	28	30	24	29	29	27	30	27	33	34
6 - 8 months ago	23	29	24	23	21	20	20	34	20	27	21	26	24	20	28
More than 8 months ago	35	29	31	32	42	40	38	32	39	32	39	32	36	34	24
Refused	0	0	0	1	0	0	0	0	0	0	0	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 30: Q3. What were the main reasons you required a GRx for support to be more active?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2757*	88	209	491	918	1022	817	1940	1872	562	172	99	95	646	800	582	617	510	725	1427
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	26	0	3	10	30	40	20	29	27	25	24	31	12	35	25	19	26	24	26	27
Asthma/breathing problems	14	12	7	8	16	17	14	14	14	21	10	4	8	17	15	9	15	12	11	17
Back pain or problems	25	14	13	19	27	29	23	25	24	25	20	28	35	30	24	16	27	22	23	26
Diagnosed type 2 diabetes	16	0	12	15	19	15	20	14	12	20	25	25	15	20	15	14	14	12	14	18
Pre-diabetes/risk of diabetes	10	8	10	10	11	10	10	10	9	15	12	9	9	10	10	12	10	8	13	10
High blood pressure/risk of stroke	23	5	10	17	24	31	29	21	20	30	36	26	12	30	26	18	20	20	23	26
High cholesterol	16	1	8	11	22	17	19	15	14	21	22	24	17	20	19	12	13	14	16	18
Sleep problems	14	12	17	15	16	13	15	14	14	20	14	5	13	19	14	10	16	13	13	16
To stop smoking	3	3	7	6	2	1	4	2	1	8	4	1	2	5	3	2	2	1	2	4
Stress	19	16	27	22	22	13	16	20	19	22	18	14	22	20	18	16	22	14	21	20
Weight problems	52	65	63	70	55	34	47	54	47	68	62	37	48	59	48	48	54	44	53	54
Depression/anxiety	18	36	30	21	20	10	18	19	21	19	13	7	18	18	20	16	21	13	18	21
Pregnancy	1	2	9	0	0	0	1	1	0	2	1	3	0	1	1	2	1	0	1	1
Heart problems	11	6	1	4	10	19	20	7	11	13	15	6	4	19	8	9	10	10	9	13
Osteoporosis	6	0	0	1	8	9	2	7	6	6	4	6	5	8	7	3	6	6	4	6
Fall prevention	7	0	1	2	4	15	7	7	10	4	1	4	2	8	9	5	7	9	7	7
Injury/surgery recovery	16	6	9	12	17	19	19	14	17	14	11	17	23	14	17	11	18	17	14	16
General fitness	3	4	5	2	4	3	4	3	4	3	2	2	4	2	3	5	4	7	3	2
Mental illness	0	0	2	2	0	0	1	0	0	1	1	0	2	0	0	0	1	0	0	1
Fibromyalgia	1	1	2	1	1	0	0	1	1	0	0	0	0	0	0	1	1	1	1	0
Other	9	6	9	10	9	9	10	9	10	6	9	6	13	5	8	12	11	8	12	8

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who answered the question.



Table 31: Q3. What were the main reasons you required a GRx for support to be more active?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2757*	605	382	154	231	902	363	65	1357	1293	1416	1250	2102	281	160
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	26	16	23	17	26	38	31	3	30	22	38	14	27	24	20
Asthma/breathing problems	14	8	13	14	13	17	21	12	18	10	19	9	14	10	15
Back pain or problems	25	15	21	20	27	30	36	20	30	20	33	16	25	23	21
Diagnosed type 2 diabetes	16	18	10	22	14	15	17	13	17	14	16	16	16	12	12
Pre-diabetes/risk of diabetes	10	12	10	12	6	10	9	16	10	11	10	11	10	11	12
High blood pressure/risk of stroke	23	20	21	24	15	30	22	24	26	21	23	23	23	21	30
High cholesterol	16	16	14	21	13	16	23	7	17	15	17	16	17	16	16
Sleep problems	14	12	19	14	12	12	23	9	16	12	18	11	14	15	16
To stop smoking	3	3	3	8	4	1	5	1	5	1	3	3	2	1	3
Stress	19	17	23	17	20	13	31	17	22	15	23	15	19	19	18
Weight problems	52	65	56	57	55	33	59	56	53	51	49	55	52	55	61
Depression/anxiety	18	12	23	29	26	9	37	13	25	11	22	15	17	24	18
Pregnancy	1	1	2	3	1	0	1	0	1	1	1	1	1	1	1
Heart problems	11	5	7	10	8	18	12	9	13	9	15	7	12	9	9
Osteoporosis	6	3	4	5	3	9	10	0	7	4	8	3	6	7	7
Fall prevention	7	2	5	0	7	15	8	0	9	5	10	4	8	4	2
Injury/surgery recovery	16	14	16	12	11	18	19	9	16	15	21	10	17	15	9
General fitness	3	2	3	4	6	4	2	7	2	5	3	5	3	4	3
Mental illness	0	0	0	0	0	0	2	0	1	0	1	0	0	1	1
Fibromyalgia	1	0	1	0	1	0	1	1	0	1	1	0	1	0	2
Other	9	7	9	5	11	9	13	13	9	9	13	5	9	6	8

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who answered the question.



Table 32: Q4. Are you currently...?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Māori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2771*	88	216	505	926	1012	833	1938	1895	552	170	102	96	624	820	602	629	526	738	1413
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	42	27	29	36	42	49	46	39	42	39	42	48	29	45	40	40	44	39	44	41
Doing physical activity but different from that recommended in your GRx	22	25	26	25	22	19	18	24	23	23	19	14	25	19	22	26	21	25	22	20
Temporarily off GRx physical activities	17	22	18	15	15	20	14	19	18	17	13	14	15	17	18	16	17	19	16	17
No longer following the GRx physical activities	19	25	27	23	20	12	21	18	17	20	26	22	31	18	20	17	18	16	18	21
Refused	1	0	0	1	0	0	1	0	0	1	0	3	0	1	0	1	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 33: Q4. Are you currently...?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2771*	613	393	153	236	900	357	66	1340	1332	1403	1279	2144	279	152
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	42	34	43	45	34	48	46	32	44	39	42	41	50	18	15
Doing physical activity but different from that recommended in your GRx	22	26	27	17	25	20	14	32	20	25	21	24	21	26	24
Temporarily off GRx physical activities	17	13	16	9	25	19	16	20	18	16	18	16	17	23	11
No longer following the GRx physical activities	19	26	14	27	16	12	24	17	18	20	19	19	12	33	49
Refused	1	0	0	2	0	0	0	0	0	1	0	1	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 34: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	904*	40	81	179	296	301	252	652	600	194	61	37	37	205	260	192	211	155	225	500
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	32	11	21	27	35	41	31	33	38	27	22	13	37	33	30	34	35	36	30	31
Lack of time due to work	22	33	36	32	22	8	22	21	19	27	32	23	19	20	20	24	21	17	25	22
Just didn't want to	7	1	11	16	4	4	6	7	6	4	16	5	3	6	6	7	9	7	7	7
Lack of time due to family responsibilities	20	18	33	24	17	19	14	23	17	27	28	16	10	16	20	18	23	22	22	19
Cost	19	11	20	20	25	11	21	18	15	24	10	36	29	19	20	21	18	21	15	20
Lack of energy/too tired	18	21	27	18	12	19	14	19	17	19	19	8	23	17	17	18	15	16	18	19
I'm too old	2	0	0	1	1	7	3	2	3	3	0	3	2	3	3	3	2	3	3	2
It's too hard to stick to a routine	12	20	9	15	11	11	13	12	9	11	15	25	5	14	14	11	8	13	11	12
The programme ran its course/wasn't renewed GRx	3	0	2	6	2	2	1	4	3	1	4	0	3	1	4	3	4	2	5	3
Issues with admin/paperwork (not helpful, no follow up etc.)/support	3	0	1	4	5	1	4	3	3	4	2	0	4	3	3	2	5	2	2	4
Moved elsewhere/out of town/on holiday	4	1	0	5	2	7	3	5	5	1	0	5	9	2	1	3	10	5	7	2
I'm doing physical activities not with GRx	3	0	2	2	4	2	3	3	4	3	4	0	2	3	3	4	2	2	2	3
Other	13	26	6	10	13	15	13	12	12	17	15	19	19	15	14	12	8	11	11	14
No Reason	0	2	0	1	0	0	1	0	0	1	0	0	0	0	1	0	0	0	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are temporarily off or no longer following the GRx physical activities.



Table 35: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	904*	225	112	57	82	254	129	23**	443	429	484	394	574	145	89
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	32	18	38	10	41	46	45	11	36	31	47	17	39	22	22
Lack of time due to work	22	54	29	11	4	3	1	44	13	30	14	31	18	32	23
Just didn't want to	7	6	11	15	6	4	7	3	6	8	6	8	5	10	6
Lack of time due to family responsibilities	20	24	20	15	39	16	11	15	19	21	18	23	21	20	16
Cost	19	14	17	25	21	11	33	19	22	15	20	18	15	24	33
Lack of energy/too tired	18	17	26	9	16	17	20	2	21	13	22	12	17	25	11
I'm too old	2	1	0	0	1	8	1	0	4	1	4	0	2	4	0
It's too hard to stick to a routine	12	10	15	16	18	12	8	17	14	10	12	12	9	13	20
The programme ran its course/wasn't renewed GRx	3	6	3	2	0	3	1	0	2	4	4	2	3	1	10
Issues with admin/paperwork (not helpful, no follow up etc.)/support	3	4	4	3	0	1	8	5	4	2	3	3	1	2	13
Moved elsewhere/out of town/on holiday	4	5	4	2	0	8	0	0	3	5	4	4	4	9	1
I'm doing physical activities not with GRx	3	4	2	9	1	2	1	0	2	3	2	4	3	1	4
Other	13	6	7	19	14	15	19	20	16	9	12	14	12	11	17
No Reason	0	0	0	3	0	0	0	0	1	0	0	1	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are temporarily off or no longer following the GRx physical activities.



Table 36: Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2852*	90	218	516	953	1049	850	2002	1947	578	175	98	96	664	832	610	644	544	745	1463
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	71	58	70	67	72	73	71	70	71	70	74	71	67	68	73	69	72	70	73	70
No	17	19	16	18	18	15	17	17	17	17	15	15	16	20	15	17	16	20	14	17
Don't know/unsure	12	23	14	14	11	12	11	13	12	13	10	11	17	12	13	13	12	10	13	13
Refused	0	0	0	1	0	0	1	0	0	0	0	3	0	0	0	1	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 37: Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2852*	626	403	157	239	931	372	68	1392	1356	1448	1313	2207	286	157
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	71	71	70	66	75	74	65	72	70	71	70	72	81	42	30
No	17	18	17	17	18	15	20	10	17	17	19	15	10	36	54
Don't know/unsure	12	11	14	16	7	11	15	18	13	11	12	13	10	22	16
Refused	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 38: Q7. What positive changes have you noticed?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2005*	49	147	346	695	751	599	1406	1372	405	127	68	68	456	596	412	463	382	541	1010
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	32	32	31	32	35	29	36	30	29	46	37	28	19	38	36	22	30	24	28	38
Feel stronger/fitter	57	68	60	57	55	58	60	56	57	57	64	47	58	51	58	60	59	57	57	57
Less stressed	30	37	36	41	31	21	30	30	27	37	36	36	35	29	31	26	35	28	30	30
Less joint pain/discomfort	25	16	9	17	27	32	21	27	27	23	27	17	16	25	24	24	28	28	23	26
Less back pain	17	12	18	19	16	17	15	18	17	21	21	12	6	20	17	11	20	17	15	18
More energy	44	41	48	54	47	34	44	43	39	51	58	42	40	43	44	43	42	41	43	45
Lower cholesterol	11	7	9	7	12	12	15	9	8	11	22	16	16	12	11	11	9	10	10	11
Lower blood pressure	16	12	8	10	16	21	19	14	12	19	32	19	12	16	18	15	14	14	14	17
Less medication	8	18	7	6	9	7	8	8	8	8	11	7	9	5	10	8	8	8	8	8
Lost weight	43	52	49	55	45	31	41	43	39	52	55	33	35	43	42	42	44	42	42	43
Smoking less	4	7	4	6	5	1	5	3	2	10	3	1	6	7	2	2	4	1	3	5
Sleeping better	23	28	26	33	25	16	22	24	21	27	38	21	22	25	24	20	26	21	20	27
Fewer illnesses	8	16	10	7	9	6	6	8	6	12	10	6	9	6	8	7	9	8	8	7
Generally feel better	52	45	48	48	54	54	53	52	53	56	58	34	47	53	54	46	57	54	54	52
Feel less depressed/anxious	19	36	21	24	21	11	16	20	17	25	22	16	24	15	18	20	22	17	17	21
Increased mobility	28	25	23	23	32	28	28	28	28	27	31	28	28	27	28	24	34	24	27	31
Better balance/fewer falls	16	12	11	10	15	22	16	16	16	16	19	9	20	15	17	14	16	18	15	15
Improved blood sugar levels	14	2	19	10	19	10	19	12	10	19	20	21	13	16	14	13	14	13	14	14
Other	4	4	4	5	3	3	4	3	3	5	2	5	8	2	3	5	4	7	2	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who have noticed positive changes in their health since they were issued a GRx.



Table 39: Q7. What positive changes have you noticed?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2005*	443	280	104	177	669	251	47	970	963	984	952	1769	105	46
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Breathing easier	32	33	23	40	25	29	46	43	37	29	35	29	32	31	25
Feel stronger/fitter	57	58	62	60	47	56	58	71	55	61	57	58	59	57	48
Less stressed	30	32	35	36	36	21	31	36	31	29	28	31	31	26	35
Less joint pain/discomfort	25	21	25	25	26	30	20	18	24	26	29	21	27	14	23
Less back pain	17	14	14	19	19	18	21	15	20	14	20	14	18	10	18
More energy	44	52	50	48	38	33	46	53	41	46	41	47	45	39	38
Lower cholesterol	11	10	9	14	5	13	12	16	12	10	10	12	11	7	6
Lower blood pressure	16	13	13	23	8	20	12	28	18	14	16	15	15	17	9
Less medication	8	8	9	10	6	7	6	24	9	7	9	7	7	11	8
Lost weight	43	53	42	55	42	31	43	62	43	43	37	49	43	35	35
Smoking less	4	5	2	8	2	1	9	5	5	3	5	3	4	0	6
Sleeping better	23	30	20	25	26	17	25	29	25	22	24	23	23	29	20
Fewer illnesses	8	8	6	7	15	5	6	17	9	6	10	6	7	6	14
Generally feel better	52	52	56	48	49	53	50	52	50	55	54	51	54	41	49
Feel less depressed/anxious	19	18	18	34	22	11	26	35	21	16	22	16	18	16	24
Increased mobility	28	26	26	21	27	29	36	39	31	26	35	22	29	25	28
Better balance/fewer falls	16	11	11	16	21	20	18	12	18	14	20	12	16	11	7
Improved blood sugar levels	14	18	12	30	10	10	14	10	15	13	14	14	14	11	20
Other	4	3	5	7	3	3	3	3	3	4	5	3	3	3	9

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who have noticed positive changes in their health since they were issued a GRx.



