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| MEMORANDUM | 30 August 2016 |
| TO | Diana O’Neill, Ministry of Health |
| FROM | Mark Johnson and Annita Wood, Research New Zealand |
| SUBJECT | 2016 Profile of Patients with a Disability or Impairment – Green Prescription Patient Survey (#4838) |

Profile of GRx patients with a Disability or Impairment

### Survey participation rate

A total of n=1313 valid, completed responses were received from patients with a disability or impairment[[1]](#footnote-2) during the 2016 GRx Patients survey period of July to December 2015 (n=200 online, n=991 on paper and n=122 by telephone).

Participation in the survey was boosted by two activities:

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

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

The weighted results for the total sample in the 2016 survey have a maximum margin of error of plus or minus 1.8 percent, at the 95 percent confidence level. The maximum margin of error for the weighted results of patients with a disability or impairment is plus or minus 3.3 percent.

Reasons patients with a disability or impairment were prescribed a GRx

* The most common reason why patients with a disability or impairment were prescribed a GRx was for weight problems (51 percent, Table 1). Other common reasons included: arthritis (33 percent), back pain or problems (31 percent), high blood pressure or risk of stroke (28 percent), stress (22 percent), depression/anxiety (21 percent), high cholesterol and/or asthma/breathing problems (both 20 percent respectively).
	+ Patients with a disability or impairment were more likely than all GRx patients to have been referred to the GRx initiative for arthritis (33 percent compared with 22 percent overall), back pain or problems (31 percent compared to 22 percent overall), depression/anxiety (21 percent compared with 17 percent overall), asthma/breathing problems (20 percent compared with 14 percent overall), injury/surgery recovery (18 percent compared with 13 percent overall), heart problems (14 percent compared with 11 percent overall) and/or fall prevention (nine percent compared with five percent overall).

Following prescribed activities

* While 39 percent of patients with a disability or impairment reported they were still following their GRx physical activities, 20 percent said they were doing physical activity that was different from that recommended in their GRx (Table 2). The proportions of those who mentioned they were temporarily off GRx physical activities or who were no longer following the GRx physical activities were 21 percent and 15 percent respectively.
	+ When compared with all GRx patients, patients with a disability or impairment were more likely to be temporarily off GRx physical activities (21 percent compared with 16 percent overall).
* The most frequently mentioned reason provided by patients with a disability or impairment as to why they were temporarily off or no longer following the GRx physical activities was because of an injury or health problems (42 percent, Table 3). Other commonly cited reasons were a lack of energy/too tired (22 percent), cost (18 percent) and/or a lack of time due to family commitments (17 percent).
	+ Compared with all GRx patients, patients with a disability or impairment were more likely to be temporarily off or no longer following their GRx physical activities because of an injury or health problems (42 percent compared with 30 percent overall).

Positive changes in health

* The proportion of patients with a disability or impairment who had noticed positive changes in their health since getting their GRx (70 percent, Table 4) was far greater than those who had not noticed positive changes (16 percent).
* When asked what positive changes they had noticed, patients with a disability or impairment most commonly mentioned that they generally felt better (52 percent), felt stronger or fitter (50 percent), had lost weight (43 percent, Table 5), had more energy (37 percent), were breathing easier (36 percent), had increased mobility (34 percent) and/or were less stressed (32 percent).
	+ Where they had noticed changes, patients with a disability or impairment were more likely than all GRx patients to say they had increased mobility (34 percent compared with 29 percent overall).

Spending more or less time being active

* Compared with the time before getting their GRx, the majority of patients with a disability or impairment reported spending more time being active (56 percent, Table 10), while 27 percent said they were spending the same amount of time on physical activity and 13 percent were spending less time being active.
* The most common reason cited for spending about the same amount of time being active now as they were before getting their GRx was due to illness, injury, pain or a medical condition (33 percent, Table 11). The next most common reasons mentioned were work commitments and/or a lack of motivation (both 11 percent respectively).
* In terms of the reasons for being less active, the most commonly cited reason was illness, injury, an operation, pain or health problems (50 percent, Table 12).

Advice on healthy eating

* Sixty-eight percent of patients with a disability or impairment reported they had received specific advice on healthy eating (Table 13) and 68 percent have made changes to their food and/or drink intake since getting their GRx (Table 14).
* The five main changes made by patients with a disability or impairment to food and/or drink intake were: eating less or avoiding sugar and sugary foods, sweets or soft drinks (25 percent, Table 15), eating more healthily or less junk food (22 percent), drinking more water (21 percent), eating less or smaller meals and/or eating more vegetables (both 21 percent respectively).

First contact with GRx support person

* In terms of first contact, the majority of patients with a disability or impairment reported that their GRx support person contacted them first (68 percent, Table 16), while 24 percent visited their GRx support person in person, and three percent called the number provided. Four percent said they had not had any contact with the GRx support person.

Follow-up by GRx support person

* In terms of follow-up support, the majority of patients with a disability or impairment reported they had received a phone call (61 percent, Table 17) and/or face-to-face support (43 percent).

GRx support people and activity providers

* The four main physical activities suggested to patients with a disability or impairment by their GRx support person were: walking (65 percent, Table 19), swimming (54 percent), water or pool exercises (49 percent) and/or gym exercises (39 percent).
* In terms of activity provider referrals, patients with a disability or impairment were most frequently referred to a swimming pool (72 percent, Table 20) and/or gym (55 percent) by their GRx support person.
	+ Compared with all GRx patients, patients with a disability or impairment were more likely to have been referred to a swimming pool (72 percent compared to 66 percent overall).
* Eighty percent of patients with a disability or impairment considered the activity provider(s) they were referred to as appropriate, while 11 percent thought it was not (Table 21).
* In terms of whom patients with a disability or impairment do physical activity with, 73 percent said they do it by themselves, 31 percent with adult family members, and 22 percent with friends (Table 23).

Service and support received

* Ninety-one percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, ‘*The advice I was given was helpful’* (Table 24).
* Eighty-five percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, ‘*The physical activity options suggested were appropriate for me’* (Table 25).
* Eighty-three percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, *‘The information and advice I was given was relevant to me’* (Table 26).
* Eighty percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, ‘*The person I spoke to motivated me to get or stay physically active’* (Table 27).
* Eighty-nine percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, ‘*The person I* spoke *to was understanding and supportive’* (Table 28).
* Seventy-nine percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, *‘As a result of receiving a GRx, I now understand the benefits of physical activity’* (Table 29).
* Seventy-five percent of patients with a disability or impairment either *strongly agreed or agreed* with the statement, *‘As a result of the support I got, I now feel more confident about doing physical activity regularly’* (Table 30).
* Eighty-five percent of patients with a disability or impairment were either *very satisfied or satisfied* with the overall service provided to them (Table 31).
* When patients with a disability or impairment were asked for the reasons why they were satisfied with the service or their GRx in general, 38 percent said they were satisfied because of the encouragement, motivation, support and/or help they had received (Table 32).
* When asked for the reasons why they were less than satisfied with the service or their GRx in general, 40 percent reported that the follow-up contact was insufficient or that the contact had stopped (Table 33); 26 percent reported that they felt there was a lack of support and 21 percent said that more suitable ideas were required.

Patient demographics

* Patients with a disability or impairment were more likely to be female than male (67 percent and 33 percent respectively, Table 34).
* Twenty-nine percent of patients with a disability or impairment had a secondary school qualification, and 27 percent had no qualifications at all (Table 35). Forty-two percent have tertiary qualifications or other post-secondary school qualifications.
	+ Compared with all GRx patients, patients with a disability or impairment were more likely to have no qualification (27 percent compared with 23 percent overall).
* Thirty-nine percent of patients with a disability or impairment were aged 50 to 64 years, 33 percent were aged 65 years or older and 20 percent were aged 35 to 49 years (Table 37).
	+ Compared with all GRx patients, more patients with a disability or impairment were aged 50 to 64 years (39 percent compared to 34 percent overall).
* Thirty-one percent of patients with a disability or impairment reported they were retired, while 25 percent said they were either working full-time or part-time (Table 39).
	+ Compared with all GRx patients, patients with a disability or impairment mentioned they were sickness or invalid beneficiaries (21 percent compared with 13 percent overall).
* Compared with all GRx patients, more patients with a disability or impairment said they had a Community Services Card (63 percent compared with 51 percent overall, Table 40).

##### Interpreting the tables in Appendix A

When interpreting the tables on the following pages, please note that bolded figures with dark shading (e.g. **37**) indicate a result for patients with a disability or impairment is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **17**) indicate a result that is significantly lower.