Table 40: Q8. Compared with the time before you were first given a GRx, are you now spending...

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2785*	90	217	507	931	1015	841	1944	1921	552	164	96	93	636	815	597	635	536	737	1416
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	61	58	69	61	63	58	61	61	60	62	70	50	60	61	63	58	62	56	62	61
About the same amount of time being active?	27	30	20	28	25	30	25	28	30	21	16	34	30	25	26	30	28	34	27	25
Less time being active?	12	12	11	11	11	12	13	11	10	16	13	13	10	13	10	12	11	10	11	13
Refused	0	0	0	0	0	0	1	0	0	1	1	2	1	0	0	1	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 41: Q8. Compared with the time before you were first given a GRx, are you now spending...

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2785*	611	398	152	235	904	363	67	1347	1338	1408	1290	2170	281	154
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	61	62	60	66	65	59	56	74	62	59	59	64	69	39	32
About the same amount of time being active?	27	28	28	21	23	30	26	16	25	30	28	26	21	45	50
Less time being active?	12	10	12	11	12	11	18	9	13	11	13	10	10	16	17
Refused	0	0	0	3	0	0	1	1	0	0	0	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 42: Q8a# If about the same time, why is this?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	549*	19**	44	106	176	199	142	407	411	89	26**	16**	18**	105	158	142	128	119	140	270
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering	25	14	13	18	26	30	26	24	25	14	18	23	36	26	25	18	31	19	20	29
Already doing enough, already/always been active/happy with what doing	9	12	16	9	4	13	12	8	9	7	3	9	26	8	6	14	9	14	9	7
Too busy/no time	10	39	11	12	9	6	9	10	8	14	5	22	23	9	14	6	11	13	12	8
Increased workload/long hours/work commitments	13	0	18	13	24	3	11	13	11	27	24	15	10	11	11	12	17	15	10	14
Lack of motivation/laziness/depression	6	15	9	8	5	6	2	8	6	7	13	2	0	1	8	7	7	5	9	6
Lack energy/tired	2	2	0	2	1	4	3	2	2	6	2	0	0	2	5	0	2	0	1	4
Specified type of activity/level of activity	2	0	0	1	3	3	2	2	3	1	0	0	0	0	5	2	1	4	2	1
Family responsibilities	5	0	10	5	6	3	6	4	4	7	8	2	6	6	5	4	5	3	7	4
GRx has not helped	4	16	15	8	2	2	5	4	5	8	0	0	0	1	6	6	4	6	3	4
Weather/darkness	1	0	1	1	1	0	1	1	1	1	0	0	1	2	0	1	0	0	0	1
Lack of support	0	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0
Other commitments, holidays	2	0	0	7	1	1	3	2	1	1	11	9	0	5	1	3	0	0	4	2
Difficulty getting into, or lost, routine/didn't get into a habit/not organised	2	5	2	1	4	1	2	2	2	1	0	0	0	0	4	2	2	6	1	1
Costs/fees of activity too expensive	2	3	0	7	2	0	1	3	3	1	2	0	0	3	2	2	2	3	1	3
Getting too old/no longer up to it	1	0	0	1	0	3	3	1	2	1	1	0	0	3	0	2	1	1	0	2
Other	23	3	20	22	18	30	20	24	24	15	21	25	10	29	16	26	20	20	28	21
No particular reason	0	2	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0
Don't know	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	1	0	0	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are spending about the same time being active, compared with before they were first given a GRx.



Table 43: Q8a# If about the same time, why is this?

	Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Other	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	549*	142	76	30	44	170	70	8**	4**	251	285	295	236	351	93	56
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering	25	9	25	13	42	30	44	7	26	33	18	33	16	30	18	12
Already doing enough, already/always been active/happy with what doing	9	11	8	8	2	13	6	0	0	6	11	6	12	10	8	5
Too busy/no time	10	11	11	19	13	4	8	80	0	8	12	6	14	9	12	10
Increased workload/long hours/work commitments	13	36	14	2	0	1	0	4	0	5	18	12	15	13	14	18
Lack of motivation/laziness/depression	6	5	12	7	10	4	6	0	13	6	7	6	7	5	9	5
Lack energy/tired	2	1	4	2	2	3	4	0	0	4	1	3	1	2	5	0
Specified type of activity/level of activity	2	1	8	0	0	3	1	0	0	1	3	2	2	2	4	0
Family responsibilities	5	4	2	8	8	3	10	4	0	7	3	6	3	5	4	2
GRx has not helped	4	6	5	22	1	2	2	0	0	5	5	4	6	1	3	21
Weather/darkness	1	0	0	6	0	0	1	0	0	1	0	1	0	1	1	0
Lack of support	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	2
Other commitments, holidays	2	3	1	3	0	2	0	0	60	3	2	1	4	2	4	0
Difficulty getting into, or lost, routine/didn't get into a habit/not organised	2	3	7	3	1	0	0	12	0	2	3	2	3	3	4	0
Costs/fees of activity too expensive	2	2	3	6	0	0	7	0	0	3	2	3	2	1	3	9
Getting too old/no longer up to it	1	1	1	0	0	3	0	0	0	2	0	2	1	2	0	2
Other	23	20	15	13	23	33	14	15	14	21	23	23	23	21	21	28
No particular reason	0	0	0	0	0	1	1	0	0	0	0	0	0	0	1	0
Don't know	0	0	0	0	0	0	1	9	0	0	0	0	0	0	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are spending about the same time being active, compared with before they were first given a GRx.



Table 44: Q8b. If less time, why is this?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	205*	6**	17**	39	63	78	65	140	121	56	15**	7**	8**	47	50	50	52	32	57	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	49	0	43	42	48	61	50	48	59	38	19	37	65	44	46	43	66	57	34	53
Increased workload/longer hours/work commitments	11	19	0	14	16	5	8	12	8	14	37	0	3	19	12	6	9	3	20	9
Lack of motivation/confidence, laziness, depressed	12	42	10	7	15	7	11	12	9	17	22	3	3	15	17	7	12	20	7	11
Lack energy/tired	6	0	10	1	11	6	3	8	3	9	25	0	0	15	9	2	3	0	17	4
Specified type of activity not doing	1	0	0	2	1	0	1	1	0	3	0	0	0	1	2	0	0	0	0	1
Too busy/no time, other priorities/commitments (including study)	8	56	13	13	5	1	15	4	4	7	28	11	0	6	9	10	1	1	7	11
Family responsibilities (incl. pregnancy, home issues)	6	4	24	8	4	6	5	7	7	11	2	0	3	8	4	8	7	4	4	7
Weather/darkness/daylight saving over	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0
Costs/fees of activities too expensive	5	37	0	3	6	0	7	3	6	7	0	0	0	8	0	9	2	0	6	6
Other	15	3	4	14	7	25	16	14	12	10	3	49	29	8	11	25	10	18	24	9
Don't know	0	0	4	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they are spending less time being active, compared with before they were first given a GRx.



Table 45: Q8b. If less time, why is this?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	205*	46	20**	12**	21**	61	35	4**	99	96	118	84	135	41	17**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	49	27	35	62	67	66	51	4	48	49	69	24	49	43	52
Increased workload/longer hours/work commitments	11	34	22	0	0	0	0	0	5	15	4	18	11	6	10
Lack of motivation/confidence, laziness, depressed	12	8	26	6	11	9	15	18	15	10	9	15	9	28	3
Lack energy/tired	6	15	5	0	4	2	7	0	3	9	3	10	9	3	0
Specified type of activity not doing	1	0	0	0	4	0	1	0	1	0	0	1	0	0	5
Too busy/no time, other priorities/commitments (including study)	8	14	11	0	7	0	1	78	10	7	4	13	10	5	7
Family responsibilities (incl. pregnancy, home issues)	6	7	6	3	13	5	7	0	7	6	5	8	8	5	0
Weather/darkness/daylight saving over	0	0	0	0	1	0	0	0	0	0	0	0	0	1	0
Costs/fees of activities too expensive	5	6	0	6	0	0	4	56	7	3	1	9	7	0	0
Other	15	16	16	23	0	22	12	0	12	16	8	23	13	12	33
Don't know	0	0	0	0	0	0	1	0	1	0	0	0	0	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they are spending less time being active, compared with before they were first given a GRx.



Table 46: Q9. Have you received any specific advice on healthy eating?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Māori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2868*	90	215	512	959	1067	856	2012	1968	573	176	101	96	666	839	611	649	546	760	1464
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	64	53	65	63	70	62	68	63	62	75	73	58	62	67	62	63	68	62	65	66
No	33	42	32	35	28	36	28	35	36	23	23	34	36	30	36	35	30	34	33	31
Don't know	2	5	3	2	2	2	3	2	2	2	4	6	0	3	3	1	2	4	2	2
Refused	0	0	0	0	0	0	1	0	0	0	1	2	1	0	0	1	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 47: Q9. Have you received any specific advice on healthy eating?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemploye d/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2868*	629	406	155	241	942	375	68	1397	1371	1458	1319	2215	289	158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	64	65	62	69	68	62	66	73	65	64	64	65	71	49	38
No	33	32	35	23	29	36	32	25	32	33	35	31	27	46	59
Don't know	2	2	3	7	3	1	2	2	2	2	1	3	2	5	3
Refused	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.

Table 48: Q10. Have you made any changes to your food and/or drink intake since being given your GRx?

Age							Gender		Ethnicity					Highest qualification				NZDep Index		
Base =	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
	2803*	90	215	503	932	1037	840	1963	1918	557	170	101	97	647	824	602	630	535	745	1427
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	35	35	33	32	28	43	37	34	38	26	25	41	40	39	35	33	31	40	33	33
Yes	65	65	67	68	72	57	63	66	62	74	75	57	60	61	65	66	69	60	67	67
Refused	0	0	0	0	0	0	1	0	0	0	0	2	0	0	0	1	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 49: Q10. Have you made any changes to your food and/or drink intake since being given your GRx?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2803*	612	396	154	239	915	365	68	1365	1341	1421	1292	2153	289	158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	35	27	31	35	25	44	38	20	37	32	37	31	30	51	49
Yes	65	73	69	64	75	56	61	80	62	68	63	68	70	49	51
Refused	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 50: X10. Changes made to food and/or drink intake since being given a GRx.

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2714*	89	212	483	902	1003	818	1896	1866	530	169	95	95	619	803	584	613	525	714	1382
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	12	5	8	15	14	10	9	13	9	21	19	6	12	16	11	10	12	7	10	15
Eating more healthily/less junk food (better choices, watch what I eat)	16	22	20	19	18	11	13	17	16	21	15	9	17	15	17	16	16	15	18	16
Eating less/smaller meals (portion control)	14	13	15	12	18	12	15	14	15	15	12	9	16	15	14	14	16	13	14	15
Cut down on fats/low fat foods	5	2	3	3	8	4	6	5	4	5	8	7	3	6	4	5	5	6	5	5
Less/avoid sugar and sugary foods, sweets, soft drinks	21	24	27	22	22	17	19	21	19	25	26	18	18	21	20	21	21	20	20	22
Eat more vegetables	12	8	12	10	15	9	12	12	10	16	14	8	8	12	12	11	10	9	11	13
Eat more fruit	7	3	5	7	9	6	6	7	7	6	6	6	2	6	8	6	6	6	5	8
Less alcohol	4	2	2	3	4	5	5	3	5	2	2	2	5	3	5	3	4	5	5	2
Reduce carbohydrates, including bread	9	14	10	8	10	8	10	8	8	12	7	12	11	8	7	11	11	8	9	9
No snacking/regular meals, breakfasts	3	8	7	4	3	2	2	4	4	2	5	1	1	1	4	4	4	5	2	3
Diet plans	3	2	2	3	4	3	2	3	3	3	3	3	0	1	4	3	3	4	2	3
Eat less (red) meat/more fish	3	0	5	1	5	2	5	2	2	5	5	4	2	4	1	4	3	2	4	3
Cut down on salt use	2	0	1	2	2	1	1	2	1	3	1	3	0	3	1	2	1	1	2	1
Less takeaways/fast foods	2	9	2	4	3	0	3	2	2	4	3	4	2	2	3	3	2	0	2	3
Less dairy (milk, butters, etc.)	1	2	3	1	2	1	1	1	1	2	2	0	0	1	2	1	1	1	1	2
Less coffee/tea	2	0	3	1	2	2	2	2	2	3	1	1	3	1	2	2	2	1	3	2
More grain breads, fibre or similar	1	0	5	2	1	1	2	1	2	2	2	0	0	1	2	1	2	1	2	1
More protein	1	0	3	1	1	0	1	1	1	1	0	3	1	1	1	0	2	1	1	1
Supplements, dietary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yes, reading labels on food	2	1	2	1	2	2	2	2	2	1	1	0	0	1	2	2	2	2	2	1
Stopped/reduced smoking	0	0	2	0	0	1	1	0	0	0	3	0	0	0	1	0	0	0	0	1
Other	5	4	4	6	4	5	5	5	5	4	4	5	1	4	4	6	6	6	6	4
No particular reason	36	35	34	33	28	44	38	35	39	27	25	45	42	40	36	34	32	41	34	34

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they have made changes since being given a GRx.



Table 51: X10. Changes made to food and/or drink intake since being given a GRx.