Appendix A: 2016 survey tables

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Arthritis | 22 | **33** | **12** | 28 |
| Asthma/breathing problems | 14 | **20** | **9** | 22 |
| Back pain or problems | 22 | **31** | **14** | 21 |
| Diagnosed type 2 diabetes | 17 | 19 | 16 | 18 |
| Pre-diabetes/risk of diabetes | 13 | **11** | **16** | **4** |
| High blood pressure/risk of stroke | 25 | 28 | 22 | 18 |
| High cholesterol | 18 | 20 | 17 | 15 |
| Sleep problems | 16 | 18 | 13 | 18 |
| To stop smoking | 5 | 4 | 5 | 8 |
| Stress | 20 | 22 | 18 | 26 |
| Weight problems | 53 | 51 | 56 | 42 |
| Depression/anxiety | 17 | **21** | **14** | 14 |
| Pregnancy | 1 | **0** | 1 | 0 |
| Heart problems | 11 | **14** | **7** | 19 |
| Osteoporosis | 4 | 6 | **2** | 8 |
| Fall prevention | 5 | **9** | **2** | 8 |
| Injury/surgery recovery | 13 | **18** | **8** | 13 |
| General fitness | 3 | **1** | 4 | 5 |
| Surgery recovery | 0 | 0 | 0 | 1 |
| Mental illness | 0 | 1 | 0 | 0 |
| Fibromyolgia | 0 | 0 | 0 | 0 |
| Other (Specify) | 4 | 5 | 4 | 2 |
| No response | 7 | 6 | 8 | 8 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

Table :

Q4. Are you currently...?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Still following the GRx physical activities | 39 | 39 | 40 | 44 |
| Doing physical activity but different from that recommended in your GRx | 24 | **20** | **28** | 18 |
| Temporarily off GRx physical activities | 16 | **21** | **12** | 13 |
| No longer following the GRx physical activities | 16 | 15 | 17 | 16 |
| No response | 4 | 5 | 3 | 9 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1005\* | 510 | 452 | 43 |
|  | % | % | % | % |
| Injury/health problems | 30 | **42** | **17** | 38 |
| Lack of time due to work | 22 | **14** | **31** | 16 |
| Just didn't want to | 7 | 6 | 9 | 6 |
| Lack of time due to family responsibilities | 20 | 17 | 23 | 20 |
| Cost | 16 | 18 | 14 | 15 |
| Lack of energy/too tired | 19 | 22 | 17 | **4** |
| I'm too old | 3 | 3 | 2 | 1 |
| It's too hard to stick to a routine | 11 | 11 | 11 | 4 |
| The programme ran its course/wasn't renewed GRx | 1 | 2 | 1 | 0 |
| Issues with admin/paperwork (not helpful, no follow up etc.) | 5 | 4 | 6 | 1 |
| Moved elsewhere/out of town/on holiday | 2 | 2 | 3 | 1 |
| I'm doing other physical activities (not GRx) | 3 | 3 | 4 | 1 |
| Other (Specify) | 12 | 12 | 12 | 9 |
| No response | 7 | 7 | 7 | 19 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Yes | 72 | 70 | 74 | 71 |
| No | 15 | 16 | 14 | 17 |
| Don't know/unsure | 11 | 13 | 10 | 7 |
| No response | 2 | 1 | 2 | 5 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2099\* | 926 | 1091 | 82 |
|  | % | % | % | % |
| Breathing easier | 34 | 36 | 33 | 35 |
| Feel stronger/fitter | 55 | **50** | 59 | 55 |
| Less stressed | 34 | 32 | 35 | 40 |
| Less joint pain/discomfort | 26 | 28 | 24 | 33 |
| Less back pain | 21 | 22 | 20 | 26 |
| More energy | 45 | **37** | **51** | 41 |
| Lower cholesterol | 14 | 13 | 15 | 12 |
| Lower blood pressure | 19 | 18 | 20 | 17 |
| Less medication | 11 | 10 | 11 | 9 |
| Lost weight | 48 | **43** | **53** | 37 |
| Smoking less | 6 | 6 | 7 | 8 |
| Sleeping better | 30 | 28 | 31 | 25 |
| Fewer illnesses | 12 | 10 | 13 | 9 |
| Generally feel better | 55 | 52 | 57 | 43 |
| Feel less depressed/anxious | 20 | 22 | 19 | 14 |
| Increased mobility | 29 | **34** | **25** | 32 |
| Better balance/fewer falls | 14 | 14 | 14 | 13 |
| Improved blood sugar levels | 17 | 17 | 17 | **7** |
| Other (Specify) | 4 | 3 | 4 | 4 |
| No response | 3 | 3 | 3 | 6 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Yes | 49 | **57** | **42** | 52 |
| No | 50 | **42** | **57** | 41 |
| No response | 2 | 2 | 2 | 6 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

Q9. Did your referrer discuss your GRx with you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1476\* | 773 | 639 | 64 |
|  | % | % | % | % |
| Yes | 64 | 63 | 66 | 53 |
| No | 31 | 33 | 29 | 26 |
| No response | 5 | 4 | 5 | **21** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1016\* | 517 | 451 | 48 |
|  | % | % | % | % |
| Tell you to stop your physical activity? | 1 | 2 | 1 | 5 |
| Encourage you to change your physical activity? | 17 | 17 | 17 | 10 |
| Encourage you to continue your physical activity unchanged? | 74 | 73 | 75 | 63 |
| No response | 8 | 7 | 7 | 22 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1000\* | 506 | 447 | 47 |
|  | % | % | % | % |
| Write a new/extend your current GRx? | 26 | 27 | 25 | 25 |
| Give verbal advice only? | 60 | 59 | 62 | 48 |
| Other (Specify) | 6 | 6 | 6 | 2 |
| Don't know | 0 | 0 | 0 | 0 |
| No response | 8 | 7 | 7 | **25** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| More time being active? | 61 | **56** | **65** | 52 |
| About the same amount of time being active? | 25 | 27 | 23 | 28 |
| Less time being active? | 10 | **13** | **8** | 9 |
| No response | 4 | 4 | 3 | 11 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 490\* | 251 | 227 | 12\*\* |
|  | % | % | % | % |
| Illness/injury/operation/pain/medical condition preventing, recovering from | 22 | **33** | **11** | 32 |
| Already doing enough, already/always been active/happy with what doing | 12 | 9 | 15 | 5 |
| Too busy/no time | 8 | 4 | 11 | 23 |
| Increased workload/long hours/work commitments | 16 | 11 | 21 | 11 |
| Lack of motivation/laziness/depression | 9 | 11 | 8 | 4 |
| Lack energy/tired | 6 | 9 | 4 | 0 |
| Specified type of activity/level of activity | 7 | 7 | 7 | 15 |
| Family responsibilities | 9 | 6 | 11 | 0 |
| GRx has not helped | 2 | 1 | 4 | 0 |
| Weather/darkness | 1 | 1 | 1 | 0 |
| Lack of support | 1 | 2 | 1 | 0 |
| Other commitments, holidays | 4 | 2 | 6 | 0 |
| Difficulty getting into, or lost, routine/didn't get into a habit | 3 | 4 | 3 | 0 |
| Costs/fees of activity too expensive | 3 | 4 | 2 | 0 |
| Getting too old/no longer up to it | 2 | 3 | 1 | 0 |
| Other | 15 | 14 | 17 | 10 |
| No particular reason | 1 | 0 | 0 | 14 |
| Don't know | 0 | 0 | 0 | 0 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 242\* | 146 | 89 | 7\*\* |
|  | % | % | % | % |
| Illness/injury/operation/pain/health problems | 41 | 50 | **28** | 56 |
| Increased workload/longer hours/work commitments | 11 | 5 | 19 | 0 |
| Lack of motivation/confidence, laziness, depressed | 16 | 11 | 23 | 29 |
| Lack energy/tired | 6 | 7 | 6 | 0 |
| Specified type of activity not doing | 0 | 1 | 0 | 0 |
| Too busy/no time, other priorities/commitments (including study) | 3 | 2 | 4 | 0 |
| Family responsibilities (incl. pregnancy, home issues) | 10 | 9 | 12 | 0 |
| Weather/darkness/daylight saving over | 3 | 1 | 5 | 0 |
| Costs/fees of activities too expensive | 4 | 5 | 4 | 0 |
| Other | 18 | 14 | 23 | 15 |
| No particular reason | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Yes | 68 | 68 | 69 | 64 |
| No | 28 | 28 | 29 | 29 |
| Don't know | 2 | 2 | 2 | 3 |
| No response | 1 | 2 | **0** | 3 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| No | 28 | 30 | 26 | 34 |
| Yes (Specify) | 70 | 68 | 73 | 62 |
| No response | 1 | 1 | 1 | 4 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