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed actively seeking a	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
	Base = 2714* %	600 %	387 %	150 %	232 %	883 %	344 %	67 %	130 7 %	131 7 %	137 4 %	125 7 %	2090 %	281 %	153 %
Drink more water	12	10	12	22	15	11	12	6	14	10	12	12	14	6	5
Eating more healthily/less junk food (better choices)	16	21	16	20	19	11	16	18	16	17	16	17	18	11	10
Eating less/smaller meals (portion control)	14	18	11	10	14	12	17	17	13	15	15	14	16	11	6
Cut down on fats/low fat foods	5	7	3	5	7	4	4	11	5	5	4	6	6	1	2
Less/avoid sugar and sugary foods, sweets, soft drinks	21	23	21	19	29	17	17	27	19	22	18	24	23	16	16
Eat more vegetables	12	12	14	9	17	8	14	13	12	11	12	11	13	8	7
Eat more fruit	7	7	7	8	11	5	7	5	7	7	7	6	8	4	2
Less alcohol	4	4	5	1	3	6	1	1	2	6	4	4	4	3	3
Reduce carbohydrates, including bread (gluten)	9	12	8	6	7	8	6	18	8	10	8	10	10	9	3
No snacking/regular meals, breakfasts	3	5	4	1	5	2	3	12	3	4	3	4	4	1	1
Diet plans	3	5	4	0	4	2	2	4	2	4	3	3	3	4	2
Eat less (red) meat/more fish	3	4	3	3	3	2	4	1	3	3	4	2	4	1	2
Cut down on salt use	2	3	1	0	2	2	2	0	2	1	2	2	2	2	0
Less takeaways/fast foods	2	3	3	7	3	0	2	6	2	3	1	3	3	3	1
Less dairy (milk, butters, etc.)	1	1	1	4	1	1	1	2	2	1	1	2	1	0	1
Less coffee/tea	2	1	3	3	2	2	1	5	2	2	3	1	2	1	2
More grain breads, fibre or similar	1	2	2	1	1	1	1	6	1	2	2	1	2	2	0
More protein	1	1	0	1	1	0	1	0	0	1	1	1	1	1	0
Supplements, dietary	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Yes, reading labels on food	2	1	1	1	2	3	3	0	2	2	2	1	2	1	0
Stopped/reduced smoking	0	0	0	2	0	1	0	0	1	0	0	1	0	0	0
Other	5	3	6	5	5	6	6	3	4	6	4	5	4	5	12
No particular reason	36	27	32	36	27	45	40	20	39	32	38	32	30	52	50

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they have made changes since being given a GRx.



Table 52: Q11. How was contact first made with the GRx support person?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2852*	90	215	510	957	1054	853	1999	1955	571	170	102	97	654	835	612	652	545	757	1449
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	64	54	70	69	65	60	60	66	65	65	58	64	52	57	68	62	67	69	62	64
I went to see them in person (face-to-face)	27	36	23	19	26	33	28	27	27	28	27	20	34	33	25	27	25	23	28	28
I called 0800 ACTIVE or the local phone number provided	4	0	2	4	4	3	4	3	3	2	5	3	8	3	2	5	5	5	5	2
I have not had any contact with a GRx support person	5	10	5	7	5	4	8	4	4	5	10	12	7	6	5	6	3	3	5	6
Refused	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 53: Q11. How was contact first made with the GRx support person?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2852*	626	404	155	243	931	372	68	1380	1367	1456	1306	2201	291	158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	64	71	74	61	63	59	60	57	60	68	63	65	68	66	68
I went to see them in person (face-to-face)	27	21	20	30	25	34	32	26	30	25	28	26	28	32	27
I called 0800 ACTIVE or the local phone number provided	4	4	3	0	5	3	4	4	3	4	3	4	4	1	6
I have not had any contact with a GRx support person	5	5	3	8	6	4	4	13	7	4	5	5	0	0	0
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 54: Q12. After your first contact, how were you given support to follow your GRx activities?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2718*	79	203	478	914	1021	779	1939	1878	543	155	93	91	620	800	575	630	529	725	1370
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	54	47	58	57	57	51	52	55	55	58	56	53	41	57	54	52	56	55	57	53
Face-to-face/in person	43	43	41	38	41	48	50	41	43	49	47	35	37	42	42	43	46	37	44	46
Brochures/leaflets	28	41	31	26	28	28	26	29	29	29	24	27	28	20	31	29	32	24	32	28
A GRx Community programme/group	18	15	12	12	18	24	18	18	19	19	19	13	11	18	18	18	20	17	20	17
Text or email	30	34	44	43	33	17	26	31	28	36	39	26	37	22	29	33	34	35	27	29
No support/follow up offered	6	8	6	8	6	4	4	6	5	4	4	8	19	4	5	7	6	5	4	6
I didn't want any support/follow up	3	2	2	2	2	5	4	2	3	2	0	3	7	2	2	4	3	4	2	3
Other	4	3	3	3	3	4	3	4	3	3	5	5	10	3	3	5	3	3	4	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 55: Q12. After your first contact, how were you given support to follow your GRx activities?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2718*	591	391	141	235	900	356	59	1317	1306	1384	1248	2209	288	161
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	54	56	54	54	51	53	56	58	56	54	56	53	56	49	53
Face-to-face/in person	43	40	45	44	49	44	40	39	44	42	46	40	49	25	23
Brochures/leaflets	28	27	29	22	33	28	27	40	29	28	29	28	31	22	16
A GRx Community programme/group	18	11	17	12	21	24	21	19	21	16	22	15	21	11	4
Text or email	30	39	38	28	34	17	27	42	26	33	27	34	30	30	32
No support/follow up offered	6	7	6	9	7	4	6	2	5	6	5	6	3	12	25
I didn't want any support/follow up	3	1	3	4	1	5	4	2	4	2	2	3	2	6	3
Other	4	4	4	4	3	4	3	4	4	3	4	4	3	4	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 56: Q13. Has your GRx support person given an extension for longer support during the last year?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2639*	79	199	473	895	972	773	1866	1813	537	151	92	89	607	772	559	609	504	700	1347
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	38	22	31	37	42	38	38	38	36	41	44	40	40	42	38	35	38	34	40	38
No	38	49	41	38	35	39	38	38	40	35	35	31	33	37	38	39	37	42	38	38
Don't know	24	29	28	25	23	23	24	24	24	24	20	29	27	20	24	26	24	23	22	24
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 57: Q13. Has your GRx support person given an extension for longer support during the last year?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2639*	583	383	137	229	854	348	59	1274	1270	1345	1214	2151	285	155
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	38	36	34	42	42	39	41	30	41	35	41	36	43	20	13
No	38	41	39	42	36	37	32	36	34	43	35	41	33	55	68
Don't know	24	22	27	15	22	24	27	34	26	22	24	23	24	25	19
Refused	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 58: Q14. What, if any, physical activities did the GRx support person suggest to you?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2706*	78	201	477	908	1017	782	1924	1865	545	156	93	91	619	799	567	627	524	716	1373
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	6	13	9	6	5	4	4	6	5	6	6	6	5	6	5	7	4	7	4	6
Walking	63	54	71	66	65	58	60	64	61	68	69	54	61	62	62	58	69	57	63	66
Swimming	50	46	58	52	56	43	50	50	49	63	57	37	58	53	47	45	57	46	49	54
Gardening	16	2	13	13	13	21	13	16	15	18	27	8	11	16	15	12	17	13	17	16
Other home based activities (e.g. exercycle/treadmill)	19	24	29	17	18	18	21	18	20	20	25	11	10	19	19	18	18	17	19	19
Water/pool exercises	44	30	36	40	51	43	40	46	45	51	42	30	45	47	41	39	50	40	45	46
Tai chi	9	1	6	6	8	13	5	11	10	9	5	5	4	8	8	10	10	9	8	9
Yoga/Pilates	11	21	12	13	11	9	6	13	10	12	16	9	15	8	10	12	12	10	13	9
Cycling	14	8	18	14	16	11	20	11	13	15	16	13	11	13	13	12	16	14	13	14
Gym exercises (e.g. aerobics, weights)	41	58	46	48	42	33	47	39	40	43	37	46	51	31	39	43	50	43	41	40
Fall prevention programme	4	0	0	1	2	8	4	4	5	2	1	3	3	3	4	2	5	5	2	4
GRx Community programme/group	20	15	22	16	19	22	15	21	19	20	26	13	18	17	22	17	20	17	19	21
Other	5	1	6	7	5	4	5	5	5	7	5	3	2	4	5	6	4	5	5	5

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 59: Q14. What, if any, physical activities did the GRx support person suggest to you?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2706*	587	389	140	230	898	361	56	1315	1292	1380	1239	2206	282	156
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	6	8	6	5	9	3	4	4	5	6	4	7	3	13	21
Walking	63	65	63	59	62	60	64	70	63	62	61	65	67	51	47
Swimming	50	54	54	57	46	43	59	45	53	48	55	46	53	41	40
Gardening	16	12	13	11	18	21	12	18	17	14	15	15	17	9	7
Other home based activities (e.g. exercycle/treadmill)	19	20	15	25	23	18	16	23	20	17	20	17	21	12	8
Water/pool exercises	44	42	44	49	45	43	52	39	44	44	53	36	46	38	34
Tai chi	9	4	9	8	9	14	7	6	11	7	10	8	10	4	5
Yoga/Pilates	11	12	12	9	13	9	5	24	10	11	7	14	12	6	8
Cycling	14	17	17	12	11	11	11	24	12	16	15	13	16	7	8
Gym exercises (e.g. aerobics, weights)	41	45	44	45	48	32	37	63	38	43	39	43	43	33	35
Fall prevention programme	4	2	1	0	3	8	2	1	5	3	5	2	5	1	1
GRx Community programme/group	20	15	16	19	24	24	19	15	22	17	20	20	21	16	15
Other	5	4	4	4	6	4	7	13	5	5	5	5	5	4	5

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 60: Q15. Were you referred to any of the following activity providers?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2673*	80	202	478	911	980	783	1890	1838	540	155	92	91	609	781	569	623	521	710	1353
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	45	63	46	50	46	38	54	41	43	51	41	52	42	39	44	50	48	44	46	45
Swimming pool	51	38	45	49	58	49	48	52	49	59	53	41	57	58	49	46	52	43	50	56
Sports club	3	3	7	4	3	2	4	3	3	4	5	3	5	3	4	2	4	4	3	3
Tai chi classes	1	0	0	0	1	1	0	1	0	0	2	0	1	0	0	1	1	0	0	0
Walking group	1	0	0	0	1	0	1	1	1	1	2	0	1	1	0	1	1	0	0	1
Regional sports trust	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
General exercise programme or group	2	1	1	1	1	3	1	2	2	2	1	1	1	2	2	1	2	2	2	1
GRx group	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0
Fall prevention programme	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YMCA or recreation centre	0	0	0	0	0	1	0	1	0	0	2	0	0	0	1	0	0	1	0	0
Other	3	1	3	4	3	2	2	3	2	5	0	5	1	2	3	3	3	2	3	3
Not referred to any provider	25	28	34	28	22	25	22	27	26	20	28	27	24	23	28	26	24	28	26	24
Don't know	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	1	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 61: Q15. Were you referred to any of the following activity providers?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2673*	590	389	140	232	864	354	59	1285	1293	1359	1231	2186	281	160
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	45	49	47	56	44	37	47	60	44	45	43	47	48	37	32
Swimming pool	51	49	50	53	47	50	62	50	55	48	60	43	54	41	33
Sports club	3	2	5	11	2	3	3	1	3	4	2	4	4	2	1
Tai chi classes	1	0	0	0	0	1	1	2	1	0	1	0	1	0	0
Walking group	1	1	0	0	0	1	2	0	1	1	1	1	1	0	0
Regional sports trust	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
General exercise programme or group	2	1	1	1	1	4	1	2	2	2	2	1	2	0	2
GRx group	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Fall prevention programme	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YMCA or recreation centre	0	0	0	0	0	1	1	0	0	0	0	1	0	0	0
Other	3	2	5	5	5	2	2	2	3	2	3	2	2	4	2
Not referred to any provider	25	29	23	24	28	26	20	19	23	27	20	30	21	42	48
Don't know	0	0	1	0	0	0	0	0	0	0	0	0	0	0	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 62: Q16. Was the activity provider right for you?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	1937*	57	134	343	666	718	577	1360	1314	420	112	57	65	451	555	398	462	365	507	1002
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	17	26	27	19	16	15	14	19	18	17	16	18	27	15	20	15	19	17	16	18
Yes	82	74	72	79	83	85	86	81	82	83	82	81	71	84	79	85	81	83	83	82
Refused	0	0	1	2	0	0	1	0	0	0	2	1	2	1	0	0	0	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table 63: Q16. Was the activity provider right for you?

	Employment Status										Community Services Card				Disability				Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively	At home	Retired	Sick/invalid beneficiary	Student	No response	Other	Yes	No	Don't know	No response	Yes	No	No response	Refused	Satisfied	Neutral	Dissatisfied
Base =	1937*	407	284	102	165	634	263	44	22**	16**	947	921	32	37	1015	860	61	1**	1677	151	81
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	17	22	16	14	17	15	20	11	14	35	16	19	19	11	18	17	14	0	11	47	63
Yes	82	78	83	82	82	85	80	89	86	65	83	81	81	89	82	82	86	100	89	52	37
Refused	0	1	0	4	0	0	0	0	0	0	1	0	0	0	0	1	0	0	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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



Table 64: Q17. As a result of your GRx experience, have you encouraged others to become more active?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2601*	81	197	476	872	953	759	1842	1785	530	151	85	89	580	767	554	614	509	695	1309
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	33	40	32	32	34	32	33	33	37	27	17	28	29	34	33	31	32	39	31	32
Yes	67	60	68	68	66	68	67	67	63	73	83	72	71	66	67	69	67	61	69	68
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.

Table 65: Q17. As a result of your GRx experience, have you encouraged others to become more active?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2601*	581	375	137	225	839	339	58	1247	1262	1318	1204	2128	277	156
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	33	32	33	30	28	33	37	35	32	34	35	31	24	64	79
Yes	67	68	67	70	72	67	63	65	68	66	65	69	76	36	21
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 66: Q18. When you do physical activity, who is it with?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2802*	81	208	491	936	1058	817	1985	1932	559	161	94	94	646	818	587	640	543	739	1424
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	74	68	81	77	77	68	76	73	76	72	69	72	74	65	73	79	82	76	74	73
Family members (adults)	30	51	44	36	25	26	29	30	27	31	40	28	28	25	32	30	30	33	32	27
Family members (children)	13	16	26	27	10	5	10	14	10	17	26	8	14	9	13	13	13	11	12	13
A GRx community programme/group	14	4	12	6	11	22	13	14	15	14	14	7	6	16	13	12	12	10	14	15
Friends	22	38	35	23	19	19	14	24	21	28	23	16	16	20	23	22	20	21	23	21
Another organised group	11	5	11	9	8	15	8	12	12	12	9	5	13	10	9	13	11	14	11	10
A sports club	3	4	8	3	1	3	4	2	3	4	4	0	2	2	3	3	2	3	3	2
People from work	3	4	10	4	4	0	3	3	2	7	3	2	4	3	3	3	3	1	3	3
Other	5	3	6	4	6	5	3	6	6	5	1	4	6	5	5	5	6	5	6	4
No response	2	0	2	1	2	2	3	1	1	2	2	0	3	2	1	1	1	1	2	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 67: Q18. When you do physical activity, who is it with?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2802*	602	396	146	239	937	369	59	1367	1326	1431	1272	2249	296	162
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	74	79	80	73	71	68	72	79	71	76	74	74	74	76	79
Family members (adults)	30	32	37	35	37	26	19	37	27	33	27	32	31	27	22
Family members (children)	13	15	18	18	23	5	9	17	13	13	11	14	13	8	14
A GRx community programme/group	14	6	9	11	15	23	14	4	16	11	15	12	17	3	2
Friends	22	23	29	15	23	19	20	25	20	23	19	23	24	16	14
Another organised group	11	8	8	5	13	16	7	14	10	11	9	13	11	9	7
A sports club	3	4	3	6	1	2	2	5	2	4	3	2	3	1	2
People from work	3	9	4	0	1	0	2	3	1	5	2	4	3	1	5
Other	5	4	4	5	9	4	9	1	5	5	7	4	5	6	6
No response	2	1	1	1	1	2	4	0	2	1	2	1	0	2	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 68: The advice I was given was helpful

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2700*	80	204	483	911	999	784	1916	1858	546	156	91	89	611	795	569	630	527	714	1366
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	43	19	43	38	46	44	44	42	41	47	51	43	33	45	42	40	44	36	44	44
Agree	44	64	40	44	41	46	46	44	46	41	35	46	51	43	46	44	44	46	46	43
Neither agree nor disagree	9	16	11	12	9	7	6	11	9	8	6	11	11	9	9	12	7	13	7	9
Disagree	2	1	3	5	2	1	2	2	2	1	5	1	2	2	1	3	3	3	2	2
Strongly disagree	2	1	2	2	2	1	1	2	2	2	1	0	2	1	1	1	2	1	1	2
Refused	0	0	0	0	0	0	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 69: The advice I was given was helpful

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2700*	593	389	142	231	883	355	58	1306	1295	1376	1239	2221	290	155
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	43	43	39	57	39	45	39	28	42	44	42	43	51	8	4
Agree	44	42	41	30	47	47	50	59	46	43	47	42	45	51	23
Neither agree nor disagree	9	10	14	8	11	6	7	11	8	10	8	10	3	38	33
Disagree	2	3	4	4	1	1	2	0	2	2	2	3	0	3	24
Strongly disagree	2	2	2	1	1	2	1	1	1	2	2	2	1	1	17
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 70: The physical activity options suggested were appropriate for me

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2678*	81	204	483	908	980	776	1902	1845	542	154	89	89	600	785	573	628	522	709	1354
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	35	26	44	30	39	34	34	36	33	40	43	31	23	36	36	34	35	29	37	37
Agree	47	51	40	48	44	51	50	46	48	41	43	56	53	49	46	47	46	53	45	45
Neither agree nor disagree	11	15	8	13	11	9	9	11	11	11	5	7	13	9	12	10	12	13	10	10
Disagree	5	7	6	6	4	4	4	5	5	5	6	6	5	4	4	6	5	3	6	5
Strongly disagree	2	0	3	3	1	2	2	2	2	3	1	0	6	2	1	2	2	1	1	2
Refused	0	0	0	0	0	0	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 71: The physical activity options suggested were appropriate for me

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2678*	590	390	142	231	863	356	59	1293	1289	1365	1231	2201	290	156
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	35	35	30	48	35	35	37	33	35	35	36	34	43	5	2
Agree	47	46	49	34	44	50	48	54	47	47	47	48	49	46	26
Neither agree nor disagree	11	11	13	7	17	9	10	7	10	11	12	10	5	35	26
Disagree	5	5	6	10	3	4	3	5	5	4	4	6	2	12	26
Strongly disagree	2	3	2	2	0	2	2	1	2	2	2	2	1	1	20
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 72: The information and advice I was given was relevant to me

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Māori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2653*	81	204	481	899	966	773	1880	1823	537	153	89	89	590	774	567	630	518	699	1345
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	25	44	30	39	37	37	36	34	42	42	34	32	39	36	33	38	30	39	38
Agree	49	59	38	50	47	51	51	47	50	42	45	50	49	47	49	49	47	52	48	47
Neither agree nor disagree	10	12	11	11	10	9	8	11	10	10	8	9	10	12	9	11	9	14	9	9
Disagree	3	3	5	4	3	1	2	3	3	2	1	6	6	1	3	4	3	2	3	3
Strongly disagree	2	1	2	4	1	2	2	2	2	3	3	1	2	1	2	2	3	2	2	2
Refused	0	1	0	0	0	0	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 73: The information and advice I was given was relevant to me

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2653*	589	388	142	227	851	349	59	1278	1279	1348	1224	2186	285	152
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	38	31	48	28	39	36	34	36	37	37	36	44	7	3
Agree	49	44	50	33	61	50	50	57	50	47	49	49	50	50	23
Neither agree nor disagree	10	11	12	10	8	9	10	7	9	11	11	9	4	37	27
Disagree	3	4	4	5	1	1	2	1	2	3	2	3	1	5	24
Strongly disagree	2	2	3	4	0	2	2	2	2	2	2	2	1	1	23
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 74: The person I spoke to motivated me to get/stay physically active

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2659*	81	204	479	908	965	771	1888	1830	536	154	90	89	595	782	563	629	516	707	1348
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	29	41	34	42	40	41	39	37	44	45	41	33	43	39	36	40	31	41	42
Agree	38	32	31	36	35	43	39	37	39	31	38	42	46	38	37	40	34	42	38	36
Neither agree nor disagree	14	28	15	16	14	13	13	15	15	16	8	11	16	12	16	13	15	14	14	14
Disagree	5	8	8	9	5	3	4	6	6	5	5	3	2	5	5	6	7	8	5	5
Strongly disagree	3	1	5	4	4	1	3	3	3	3	3	3	2	2	2	4	3	4	2	2
Refused	0	1	0	0	0	0	0	0	0	0	2	0	1	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 75: The person I spoke to motivated me to get/stay physically active

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2659*	590	389	142	227	851	353	59	1281	1282	1355	1225	2191	286	153
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	40	34	53	32	41	37	48	41	39	40	38	48	6	6
Agree	38	33	36	26	45	44	38	26	38	37	38	37	41	26	13
Neither agree nor disagree	14	15	15	8	16	11	20	23	15	14	15	14	9	47	11
Disagree	5	9	8	5	4	2	3	2	4	7	4	7	1	20	34
Strongly disagree	3	4	6	8	1	1	2	2	2	4	3	3	1	1	37
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 76: The person I spoke to was understanding and supportive

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2674*	81	204	483	899	985	777	1897	1840	541	154	91	89	600	789	568	626	523	702	1358
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	46	32	55	38	50	47	50	45	46	51	48	39	34	50	45	43	48	40	48	48
Agree	40	51	32	41	36	45	40	41	41	35	37	49	54	39	41	43	37	44	40	39
Neither agree nor disagree	9	11	8	15	9	6	7	10	9	9	7	11	9	6	10	10	10	11	8	8
Disagree	2	6	2	4	3	1	2	3	2	3	2	1	1	1	2	3	3	3	2	3
Strongly disagree	2	1	3	2	2	2	2	2	2	3	4	0	2	3	1	2	2	2	2	2
Refused	0	0	0	0	0	0	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 77: The person I spoke to was understanding and supportive

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2674*	586	389	142	230	869	351	59	1290	1287	1364	1230	2206	287	151
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	46	45	45	58	40	47	49	39	48	45	49	43	55	11	6
Agree	40	36	33	29	50	46	41	46	41	39	40	41	40	49	24
Neither agree nor disagree	9	13	14	7	7	5	8	12	7	11	7	11	4	33	28
Disagree	2	4	4	3	1	1	1	2	1	3	2	2	0	7	21
Strongly disagree	2	2	4	4	1	2	1	0	2	2	2	2	1	0	21
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 78: As a result of receiving a GRx, I now understand the benefits of physical activity

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2651*	80	203	481	901	964	764	1887	1822	539	153	90	88	591	782	562	625	511	699	1351
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	38	22	39	29	41	41	40	37	36	40	43	42	31	41	39	32	39	30	37	41
Agree	39	50	32	38	39	41	43	38	40	38	42	43	39	43	40	39	35	42	41	38
Neither agree nor disagree	17	24	19	23	15	13	12	18	18	13	7	11	27	11	15	23	18	22	15	15
Disagree	4	4	6	5	4	2	3	4	3	7	2	4	1	3	3	4	5	4	4	4
Strongly disagree	2	1	4	5	2	1	2	3	2	2	4	1	1	2	2	2	3	2	2	2
Refused	0	0	0	0	0	1	0	0	0	0	2	0	1	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 79: As a result of receiving a GRx, I now understand the benefits of physical activity

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2651*	585	384	141	227	854	354	58	1281	1275	1353	1218	2188	284	150
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	38	36	31	42	35	43	39	32	39	38	40	35	45	6	9
Agree	39	35	39	38	41	41	42	42	41	37	39	41	42	36	12
Neither agree nor disagree	17	19	22	10	20	12	15	24	14	19	16	17	11	47	27
Disagree	4	6	4	6	2	2	2	0	3	4	4	4	1	9	24
Strongly disagree	2	4	3	4	0	1	2	2	2	2	2	3	1	1	28
Refused	0	0	0	0	2	0	0	0	1	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 80: As a result of the support I got, I now feel more confident about doing physical activity regularly

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2658*	81	203	481	904	968	770	1888	1830	540	153	89	88	598	780	563	625	511	705	1352
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	28	42	31	39	36	37	35	33	42	46	41	23	38	37	32	37	25	37	39
Agree	36	30	27	33	35	42	41	35	37	31	39	34	37	40	38	34	33	39	40	34
Neither agree nor disagree	20	30	17	25	19	17	17	20	21	19	9	20	31	16	17	23	21	24	16	20
Disagree	5	11	7	6	5	3	2	6	5	4	1	4	3	3	4	6	5	7	4	3
Strongly disagree	3	1	7	6	3	2	3	3	3	4	3	1	7	3	2	4	4	4	3	3
Refused	0	0	0	0	0	1	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 81: As a result of the support I got, I now feel more confident about doing physical activity regularly

Employment Status										Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied	
Base =	2658*	585	386	142	229	856	354	59	1284	1279	1355	1225	2194	285	152	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	
Strongly agree	36	36	29	45	33	36	35	51	37	36	35	36	44	3	3	
Agree	36	31	41	28	40	42	37	19	37	35	35	37	41	23	9	
Neither agree nor disagree	20	22	20	19	19	17	19	25	19	21	22	18	14	56	20	
Disagree	5	7	7	2	5	2	4	3	3	6	4	6	1	17	27	
Strongly disagree	3	4	3	5	2	2	4	1	3	3	3	3	1	2	40	
Refused	0	0	0	1	2	0	0	0	0	0	0	0	0	0	0	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 82: Q20. 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?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Māori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2709*	81	205	483	910	1007	789	1920	1867	545	157	91	89	620	798	572	625	529	717	1371
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	45	20	47	37	47	51	49	44	45	48	51	38	41	51	46	41	46	40	50	46
Satisfied	35	49	32	36	32	36	37	34	35	31	35	37	37	33	34	37	34	36	32	35
Neither/nor	13	27	11	16	15	9	10	14	13	15	9	21	17	11	14	13	14	15	12	13
Dissatisfied	4	2	6	6	4	2	2	4	4	3	2	3	4	3	3	6	4	6	3	3
Very dissatisfied	3	2	4	5	2	2	2	3	3	4	1	1	2	2	3	3	2	4	2	2
Refused	0	0	0	0	0	0	0	0	0	0	2	0	0	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 83: Q20. 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?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2709*	592	392	142	228	892	355	59	1311	1299	1377	1246	2249	296	162
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	45	44	38	46	42	53	42	37	47	44	45	45	57	0	0
Satisfied	35	31	38	35	37	34	37	44	34	35	35	35	43	0	0
Neither/nor	13	15	15	12	16	9	16	16	14	13	14	13	0	100	0
Dissatisfied	4	6	6	2	2	2	2	1	2	5	3	4	0	0	59
Very dissatisfied	3	3	3	5	1	2	3	2	2	3	3	3	0	0	41
Refused	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 84: Q20a. Please explain you answer (or any other comments you would like to make about your participation in GRx) - satisfied/very satisfied.

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	1482*	42	113	253	525	535	418	1064	978	337	98	48	52	306	434	322	371	279	391	762
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	29	24	39	33	28	27	24	32	32	26	30	16	34	28	31	28	30	30	32	29
Follow-up contact received/checks on progress	11	10	14	14	12	10	8	13	13	10	8	9	13	9	11	18	8	15	13	9
Motivated me to be active/more active, am more active as a result	11	12	11	6	11	12	10	11	8	12	22	10	8	11	11	11	11	6	12	12
Empathic, understands needs/situation, takes genuine interest, caring, listens	6	0	4	5	7	5	4	6	7	4	1	4	5	4	6	8	5	5	10	4
Improved health, motivation, confidence/feel better, happier/see results	14	16	14	12	14	15	16	13	11	14	22	24	8	13	16	14	13	11	14	16
Friendly, lovely, pleasant, cheerful, enthusiastic people	9	4	6	13	8	11	9	10	10	7	6	16	8	8	10	10	10	9	13	8
Useful/good information/advice/explanations/ideas/suggestions	8	3	8	10	11	4	10	7	7	7	16	9	8	7	6	10	8	6	7	9
Appropriate activities - suitable for my lifestyle, abilities, condition	9	10	11	7	9	9	8	9	10	6	8	7	11	8	8	10	10	14	9	7
Excellent/great/awesome team, support	5	0	4	7	3	5	4	5	4	5	3	2	3	5	4	3	7	6	4	5
Service great/good/impressive	2	4	2	3	1	1	2	2	2	1	0	3	4	2	2	3	1	3	1	1
Personal contact/attention	0	0	0	0	1	0	0	1	1	0	0	0	0	0	1	0	1	2	0	0
No pressure/non-judgmental	1	0	0	1	1	0	1	1	1	0	0	0	0	0	2	0	0	1	1	0
Easy to contact/talk to, accessible, approachable	1	1	0	1	1	1	0	1	1	1	0	0	0	0	1	1	2	1	1	1
Greater awareness/understanding of need to be/benefits of being more active	2	1	6	1	3	2	3	2	1	4	7	5	3	3	3	2	2	1	3	2
Help with activities/exercises	2	0	4	1	2	4	2	2	3	0	0	0	2	1	2	5	2	4	2	2
Great/good communicator - clear/concise/understandable	2	0	0	1	3	1	2	2	1	2	0	8	1	2	1	1	4	2	1	2
A lack of contact or follow-up/more follow-up required	2	7	2	5	1	1	1	2	2	2	1	4	0	1	3	1	2	2	1	2
Other barriers: distance to travel, family responsibilities, work, time, cost	5	10	3	6	5	5	6	5	6	5	3	5	1	4	6	5	5	6	3	6
Already active/doing own thing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



Table 84: Q20a. satisfied/very satisfied continued.

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	1482*	42	113	253	525	535	418	1064	978	337	98	48	52	306	434	322	371	279	391	762
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury barriers - can't do exercises, doing what I can	3	0	0	2	3	4	4	3	4	2	0	1	6	2	2	5	3	3	4	2
Need support/motivation, lack of motivation	2	4	2	2	2	1	2	2	2	2	1	6	0	2	2	2	1	3	1	2
More face-to-face/personal contact/support desired	1	1	1	2	0	0	0	1	1	0	0	0	0	1	0	1	1	1	1	1
Inappropriate activities for condition/age	1	0	0	0	0	1	0	1	1	0	0	1	2	0	0	1	1	0	1	1
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	1	0	1	1	0
Longer GRx period/GRx ran out, limited time only	2	0	0	5	3	1	1	3	3	1	2	6	2	1	3	3	2	3	3	2
More advice/information required	1	0	0	2	1	0	1	1	1	1	1	0	0	1	0	2	1	2	0	0
Self-motivated/up to me/my decisions	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other - negative comment/suggestion	4	4	1	5	4	3	3	4	4	4	0	4	8	5	3	2	4	3	3	4
Other - positive comment/suggestion	19	28	23	17	18	19	20	19	16	27	23	17	16	21	19	14	19	11	16	23
Other	3	0	0	3	2	5	4	3	4	3	0	0	3	3	2	3	5	6	2	2
No particular reason	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Don't know	0	0	2	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 85: Q20a. Please explain your answer (or any other comments you would like to make about your participation in GRx - satisfied/very satisfied).

Employment Status										Community Services Card		Disability	
	Total	Working full-time	Working part-time	Unemploy ed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	
Base =	1482*	330	219	77	128	467	198	38	694	736	762	682	
	%	%	%	%	%	%	%	%	%	%	%	%	
Encouraging, motivating, supportive, helpful	29	37	34	23	25	29	19	25	27	32	28	31	
Follow-up contact received/checks on progress	11	14	11	11	11	11	8	14	10	13	10	13	
Motivated me to be active/more active, am more active as a result	11	10	10	26	7	13	6	3	10	12	8	12	
Empathic, understands needs/situation, takes genuine interest, caring, listens	6	10	2	5	9	4	4	2	4	7	7	5	
Improved health, motivation, confidence/feel better, happier/see results	14	14	12	18	13	13	17	17	14	13	15	14	
Friendly, lovely, pleasant, cheerful, enthusiastic people	9	11	11	8	7	9	8	5	7	11	8	10	
Useful/good information/advice/explanations/ideas/suggestions	8	13	6	8	5	6	6	12	6	9	7	9	
Appropriate activities - suitable for my lifestyle, abilities, condition	9	10	7	5	6	11	8	11	7	10	10	8	
Excellent/great/awesome team, support	5	4	9	6	6	4	2	1	5	5	4	5	
Service great/good/impressive	2	2	1	0	1	2	1	5	1	2	2	1	
Personal contact/attention	0	0	1	0	1	0	0	0	0	1	1	0	
No pressure/non-judgmental	1	1	0	0	3	0	1	0	1	1	1	1	
Easy to contact/talk to, accessible, approachable	1	1	1	2	1	1	0	1	1	1	2	0	
Greater awareness/understanding of need to be/benefits of being more active	2	5	1	6	4	1	0	0	3	3	1	3	
Help with activities/exercises	2	1	3	1	0	3	0	15	3	2	3	2	
Great/good communicator - clear/concise/understandable	2	3	1	5	1	1	3	0	1	2	2	2	
A lack of contact or follow-up/more follow-up required	2	4	1	3	1	1	1	1	1	3	2	2	



Table 86: Q20a. continued - satisfied/very satisfied.

	Employment Status								Community Services Card		Disability	
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No
	Base = 1482* %	330 %	219 %	77 %	128 %	467 %	198 %	38 %	694 %	736 %	762 %	682 %
Other barriers: distance to travel, family responsibilities, work, time, cost	5	4	5	2	8	4	7	8	5	5	6	4
Already active/doing own thing	0	0	0	0	0	0	0	0	0	0	0	0
Illness/injury barriers - can't do exercises, doing what I can	3	1	3	1	4	4	4	0	3	3	5	0
Need support/motivation, lack of motivation	2	3	1	4	0	2	1	0	1	2	1	3
More face-to-face/personal contact/support desired	1	1	2	0	1	1	0	0	0	1	0	1
Inappropriate activities for condition/age	1	0	1	0	3	0	0	0	0	1	1	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	0	1	1	1	0	1	0	0	1	1	0
Longer GRx period/GRx ran out, limited time only	2	4	1	3	7	1	1	0	2	2	2	2
More advice/information required	1	1	0	2	3	0	1	0	0	1	0	1
Self-motivated/up to me/my decisions	0	0	0	0	0	0	0	0	0	0	0	0
Other - negative comment/suggestion	4	3	5	1	5	2	7	2	5	2	5	3
Other - positive comment/suggestion	19	15	19	14	21	19	25	19	23	16	21	17
Other	3	1	4	1	2	6	2	0	3	3	3	3
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	2	0	0	1	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 86: X20a. Please explain you answer (or any other comments you would like to make about your participation in GRx - neither satisfied/dissatisfied).

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	330*	13**	35	90	112	79	71	259	236	62	10**	14**	12**	48	99	92	81	72	84	161
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	33	38	37	44	26	23	23	35	29	32	64	20	47	40	39	30	20	28	34	35
Lack of support/encouragement, need more support	18	26	15	24	15	16	16	19	19	23	27	0	0	15	21	18	17	26	4	22
A lack of personal contact; phone calls not sufficient	9	10	8	10	8	7	4	10	8	8	27	3	0	4	8	6	16	7	14	7
Cost barriers	14	0	16	16	17	7	19	12	11	16	9	20	24	11	14	22	6	9	11	18
More suitable ideas required (relevant to time available, travel distance, condition)	14	10	10	10	13	25	16	13	17	10	14	7	0	11	17	15	11	15	14	13
Work/time barriers	14	0	20	15	18	7	10	15	12	17	13	13	20	17	11	12	20	9	10	19
Didn't change much/didn't help/no benefit	2	0	3	1	2	2	2	1	2	1	0	0	0	0	1	4	1	4	0	1
Insufficient staff/resources, lack of knowledge/experience	4	0	0	2	7	6	5	4	5	1	0	0	0	0	4	2	10	9	2	3
Did it/left to do it myself, already motivated	6	34	0	4	2	9	5	6	6	7	0	0	3	7	5	8	3	6	6	5
No advice re exercises	3	8	5	2	3	4	0	4	2	0	0	20	27	0	5	7	0	3	2	4
Empathy lacking, disinterested/unmotivated	4	0	3	5	5	2	1	4	4	0	25	3	4	0	2	1	10	6	7	1
Positive comment	7	0	3	10	7	4	3	7	8	6	6	0	2	13	4	5	9	4	9	6
Other	18	22	21	17	21	14	25	17	18	25	8	23	20	14	23	15	21	15	20	18
Don't know	0	0	2	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	1	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who were neither satisfied or dissatisfied and dissatisfied with overall service and support.



Table 87: X20a. Please explain you answer (or any other comments you would like to make about your participation in GRx - neither satisfied/dissatisfied).

	Employment Status								Community Services Card		Disability	
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No
Base =	330*	99	60	14**	34	64	45	9**	148	169	167	156
	%	%	%	%	%	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	33	37	38	25	25	29	17	31	29	36	27	38
Lack of support/encouragement, need more support	18	24	15	8	20	13	9	48	17	20	15	21
A lack of personal contact; phone calls not sufficient	9	11	11	0	5	8	7	7	6	10	9	9
Cost barriers	14	16	17	9	13	3	22	7	14	14	15	13
More suitable ideas required (relevant to time available, travel distance, condition)	14	13	9	10	10	29	11	10	11	15	14	13
Work/time barriers	14	26	12	0	1	7	17	0	9	18	17	12
Didn't change much/didn't help/no benefit	2	1	4	0	2	2	0	0	2	1	1	2
Insufficient staff/resources, lack of knowledge/experience	4	3	10	5	0	7	0	0	4	3	5	3
Did it/left to do it myself, already motivated	6	2	16	9	1	5	4	0	4	7	4	8
No advice re exercises	3	1	4	23	0	4	0	14	5	3	1	6
Empathy lacking, disinterested/unmotivated	4	6	3	0	2	1	5	0	2	5	3	4
Positive comment	7	9	3	5	20	4	1	0	7	7	6	7
Other	18	12	17	15	35	12	35	31	22	14	20	16
Don't know	0	0	0	0	1	0	1	0	1	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who were neither satisfied or dissatisfied and dissatisfied with overall service and support.



Table 88: Q21. Are you...?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2940	91	220	521	981	1096	879	2061	2012	588	179	104	98	683	857	622	660	561	772	1504
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	30	31	21	27	30	33	100	0	29	33	29	31	35	34	29	26	31	33	29	29
Female	70	69	79	73	70	67	0	100	71	67	71	69	65	66	71	74	69	67	71	71
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.

Table 89: Q21. Are you...?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2940	637	408	159	248	974	385	68	1441	1385	1496	1341	2249	296	162
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	30	33	22	38	14	31	39	23	30	29	34	25	31	22	20
Female	70	67	78	62	86	69	61	77	70	71	66	75	69	78	80
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 90: Q22. Which of these best describes your highest level of educational qualification?

Age							Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2856*	90	218	515	958	1068	851	2005	1977	571	175	103	96	683	857	622	660	544	756	1455
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	22	14	15	18	23	25	25	20	20	35	27	9	8	100	0	0	0	14	17	28
Secondary	30	46	32	29	27	32	29	31	31	26	34	34	23	0	100	0	0	30	32	30
Tertiary	24	30	29	28	24	20	21	25	24	16	21	45	34	0	0	100	0	31	27	19
Other post-secondary	22	9	21	24	24	22	23	22	25	20	14	12	31	0	0	0	100	25	22	21
Other	0	1	2	0	1	0	0	1	0	1	2	0	1	0	0	0	0	0	0	1
Refused	1	0	2	0	0	1	1	1	1	1	2	0	3	0	0	0	0	0	2	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 91: Q22. Which of these best describes your highest level of educational qualification?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2856*	630	403	158	236	949	377	67	1407	1364	1463	1318	2197	289	158
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	22	15	15	25	19	27	35	5	30	14	24	19	22	18	18
Secondary	30	29	29	30	41	31	28	32	32	30	30	32	30	33	27
Tertiary	24	31	29	25	21	19	13	53	16	31	20	28	23	23	33
Other post-secondary	22	24	26	19	18	22	23	8	20	24	25	20	23	24	21
Other	0	0	0	0	1	0	0	1	1	0	1	0	1	0	1
Refused	1	1	0	1	0	1	0	1	1	1	1	1	1	2	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 92: Q23. To which of these age groups do you belong?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2913*	91	220	521	981	1096	869	2044	2009	588	179	104	97	682	856	621	660	555	762	1494
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25	4	100	0	0	0	0	0	4	3	3	5	6	3	7	0	2	5	5	1	1
25 to 34	7	0	100	0	0	0	0	5	8	6	9	11	6	2	4	5	8	9	7	3
35 to 49	19	0	0	100	0	0	0	17	20	15	29	28	24	27	18	16	19	23	21	18
50 to 64	34	0	0	0	100	0	0	34	34	32	40	30	39	36	54	36	31	34	37	40
65 plus	36	0	0	0	0	100	0	39	34	43	17	25	28	28	23	41	37	30	34	39
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 93: Q23. To which of these age groups do you belong?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2913*	636	408	158	247	972	385	68	1439	1383	1495	1337	2231	295	160
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25	4	2	4	11	3	0	2	42	3	0	0	4	2	10	1
25 to 34	7	12	10	15	8	0	8	11	24	8	0	7	8	2	5
35 to 49	19	31	26	32	30	0	19	24	36	39	0	19	20	19	22
50 to 64	34	48	37	39	44	6	66	21	19	32	13	32	37	19	25
65 plus	36	7	22	3	16	93	5	1	17	21	0	37	33	50	46
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 94: Q24. 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?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2840*	91	214	511	956	1059	842	1998	1966	566	174	103	96	657	840	610	643	546	746	1450
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	50	35	37	37	59	54	57	47	53	54	38	31	44	56	48	41	55	46	46	54
No	50	65	63	63	41	46	43	53	47	46	61	69	56	43	52	59	45	54	54	46
Refused	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 95: Q24. 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?

Employment Status									Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2840*	626	402	150	244	937	377	67	1390	1362	1496	1341	2177	290	156
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	50	32	48	37	49	55	85	45	60	41	100	0	50	52	46
No	50	68	52	63	51	45	15	55	40	59	0	100	50	48	54
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 96: Q25. Which ethnic group do you mainly identify with?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2899*	90	217	517	974	1094	860	2039	2012	588	179	104	98	679	854	618	657	552	759	1485
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	63	56	57	49	59	76	61	63	100	12	5	1	4	57	64	62	70	78	67	54
Maori	18	25	23	28	22	9	20	18	4	100	3	3	3	30	16	12	16	6	14	27
Pacific	10	17	17	15	9	7	10	11	1	2	100	3	1	13	12	9	7	5	10	13
Asian	7	7	6	9	8	6	8	7	0	1	2	100	6	3	8	14	4	9	8	6
Other	4	9	1	6	5	3	5	4	0	1	0	4	100	2	3	6	6	4	5	4
Refused	1	0	0	1	1	0	0	1	0	0	0	0	0	1	1	1	1	0	1	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who answered the question.



Table 97: Q25. Which ethnic group do you mainly identify with?

	Employment Status								Community Services Card					Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Don't know	No response	Refused	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2899*	634	407	158	244	972	382	68	1433	1378	51	34	3**	1485	1336	2221	294	159
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	63	55	62	45	59	80	56	42	60	66	60	71	58	67	59	64	61	69
Maori	18	20	17	33	16	9	33	24	23	14	12	33	42	20	17	18	21	20
Pacific	10	13	12	19	13	5	7	23	12	10	3	6	0	8	13	11	7	5
Asian	7	9	6	10	14	4	5	11	6	8	8	0	0	4	10	6	11	4
Other	4	6	4	3	2	4	5	8	4	4	11	5	0	4	5	4	5	4
Refused	1	1	1	1	0	0	0	1	0	1	8	0	0	0	1	1	1	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who answered the question.



Table 98: Q26. Which of the following best describes you?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2907*	90	216	518	979	1095	866	2041	2008	586	178	103	97	682	857	617	658	551	763	1490
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	16	39	39	34	5	27	23	21	27	31	29	32	16	23	31	26	23	27	23
Working part-time	13	15	18	18	14	8	9	15	13	12	15	12	12	9	13	16	15	18	14	10
Unemployed/actively seeking a job	6	19	13	10	7	0	8	5	4	11	11	9	4	7	6	7	5	4	5	8
At home	10	7	10	15	12	4	5	12	9	8	12	18	4	8	13	8	7	12	9	9
Retired	31	0	0	1	6	80	32	30	39	15	14	18	26	38	31	24	30	38	31	26
Sick/invalid beneficiary	12	7	14	12	24	2	16	11	11	23	8	8	13	20	11	6	13	4	9	18
Student	3	36	5	4	2	0	2	3	2	4	7	4	6	1	3	7	1	1	3	4
Other	1	0	1	2	1	1	1	1	1	0	2	2	4	1	0	1	1	1	0	1
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 99: Q26. Which of the following best describes you?

Employment Status										Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed/actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student								
Base =	2907*	637	408	159	248	974	385	68	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied	
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	100	0	0	0	0	0	0	5	41	15	33	23	28	38	
Working part-time	13	0	100	0	0	0	0	0	10	16	13	14	13	15	20	
Unemployed/actively seeking a job	6	0	0	100	0	0	0	0	10	3	4	8	6	5	7	
At home	10	0	0	0	100	0	0	0	11	8	10	10	9	11	5	
Retired	31	0	0	0	0	100	0	0	34	27	33	27	33	20	19	
Sick/invalid beneficiary	12	0	0	0	0	0	100	0	25	2	21	4	12	15	10	
Student	3	0	0	0	0	0	0	100	4	2	3	3	3	3	1	
Other	1	0	0	0	0	0	0	0	1	1	1	1	1	1	1	
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 100: Q27. Do you have a community services card?

	Age						Gender		Ethnicity					Highest qualification				NZDep Index		
	Total	Under 25	25 to 34	35 to 49	50 to 64	65 plus	Male	Female	European	Maori	Pacific	Asian	Other	No qualification	Secondary	Tertiary	Other post-secondary	Least (1-3)	Moderate (4-6)	Most (7-10)
Base =	2882*	90	218	517	972	1077	857	2025	1989	579	178	104	96	674	852	613	654	547	755	1478
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	47	58	46	46	44	49	48	47	45	60	52	41	45	64	49	31	42	25	40	60
No	50	35	53	52	55	47	49	51	53	38	47	56	49	33	49	65	55	71	56	38
Don't know	2	7	1	2	1	3	3	2	2	2	1	3	6	2	2	3	3	4	3	2
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 101: Q27. Do you have a community services card?

	Employment Status								Community Services Card		Disability		Overall Satisfaction		
	Total	Working full-time	Working part-time	Unemployed /actively seeking a job	At home	Retired	Sick/invalid beneficiary	Student	Yes	No	Yes	No	Satisfied	Neutral	Dissatisfied
Base =	2882*	632	406	158	244	958	381	68	1441	1385	1475	1329	2209	290	159
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	47	11	36	74	54	52	93	69	100	0	56	37	46	48	33
No	50	87	61	25	44	45	6	27	0	100	41	60	51	50	63
Don't know	2	2	3	2	2	3	0	3	0	0	2	2	3	1	4
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Appendix C: Tables by contract holder

- Maroon/dark shading indicates result is significantly higher when compared against all patients.
- Grey/light shading indicates result is significantly lower when compared against all patients.



Table 102: Q1. Who first referred you to Green Prescription (GRx) for support?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2919*	184	98	244	173	143	223	219	180	176	242	158	284	245	108	126	116
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
GP/Doctor	69	72	69	30	66	69	54	77	69	72	66	66	57	68	73	66	78
Specialist Doctor	4	4	4	2	11	6	5	1	4	5	3	1	5	4	2	2	3
Practice Nurse	12	9	7	10	8	13	16	11	15	6	15	22	15	13	11	22	8
Maternity Carer/Midwife	0	0	0	0	1	0	0	0	0	1	0	0	1	0	0	0	0
Someone else (Specify)	4	3	1	1	2	4	5	4	3	5	2	6	3	3	2	3	1
Friends	2	0	6	3	1	1	1	0	3	3	1	1	1	4	1	1	1
Physio	3	4	3	2	6	0	0	2	1	3	4	1	5	2	1	4	2
Myself	1	2	2	0	1	1	3	0	1	0	2	0	4	1	2	1	1
Family	1	1	2	0	0	2	1	0	2	1	2	1	2	0	2	0	0
Work	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
No response	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Other	5	5	5	1	3	3	12	3	2	4	5	3	6	3	6	1	6
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 103: Q2. When did your referrer first prescribe a Green Prescription (GRx) for you?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2895*	184	96	244	176	140	217	215	180	170	241	158	282	242	110	124	116
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Less than 4 months ago	13	15	8	16	10	9	10	14	8	11	13	13	12	14	13	22	25
4 - 6 months ago	28	26	34	30	26	36	36	25	20	24	30	37	33	31	29	23	23
6 - 8 months ago	23	26	15	25	23	18	20	27	7	27	24	20	17	21	27	21	18
More than 8 months ago	35	33	43	29	40	38	32	34	65	39	33	30	38	33	31	34	34
Refused	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 104: Q3. What were the main reasons you required a GRx for support to be more active?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Counties	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2757*	176	89	227	170	133	215	211	173	165	226	152	272	226	101	114	107
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Arthritis	26	20	48	26	39	23	17	19	34	30	27	24	33	31	24	28	20
Asthma/breathing problems	14	19	18	14	15	14	11	17	21	9	15	21	17	16	9	18	16
Back pain or problems	25	27	26	24	26	24	18	20	38	27	26	26	25	25	26	18	24
Diagnosed type 2 diabetes	16	16	15	15	9	12	12	17	16	21	13	16	19	12	12	14	12
Pre-diabetes/risk of diabetes	10	12	12	10	10	7	13	14	10	8	11	9	13	7	17	3	8
High blood pressure/risk of stroke	23	19	28	27	28	20	22	28	30	28	19	24	29	19	15	17	12
High cholesterol	16	16	24	18	22	16	14	15	18	19	12	16	19	14	14	17	11
Sleep problems	14	15	16	19	17	10	14	18	14	11	15	12	20	15	18	11	18
To stop smoking	3	4	0	3	2	3	3	3	3	1	2	9	4	5	6	4	2
Stress	19	21	20	20	20	18	16	24	15	18	17	19	18	22	23	14	21
Weight problems	52	54	51	58	44	56	56	65	50	45	46	65	57	42	65	43	57
Depression/anxiety	18	23	19	22	15	14	15	26	11	15	21	20	22	16	26	13	27
Pregnancy	1	1	0	0	4	1	1	0	0	2	1	1	1	1	0	0	2
Heart problems	11	8	9	11	19	16	11	7	14	12	11	11	17	12	8	12	5
Osteoporosis	6	6	7	5	9	5	4	4	5	6	7	6	8	6	3	7	9
Fall prevention	7	5	11	7	6	11	8	4	11	5	8	5	9	10	3	20	10
Injury/surgery recovery	16	19	16	18	15	10	14	17	18	15	13	15	13	21	6	16	9
General fitness	3	5	3	4	2	4	3	1	3	4	5	1	4	3	3	2	1
Mental illness	0	1	0	0	1	1	0	1	0	0	0	1	0	0	1	0	1
Fibromyalgia	1	1	0	1	0	0	0	0	1	0	1	1	1	0	2	0	3
Other (Specify)	9	12	7	7	5	8	9	11	9	9	8	11	11	10	10	4	13

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those who answered the question.



Table 105: Q4. Are you currently...?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2771*	182	96	225	167	137	206	207	171	169	223	143	273	235	106	120	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Still following the GRx physical activities	42	39	53	50	45	42	37	41	46	40	37	34	44	45	49	50	65
Doing physical activity but different from that recommended in your GRx	22	29	26	20	23	25	25	24	17	17	30	20	22	19	19	18	14
Temporarily off GRx physical activities	17	14	12	16	17	17	13	15	25	19	18	19	20	20	12	15	17
No longer following the GRx physical activities	19	17	8	14	15	17	24	20	12	23	15	27	14	16	19	17	5
Refused	1	1	0	0	0	0	0	0	1	1	0	1	0	0	1	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 106: Q5. If you are temporarily off or no longer following the GRx physical activities, why is this?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Counties	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	904*	55	20**	66	51	45	73	65	60	72	72	66	88	81	32	37	21**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Injury/health problems	32	36	20	41	35	51	29	37	47	25	35	18	42	41	25	35	62
Lack of time due to work	22	16	15	21	14	16	21	25	13	22	22	36	19	23	25	27	10
Just didn't want to	7	7	5	5	2	9	7	9	7	7	10	9	5	5	6	5	5
Lack of time due to family responsibilities	20	33	20	17	14	13	16	20	20	18	18	17	28	26	19	22	19
Cost	19	35	15	14	14	16	7	18	15	22	14	23	5	25	19	19	14
Lack of energy/too tired	18	15	5	26	12	18	11	20	17	15	19	21	19	25	22	38	10
I'm too old	2	4	5	5	8	0	1	3	3	0	4	3	3	7	0	0	0
It's too hard to stick to a routine	12	16	15	18	8	9	10	14	7	10	12	9	10	15	19	19	5
The programme ran its course/wasn't renewed GRx	3	2	5	2	0	0	3	3	3	4	4	6	1	1	9	3	0
Issues with admin/paperwork (not helpful, no follow up etc.)/support	3	0	5	0	2	0	7	9	2	3	6	0	0	1	0	3	5
Moved elsewhere/out of town/on holiday	4	2	0	8	6	2	1	0	2	7	1	3	3	6	3	0	5
I'm doing physical activities not with GRx	3	0	0	2	6	7	4	0	3	4	1	3	1	1	3	5	0
Other (Specify)	13	5	30	8	14	2	15	9	7	17	11	20	12	10	16	8	5
No Reason	0	2	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are temporarily off or no longer following the GRx physical activities.



Table 107: Q6. Have you noticed any positive changes in your health since you were first issued a GRx?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2852*	181	99	238	177	138	219	211	177	169	234	150	280	240	109	118	112
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	71	69	81	73	78	72	68	68	84	73	70	64	74	64	62	73	79
No	17	17	9	17	12	18	20	18	9	17	15	19	13	20	25	15	10
Don't know/unsure	12	13	10	10	10	9	12	13	7	10	15	17	13	17	13	12	11
Refused	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are temporarily off or no longer following the GRx physical activities.



Table 108: Q7. What positive changes have you noticed?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2005* %	124 %	78 %	173 %	134 %	97 %	145 %	142 %	145 %	120 %	160 %	94 %	204 %	150 %	68 %	84 %	87 %
Breathing easier	32	39	19	32	40	31	30	35	36	31	28	44	28	29	26	32	22
Feel stronger/fitter	57	59	62	69	61	42	51	58	51	62	49	50	52	67	46	48	46
Less stressed	30	32	33	36	29	25	29	33	28	32	26	29	26	24	34	13	36
Less joint pain/discomfort	25	23	31	24	29	15	22	27	30	24	31	29	21	29	26	24	26
Less back pain	17	18	19	16	19	9	10	15	29	20	19	15	17	17	16	17	11
More energy	44	54	38	52	50	37	40	54	34	45	36	39	36	39	37	25	36
Lower cholesterol	11	11	13	13	14	7	13	13	11	12	6	18	7	7	9	5	7
Lower blood pressure	16	17	9	20	22	10	12	21	19	20	8	19	14	12	10	7	6
Less medication	8	9	10	9	9	4	8	8	8	7	8	5	5	10	12	4	8
Lost weight	43	48	44	54	37	55	47	50	34	40	38	38	42	31	46	30	47
Smoking less	4	4	0	5	2	1	4	4	3	2	2	12	4	4	13	2	3
Sleeping better	23	28	17	19	28	26	20	26	23	23	27	29	19	19	29	18	23
Fewer illnesses	8	15	1	4	7	4	8	4	6	7	8	6	7	7	7	4	5
Generally feel better	52	56	55	54	58	52	51	61	66	44	51	49	58	59	50	62	52
Feel less depressed/anxious	19	23	15	18	17	18	14	21	10	22	15	19	15	20	18	10	23
Increased mobility	28	35	24	33	38	25	24	32	23	24	31	29	29	29	26	23	20
Better balance/fewer falls	16	19	10	14	22	16	17	10	11	15	16	17	14	21	10	19	10
Improved blood sugar levels	14	21	9	17	11	12	4	18	7	19	11	7	12	7	13	11	7
Other (Specify)	4	6	3	4	2	3	3	4	3	3	2	4	4	3	3	1	8

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who have noticed positive changes in their health since they were issued a GRx.

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



Table 109: Q8. Compared with the time before you were first given a GRx, are you now spending...

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2785*	175	96	234	170	137	215	207	169	164	230	144	278	231	107	117	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
More time being active?	61	59	69	65	62	58	56	65	60	59	64	60	64	57	59	67	75
About the same amount of time being active?	27	26	25	24	25	34	32	27	31	26	27	26	23	30	31	26	19
Less time being active?	12	14	6	11	13	9	13	6	9	14	9	14	13	11	10	7	6
Refused	0	1	0	0	0	0	0	2	0	1	0	0	0	1	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question.



Table 110: Q8a# If about the same time, why is this?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	549*	36	21**	46	25**	31	54	41	30	29**	45	26**	49	55	24**	22**	15**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering	25	14	29	20	28	29	24	22	37	24	29	19	37	25	12	41	80
Already doing enough, already/always been active/happy with what doing	9	6	14	13	8	13	15	7	17	7	7	4	10	13	17	0	0
Too busy/no time	10	3	14	9	8	6	7	10	3	21	11	8	8	2	8	14	0
Increased workload/long hours/work commitments	13	25	10	13	24	19	17	12	0	10	2	8	2	9	12	23	13
Lack of motivation/laziness/depression	6	6	5	9	8	6	9	15	3	0	7	8	8	5	17	5	0
Lack energy/tired	2	6	0	2	0	3	0	2	3	0	7	4	2	2	8	0	0
Specified type of activity/level of activity	2	3	0	0	4	6	2	0	3	3	0	0	2	4	4	0	0
Family responsibilities	5	8	10	0	8	10	0	5	3	3	7	4	8	4	4	14	13
GRx has not helped	4	8	0	4	0	3	6	20	0	0	4	12	2	0	4	5	0
Weather/darkness	1	0	0	2	0	0	0	0	0	0	2	0	2	0	0	5	7
Lack of support	0	0	0	0	0	0	0	2	3	0	0	0	0	0	0	0	0
Other commitments, holidays	2	0	5	2	0	0	0	0	0	7	0	0	2	4	4	0	0
Difficulty getting into, or lost, routine/didn't get into a habit/not organised	2	11	0	2	0	0	0	2	3	0	2	0	2	2	4	0	7
Costs/fees of activity too expensive	2	3	0	4	0	3	0	5	10	0	4	8	0	2	4	5	0
Getting too old/no longer up to it	1	0	0	0	4	3	2	0	3	0	0	0	2	7	0	0	0
Other	23	22	24	28	16	6	26	17	10	24	29	27	18	24	8	18	0
No particular reason	0	0	0	0	4	3	0	0	0	0	0	4	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	3	0	0	0	2	2	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who are spending about the same time being active, compared with before they were first given a GRx.



Table 111: Q8b. If less time, why is this?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	205*	16**	4**	18**	16**	6**	18**	10**	9**	15**	16**	17**	23**	19**	8**	4**	6**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	49	38	75	50	62	50	44	50	78	53	44	12	57	63	62	50	50
Increased workload/longer hours/work commitments	11	6	0	6	12	17	17	10	11	7	12	35	9	16	12	0	0
Lack of motivation/confidence, laziness, depressed	12	6	0	6	6	17	6	20	11	13	19	12	17	11	12	50	17
Lack energy/tired	6	0	0	11	6	17	0	0	0	7	19	6	0	11	12	25	0
Specified type of activity not doing	1	0	0	6	0	0	0	0	0	0	0	0	4	0	0	0	0
Too busy/no time, other priorities/commitments (including study)	8	6	0	0	6	0	17	0	0	13	0	18	4	5	0	0	0
Family responsibilities (incl. pregnancy, home issues)	6	0	0	22	25	17	11	0	11	0	6	12	4	11	0	25	0
Weather/darkness/daylight saving over	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17
Costs/fees of activities too expensive	5	12	0	6	0	0	6	0	0	7	0	0	0	0	0	0	0
Other	15	31	25	6	6	0	11	30	0	13	19	18	4	11	0	0	17
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they are spending less time being active, compared with before they were first given a GRx

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



Table 112: Q9. Have you received any specific advice on healthy eating?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2868*	180	99	242	171	140	220	214	178	171	238	153	279	239	107	123	114
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	64	52	82	68	77	79	73	67	56	68	65	58	79	45	58	46	74
No	33	45	16	31	21	20	25	30	43	29	32	40	17	53	40	52	26
Don't know	2	3	2	2	2	1	2	3	1	2	3	3	4	1	2	2	0
Refused	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 113: Q10. Have you made any changes to your food and/or drink intake since being given your GRx?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2803*	177	96	238	166	132	217	209	171	169	229	151	275	234	108	121	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	35	33	29	33	28	27	31	32	35	35	36	36	29	47	34	50	32
Yes	65	67	71	67	72	73	69	68	65	64	64	64	71	53	66	50	68
(Specify)																	
Refused	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 114: X10. Changes made to food and/or drink intake since being given a GRx.

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2714*	175	96	236	159	128	213	205	165	163	220	141	265	222	106	116	104
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Drink more water	12	14	7	15	21	16	10	14	12	10	9	13	13	12	13	8	14
Eating more healthily/less junk food (better choices, watch what I eat)	16	17	22	18	23	23	21	16	14	13	16	17	20	12	13	10	15
Eating less/smaller meals (portion control)	14	15	14	20	13	20	14	19	16	10	18	19	18	9	12	9	13
Cut down on fats/low fat foods	5	7	8	3	4	5	6	4	5	6	4	4	6	3	4	2	3
Less/avoid sugar and sugary foods, sweets, soft drinks	21	20	34	20	19	16	22	20	21	23	21	19	22	14	21	12	20
Eat more vegetables	12	10	15	12	18	10	8	15	17	13	8	12	12	10	16	14	15
Eat more fruit	7	5	15	5	12	5	6	4	7	10	7	4	7	3	9	5	11
Less alcohol	4	5	8	2	5	2	3	5	5	4	3	2	3	4	4	4	5
Reduce carbohydrates, including bread (gluten)	9	9	8	9	5	9	10	6	11	12	5	9	4	8	8	10	12
No snacking/regular meals, breakfasts	3	2	3	5	5	4	5	6	3	2	4	1	2	3	6	1	7
Diet plans	3	5	2	3	3	1	3	4	0	2	3	1	2	3	5	1	3
Eat less (red) meat/more fish	3	5	4	1	5	2	3	1	3	4	0	4	3	1	4	3	2



Table 114: X10. Changes made to food and/or drink intake since being given a GRx continued.

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2714*	175	96	236	159	128	213	205	165	163	220	141	265	222	106	116	104
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Cut down on salt use	2	1	10	1	2	2	0	1	2	2	1	1	4	1	1	2	1
Less takeaways/fast foods	2	1	1	2	3	2	2	3	1	4	2	1	2	1	1	1	3
Less dairy (milk, butters, etc.)	1	1	3	2	2	1	2	0	3	1	2	1	1	2	4	2	1
Less coffee/tea	2	2	1	1	1	2	1	2	1	2	1	2	2	3	4	1	5
More grain breads, fibre or similar	1	3	1	1	1	0	1	0	1	2	2	0	0	0	3	0	1
More protein	1	1	0	1	1	2	1	1	2	1	0	1	0	0	0	0	1
Supplements, dietary	0	0	0	0	0	0	0	0	1	0	0	0	0	1	0	1	0
Yes, reading labels on food	2	1	1	0	1	0	4	1	1	1	4	2	8	0	0	0	1
Stopped/reduced smoking	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0
Other	5	8	6	5	3	6	4	4	7	3	6	6	8	4	4	7	6
No particular reason	36	33	29	33	29	27	32	32	36	36	37	38	30	49	35	52	34
Don't know	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who said they have made changes since being given a GRx.



Table 115: Q11. How was contact first made with the GRx support person?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2852*	178	96	243	172	140	219	213	175	169	237	151	280	237	108	122	112
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
The support person contacted me (by phone call, letter, email)	64	64	80	60	62	90	56	68	71	58	65	81	64	65	73	87	75
I went to see them in person (face-to-face)	27	22	15	37	31	6	33	20	27	34	28	10	20	26	22	7	23
I called 0800 ACTIVE or the local phone number provided	4	4	2	2	4	4	2	4	1	4	5	3	6	2	1	5	1
I have not had any contact with a GRx support person	5	8	3	1	3	1	9	8	1	4	2	6	9	7	4	2	1
Refused	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those who answered the question..



Table 116: Q12. After your first contact, how were you given support to follow your GRx activities?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2718*	163	93	237	166	138	199	195	174	167	232	143	253	221	105	120	112
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Phone call	54	74	29	57	51	90	41	50	62	50	60	48	33	59	46	78	27
Face-to-face/in person	43	37	31	61	66	17	49	36	53	44	48	23	36	43	35	8	80
Brochures/leaflets	28	26	43	29	38	46	30	28	18	21	34	34	42	27	34	26	29
A GRx Community programme/group	18	10	48	14	32	8	19	10	8	19	25	20	44	17	9	13	21
Text or email	30	24	43	22	22	15	47	35	28	32	29	40	25	13	68	13	22
No support/follow up offered	6	6	6	3	0	0	5	10	5	8	1	9	4	7	5	1	1
I didn't want any support/follow up	3	1	3	3	2	1	3	2	3	4	4	1	2	3	5	5	0
Other (Specify)	4	6	3	3	1	2	5	6	2	4	3	3	1	2	0	2	3

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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



Table 117: Q13. Has your GRx support person given an extension for longer support during the last year?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/We st Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2639*	162	90	233	159	133	194	193	163	161	220	143	246	215	104	117	106
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	38	46	58	41	59	49	35	21	54	35	36	39	48	27	33	51	48
No	38	37	28	33	28	26	41	47	31	43	40	44	22	39	37	31	19
Don't know	24	17	14	26	13	25	25	32	15	22	24	17	30	34	31	18	33
Refused	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.

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



Table 118: Q14. What, if any, physical activities did the GRx support person suggest to you?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2706*	165	91	236	167	136	192	196	174	165	232	143	252	223	103	118	113
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
None	6	5	2	5	2	2	5	10	5	7	2	10	4	8	2	5	3
Walking	63	62	68	76	67	79	70	55	50	55	70	59	66	51	77	69	63
Swimming	50	50	62	58	60	60	44	50	55	46	56	58	57	43	56	48	53
Gardening	16	12	35	21	19	15	14	10	15	14	22	15	18	13	17	14	24
Other home based activities (e.g. exercycle/treadmill)	19	15	27	18	24	18	21	10	9	20	24	15	22	15	26	19	16
Water/pool exercises	44	49	77	53	59	38	35	41	59	41	47	52	53	33	44	37	63
Tai chi	9	7	13	11	17	9	1	4	1	7	19	13	8	10	8	13	26
Yoga/Pilates	11	14	18	7	10	7	5	8	2	14	19	5	5	7	11	7	5
Cycling	14	12	30	18	14	13	12	9	10	13	18	30	14	9	12	13	16
Gym exercises (e.g. aerobics, weights)	41	49	45	40	46	33	36	35	32	50	30	41	40	36	44	34	21
Fall prevention programme	4	2	10	3	7	6	3	2	6	4	5	6	4	4	4	6	8
GRx Community programme/group	20	19	27	15	24	9	13	10	7	25	24	24	30	19	12	12	25
Other (Specify)	5	7	2	6	5	4	6	5	6	2	6	6	7	4	6	4	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.

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



Table 119: Q15. Were you referred to any of the following activity providers?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2673*	168	93	234	168	135	196	192	176	162	222	141	249	214	101	114	108
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Gym	45	57	42	55	53	24	28	44	31	59	19	55	37	52	37	39	23
Swimming pool	51	48	71	56	72	54	38	57	73	48	52	67	57	43	56	48	66
Sports club	3	3	2	3	4	3	2	3	2	4	4	4	4	4	1	4	2
Tai chi classes	1	0	0	2	1	0	0	0	0	1	1	1	0	0	2	0	2
Walking group	1	0	0	1	1	0	1	2	1	1	0	1	0	0	1	2	1
Regional sports trust	0	0	0	0	1	0	0	0	0	0	0	0	0	2	0	0	0
General exercise programme or group	2	2	1	1	2	1	1	2	1	1	6	1	1	4	1	2	1
GRx group	0	0	0	0	1	0	1	0	0	1	0	0	0	0	0	0	1
Fall prevention programme	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0
YMCA or recreation centre	0	1	0	0	2	2	0	0	0	1	0	0	0	0	1	0	0
Other (Specify)	3	4	1	3	2	2	4	3	1	2	3	4	5	1	2	2	5
Not referred to any provider	25	22	20	19	13	31	43	26	17	21	33	17	29	20	24	29	30
Don't know	0	0	0	0	0	0	0	1	1	0	0	0	0	0	1	0	0

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 120: Q16. Was the activity provider right for you?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	1937*	125	75	180	138	85	110	138	141	122	146	112	175	164	76	78	72
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	17	19	7	14	9	13	15	21	6	24	16	13	9	16	21	17	4
Yes	82	80	93	86	91	87	85	79	94	75	84	87	90	84	79	83	94
Refused	0	1	0	1	0	0	0	0	0	1	0	0	1	1	0	0	1
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

Total may not sum to 100% due to rounding.

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

Table 121: Q17. As a result of your GRx experience, have you encouraged others to become more active?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2601*	161	92	228	155	134	196	185	168	150	220	136	245	212	103	109	107
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No	33	34	30	29	21	37	36	32	21	33	35	33	28	35	41	40	25
Yes	67	66	70	71	79	63	64	68	79	67	65	67	72	65	59	60	75
Refused	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 122: Q18. When you do physical activity, who is it with?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Base =	2751*	169	97	238	170	140	199	196	177	167	238	144	258	222	105	120	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
By myself	75	79	71	72	68	79	73	78	75	75	79	67	71	68	82	77	76
Family members (adults)	30	33	23	26	36	31	34	32	26	28	27	26	35	35	31	28	35
Family members (children)	13	15	7	8	14	15	18	12	7	12	11	17	16	11	18	10	12
A GRx community programme/group	14	9	36	16	28	6	14	6	10	12	13	20	30	16	11	12	23
Friends	22	20	40	21	22	22	25	27	29	17	24	28	22	19	28	19	31
Another organised group	11	9	19	13	18	6	15	11	10	10	12	15	13	9	14	3	13
A sports club	3	2	3	4	4	2	4	4	4	2	3	2	3	4	5	2	2
People from work	3	2	4	2	4	2	5	7	1	2	3	3	4	3	2	1	4
Other (Specify)	5	5	5	6	2	6	3	6	2	4	5	8	5	11	5	8	6

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 123: The advice I was given was helpful

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2700*	163	95	235	169	136	194	197	172	163	234	139	250	222	105	116	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	43	37	49	48	57	54	48	36	49	40	46	34	52	36	37	38	62
Agree	44	47	43	40	38	35	41	43	45	46	44	44	44	49	48	53	35
Neither agree nor disagree	9	13	5	7	2	10	8	13	3	11	7	12	2	12	12	5	4
Disagree	2	1	1	2	1	1	2	5	1	2	2	6	1	1	2	3	0
Strongly disagree	2	2	1	3	2	1	2	3	1	0	2	4	2	2	1	1	0
Refused	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 124: The physical activity options suggested were appropriate for me

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Counties	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2678*	162	94	235	169	129	194	196	169	163	232	139	252	217	105	112	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	35	30	40	40	49	47	39	33	48	31	36	24	46	30	33	34	53
Agree	47	51	51	45	38	41	44	41	44	50	47	52	44	52	50	48	37
Neither agree nor disagree	11	11	5	8	8	9	10	15	6	10	13	8	7	14	11	12	8
Disagree	5	6	3	4	3	2	4	8	2	8	2	10	2	2	3	4	2
Strongly disagree	2	3	0	3	2	1	3	3	1	1	2	6	1	1	2	2	0
Refused	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 125: The information and advice I was given was relevant to me

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2653*	161	94	233	168	128	191	194	168	162	227	137	250	216	104	111	109
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	31	39	42	47	52	41	31	44	35	38	26	40	28	38	33	55
Agree	49	47	51	45	45	38	46	46	45	51	50	47	48	56	47	51	41
Neither agree nor disagree	10	14	5	9	5	6	8	16	7	9	9	15	8	13	10	10	4
Disagree	3	5	3	0	1	3	3	3	3	3	2	7	3	1	3	5	0
Strongly disagree	2	2	1	3	2	0	2	3	1	2	1	5	2	1	2	1	0
Refused	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 126: The person I spoke to motivated me to get/stay physically active

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2659*	161	94	232	167	130	193	195	169	160	230	137	251	216	103	111	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	39	34	50	47	59	54	46	27	43	36	44	28	42	27	35	41	67
Agree	38	39	33	34	32	35	34	39	43	41	37	35	41	39	40	41	27
Neither agree nor disagree	14	17	13	11	5	7	12	17	10	13	14	24	12	25	17	11	5
Disagree	5	7	2	3	2	4	5	9	1	7	3	7	2	5	4	5	1
Strongly disagree	3	3	2	4	2	1	4	7	3	2	2	5	1	3	4	3	0
Refused	0	0	0	0	0	0	0	0	0	1	0	0	1	1	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 127: The person I spoke to was understanding and supportive

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2674*	161	94	237	168	133	195	195	171	163	229	136	250	216	104	112	110
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	46	43	57	53	64	65	52	40	55	38	52	32	52	39	44	47	75
Agree	40	40	35	36	30	29	33	39	37	47	40	43	40	46	44	39	24
Neither agree nor disagree	9	11	5	6	3	4	10	14	5	10	6	15	6	12	7	11	2
Disagree	2	2	1	2	1	2	4	3	2	3	0	4	1	2	2	2	0
Strongly disagree	2	2	1	3	2	0	1	4	1	2	1	4	2	2	3	1	0
Refused	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 128: As a result of receiving a GRx, I now understand the benefits of physical activity

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2651*	161	92	230	167	129	192	193	172	161	229	138	250	217	102	110	108
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	38	34	42	42	44	47	43	32	48	37	39	30	44	30	29	32	56
Agree	39	34	47	36	46	37	34	37	42	40	45	43	45	44	37	48	32
Neither agree nor disagree	17	22	8	14	8	16	17	22	9	16	14	17	10	20	25	14	11
Disagree	4	6	2	3	0	0	4	3	1	6	1	5	0	3	5	4	0
Strongly disagree	2	3	1	4	2	1	1	7	1	1	1	5	2	2	3	3	0
Refused	0	1	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 129: As a result of the support I got, I now feel more confident about doing physical activity regularly

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2658*	160	93	232	166	130	193	193	172	162	227	137	250	216	104	114	109
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Strongly agree	36	32	41	42	51	44	39	30	41	36	37	24	39	25	30	34	47
Agree	36	35	39	32	34	35	31	34	44	36	39	41	44	43	32	45	40
Neither agree nor disagree	20	21	13	17	10	15	21	24	11	22	18	18	14	21	30	14	12
Disagree	5	7	6	3	2	3	5	7	1	4	5	9	1	6	7	5	0
Strongly disagree	3	4	1	6	2	2	4	6	3	2	1	8	2	5	2	2	1
Refused	0	1	0	0	1	0	1	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 130: Q20. 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	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Counties	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2709*	162	95	236	168	137	197	193	175	164	233	141	255	220	104	118	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Very satisfied	45	44	53	56	64	56	48	41	51	40	47	35	54	35	42	47	64
Satisfied	35	33	37	28	30	34	30	31	40	38	33	36	36	43	38	39	30
Neither/nor	13	14	5	9	4	7	14	14	5	16	13	18	8	15	13	9	5
Dissatisfied	4	5	4	4	1	2	5	8	3	2	3	5	1	5	3	4	1
Very dissatisfied	3	4	1	3	1	1	3	5	2	2	3	6	0	3	3	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 131: Q20a. Please explain your answer (or any other comments you would like to make about your participation in GRx - satisfied/very satisfied).

Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Counties	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Tairāwhiti	Marlborough PHO	Total
Unweighted base =	1482*	94	62	132	108	74	101	91	94	87	135	69	156	109	49	57	64
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	29	29	45	41	48	42	38	29	30	18	30	26	28	22	20	39	42
Follow-up contact received/checks on progress	11	16	0	14	9	23	16	7	18	8	11	9	5	6	20	28	9
Motivated me to be active/more active, am more active as a result	11	11	15	10	13	9	5	12	6	14	8	10	12	8	12	18	12
Empathic, understands needs/situation, takes genuine interest, caring, listens	6	10	8	7	5	15	4	3	9	3	4	1	6	5	12	14	12
Improved health, motivation, confidence/feel better, happier/see results	14	13	13	15	12	7	9	20	12	20	10	16	15	15	8	5	17
Friendly, lovely, pleasant, cheerful, enthusiastic people	9	10	18	11	7	11	8	7	6	9	12	9	12	8	2	7	12
Useful/good information/advice/explanations/ideas/suggestions	8	5	16	9	9	8	8	8	1	10	5	7	12	5	2	7	5
Appropriate activities - suitable for my lifestyle, abilities, condition	9	12	10	3	10	5	10	7	18	6	11	13	13	11	6	7	17
Excellent/great/awesome team, support	5	4	2	2	6	3	6	2	7	2	12	3	4	6	0	2	11
Service great/good/impressive	2	3	0	0	1	0	2	1	2	0	5	0	3	3	0	2	0
Personal contact/attention	0	2	0	0	0	0	0	1	0	0	0	0	1	1	0	0	0
No pressure/non-judgmental	1	1	0	0	0	3	2	1	1	0	1	1	1	1	0	0	0
Easy to contact/talk to, accessible, approachable	1	2	3	2	1	3	1	0	0	0	1	0	1	0	0	0	0
Greater awareness/understanding of need to be/benefits of being more active	2	1	2	2	2	0	2	1	0	6	0	3	4	2	2	0	3
Help with activities/exercises	2	2	0	0	2	0	1	3	1	2	4	1	3	5	2	5	0
Great/good communicator - clear/concise/understandable	2	1	0	2	2	5	3	3	1	2	1	0	1	1	0	2	2
A lack of contact or follow-up/more follow-up required	2	2	2	2	2	0	2	4	0	2	1	4	1	1	4	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost	5	4	2	4	5	3	5	5	5	6	4	14	3	8	6	5	3
Already active/doing own thing	0	0	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0



Table 131: Q20a. Please explain your answer (or any other comments you would like to make about your participation in GRx - satisfied/very satisfied continued)

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	1482*	94	62	132	108	74	101	91	94	87	135	69	156	109	49	57	64
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Illness/injury barriers - can't do exercises, doing what I can	3	2	2	2	1	3	1	1	2	3	2	0	6	9	6	2	0
Need support/motivation, lack of motivation	2	0	0	3	0	0	4	4	0	1	1	1	3	3	6	0	0
More face-to-face/personal contact/support desired	1	1	3	2	0	1	1	1	0	0	0	1	1	1	10	0	0
Inappropriate activities for condition/age	1	0	0	1	0	0	0	1	1	1	1	1	0	0	0	0	0
Staff too busy, not available, inexperienced/lack knowledge, staff issues	0	1	0	1	0	0	0	1	0	0	1	0	1	1	0	0	0
Longer GRx period/GRx ran out, limited time only	2	2	2	2	1	0	3	2	0	5	2	3	1	1	0	0	0
More advice/information required	1	1	0	0	1	0	2	0	0	1	1	0	1	0	2	0	0
Self-motivated/up to me/my decisions	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0
Other - negative comment/suggestion	4	2	6	5	2	3	4	2	3	6	1	3	4	1	4	5	0
Other - positive comment/suggestion	19	11	23	18	14	12	20	22	15	28	15	19	18	16	24	18	14
Other	3	7	5	2	5	3	2	4	7	0	3	1	3	7	2	5	2
No particular reason	0	0	0	0	1	0	0	1	0	0	0	0	1	0	0	0	0
Don't know	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2	2

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who had contact with a GRx support person and who answered the question.



Table 132: X20a. Please explain you answer (or any other comments you would like to make about your participation in GRx - neither satisfied/dissatisfied).

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/Countries	Canterbury/West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	330*	29**	8**	31	5**	8**	27**	44	9**	23**	29**	29**	15**	42	14**	13**	4**
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Insufficient follow-up/communication, contact stopped	33	31	0	35	0	25	33	45	22	39	17	24	20	31	36	31	25
Lack of support/encouragement, need more support	18	17	0	23	0	38	26	20	33	17	17	17	7	12	36	0	0
A lack of personal contact; phone calls not sufficient	9	3	12	16	0	12	19	7	0	9	3	10	7	2	29	8	0
Cost barriers	14	31	0	10	40	0	11	11	22	13	7	0	0	12	14	15	25
More suitable ideas required (relevant to time available, travel distance, condition)	14	14	0	13	20	38	11	5	56	9	24	34	40	14	14	8	0
Work/time barriers	14	14	12	16	0	12	11	7	11	22	10	24	7	2	7	38	0
Didn't change much/didn't help/no benefit	2	0	0	6	0	0	0	0	0	0	0	0	0	10	0	8	0
Insufficient staff/resources, lack of knowledge/experience	4	7	0	0	0	0	4	5	0	9	0	0	0	0	0	0	0
Did it/left to do it myself, already motivated	6	7	0	6	0	12	4	9	11	4	0	10	0	10	7	8	0
No advice re exercises	3	3	0	0	0	0	11	2	0	4	0	0	7	2	0	0	0
Empathy lacking, disinterested/unmotivated	4	3	0	6	0	12	4	5	0	4	3	0	7	2	0	0	0
Positive comment	7	3	0	10	0	12	0	0	0	13	7	3	7	7	7	8	25
Other	18	14	62	16	40	25	22	23	0	9	28	28	7	26	7	23	25
No particular reason	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Don't know	0	0	12	0	0	0	0	0	0	0	0	3	0	0	0	0	0

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who were neither satisfied or dissatisfied and dissatisfied with overall service and support.

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



Table 133: Q21. Are you...?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2940	185	100	244	178	144	224	220	181	176	245	158	285	246	111	127	116
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Male	30	29	23	26	34	31	31	35	33	30	30	29	28	31	35	28	21
Female	70	71	77	74	66	69	69	65	67	70	70	71	72	69	65	72	79
Refused	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.
Total may not sum to 100% due to rounding.



Table 134: Q22. Which of these best describes your highest level of educational qualification?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2856*	181	94	235	173	141	220	214	169	171	241	151	278	242	109	122	115
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
No qualification	22	13	26	20	28	33	17	14	23	22	26	32	28	24	24	35	29
Secondary school qualification	30	34	29	30	28	35	29	34	26	30	31	30	27	29	32	25	32
Tertiary qualification	24	28	19	21	17	16	31	25	22	27	17	12	23	23	28	18	16
Other post-secondary qualification	22	24	26	28	26	15	21	25	28	19	25	25	22	23	16	20	23
Other	0	0	1	1	1	0	1	1	0	0	0	2	0	1	0	0	0
Refused	1	1	0	0	0	1	0	1	1	2	0	0	1	1	0	1	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 135: Age collapsed

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2913*	183	97	241	176	143	221	218	181	174	245	157	282	245	111	124	115
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Under 25	4	3	1	1	2	2	5	3	1	4	3	5	2	4	9	3	2
25 to 34	7	7	4	8	6	9	10	11	1	5	6	6	10	7	12	10	10
35 to 49	19	26	11	17	14	25	23	23	8	18	16	17	14	18	25	10	19
50 to 64	34	38	36	31	30	31	30	42	36	36	34	41	32	25	34	33	36
65 plus	36	25	47	43	48	33	32	21	54	36	41	31	42	45	20	44	34
Refused	0	1	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 136: Q24. 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	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/W est Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2840*	181	96	237	172	136	218	212	175	169	241	152	275	234	110	121	111
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	50	48	56	56	48	57	39	52	53	46	55	63	56	51	52	61	57
No	50	51	44	44	52	43	61	48	47	53	45	38	44	49	48	39	43
Refused	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the questionz



Table 137: Q25. Which ethnic group do you mainly identify with?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2899*	183	95	240	176	142	220	217	181	173	243	157	282	241	110	124	115
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
European	63	54	93	70	57	82	67	62	69	45	76	59	76	74	79	81	85
Maori	18	20	3	26	42	13	20	18	26	13	14	39	17	20	15	15	11
Pacific	10	12	1	2	5	6	12	11	1	21	7	5	2	4	2	2	1
Asian	7	11	2	0	1	1	3	5	2	19	1	1	3	2	3	1	2
Other	4	4	2	2	1	2	5	6	4	6	5	1	3	2	3	2	3
Refused	1	1	0	0	0	0	0	1	0	2	0	0	0	0	1	0	1

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

*Sub-sample based on those respondents who answered the question.



Table 138: Q26. Which of the following best describes you?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/ Tairāwhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganui	Sport Auckland/ Counties	Canterbury/ West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborough PHO
Unweighted base =	2907*	184	96	240	176	143	219	218	181	175	245	157	282	242	110	124	115
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Working full-time	24	29	12	20	20	25	34	37	11	23	18	15	16	17	30	22	21
Working part-time	13	16	20	15	13	15	12	11	13	10	14	17	15	15	17	8	19
Unemployed/actively seeking a job	6	9	0	7	3	6	4	8	4	7	5	7	4	6	7	4	3
At home	10	11	9	8	7	9	10	6	6	13	6	5	10	9	7	10	11
Retired	31	22	42	39	38	29	29	17	51	27	39	28	39	38	18	41	33
Sick/invalid beneficiary	12	11	15	9	15	15	6	17	13	13	16	27	13	10	14	14	10
Student (full-time, including secondary school)	3	1	2	2	1	1	4	2	2	5	2	2	1	4	6	1	3
Other	1	0	0	1	2	0	0	1	1	2	1	0	2	1	0	1	1
Refused	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.



Table 139: Q27. Do you have a community services card?

	Total	Harbour Sport	Nelson Bays PHO	Sport Bay of Plenty	Gisborne/T airawhiti	Sport Southland	Sport Waikato	Sport Wellington	Sport Whanganu i	Sport Auckland/ Counties	Canterbury West Coast	Sport Hawke's Bay	Sport Manawatu	Sport Northland	Sport Otago	Sport Taranaki	Marlborou gh PHO
Unweighted base =	2882*	184	95	239	173	142	218	218	179	174	243	154	276	242	110	121	114
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Yes	47	44	45	44	63	52	34	40	59	47	48	67	57	51	53	53	50
No	50	53	55	54	36	48	64	59	38	48	51	31	41	46	46	46	46
Don't know	2	2	0	2	1	0	2	0	2	5	1	3	1	3	1	1	4
Refused	0	1	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

*Sub-sample based on those respondents who answered the question.