Q14a. What changes?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1799\* | 791 | 954 | 54 |
|  | % | % | % | % |
| Drink more water | 22 | 21 | 23 | 19 |
| Eating more healthily/less junk food (better choices, watch what I eat) | 25 | 22 | 28 | 15 |
| Eating less/smaller meals (portion control) | 21 | 21 | 21 | 25 |
| Cut down on fats/low fat foods | 7 | 6 | 6 | 13 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 29 | 25 | 31 | 32 |
| Eat more vegetables | 20 | 21 | 19 | 26 |
| Eat more fruit | 10 | 10 | 10 | 11 |
| Less alcohol | 6 | 6 | 5 | **1** |
| Reduce carbohydrates, including bread (gluten) | 11 | 11 | 11 | 14 |
| No snacking/regular meals, breakfasts | 4 | 4 | 4 | **0** |
| Diet plans | 5 | 6 | 4 | 3 |
| Eat less (red) meat/more fish | 4 | 3 | 4 | **0** |
| Cut down on salt use | 2 | 2 | 3 | 4 |
| Less takeaways/fast foods | 5 | 4 | 6 | **1** |
| Less dairy (milk, butters, etc.) | 2 | 2 | 2 | 4 |
| Less coffee/tea | 2 | 3 | 2 | 3 |
| More grain breads, fibre or similar | 1 | 1 | 1 | 1 |
| More protein | 1 | 1 | 1 | 1 |
| Supplements, dietary | 0 | 0 | 0 | 0 |
| Yes (in general) | 0 | 0 | 0 | 0 |
| Yes, reading labels on food | 3 | 3 | 3 | 2 |
| Other | 11 | 12 | 10 | 14 |
| No particular reason | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 68 | 68 | 69 | **53** |
| I went to see them in person (face-to-face) | 23 | 24 | 22 | **35** |
| I called 0800 ACTIVE or the local phone number provided | 3 | 3 | 3 | 3 |
| I have not had any contact with a GRx support person | 5 | 4 | 5 | 6 |
| No response | 1 | 1 | 1 | 3 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2720\* | 1262 | 1359 | 99 |
|  | % | % | % | % |
| Phone call | 59 | 61 | 57 | 54 |
| Face-to-face/in person | 42 | 43 | 42 | 38 |
| Brochures/leaflets | 29 | 30 | 30 | 22 |
| A GRx Community programme/group | 18 | 20 | 17 | 16 |
| Text or email | 22 | 20 | 25 | 15 |
| No support/follow up offered | 4 | 5 | 4 | 3 |
| I didn't want any support/follow up | 2 | 2 | 2 | **0** |
| Mail/letter | 1 | 0 | 1 | **0** |
| Watched DVD/Video | 0 | 0 | 0 | 0 |
| Other (Specify) | 5 | 6 | 5 | 3 |
| Don't know | 0 | 0 | 0 | 0 |
| No response | 1 | 1 | 1 | 6 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2720\* | 1262 | 1359 | 99 |
|  | % | % | % | % |
| Yes | 34 | 36 | 33 | 32 |
| No | 37 | 34 | 40 | 37 |
| Don't know | 23 | 23 | 22 | 21 |
| No response | 6 | 6 | 5 | 10 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2720\* | 1262 | 1359 | 99 |
|  | % | % | % | % |
| None | 3 | 3 | 4 | 3 |
| Walking | 69 | **65** | **73** | 61 |
| Swimming | 54 | 54 | 54 | **41** |
| Gardening | 17 | 16 | 18 | 12 |
| Other home based activities (e.g. exercycle/treadmill) | 22 | 20 | 23 | 25 |
| Water/pool exercises | 45 | 49 | 42 | 40 |
| Tai chi | 10 | 11 | 9 | 14 |
| Yoga/Pilates/Zumba | 8 | 7 | 10 | 5 |
| Cycling | 15 | 14 | 17 | **7** |
| Gym exercises (e.g. aerobics, weights) | 43 | **39** | 46 | 42 |
| Fall prevention programme | 3 | 4 | 3 | **1** |
| GRx Community programme/group | 19 | 18 | 21 | 19 |
| Sport/sporting activities | 0 | 0 | 0 | 0 |
| Other (Specify) | 5 | 4 | 5 | 4 |
| No response | 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 that had contact with a GRx support person.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2146\* | 1007 | 1059 | 80 |
|  | % | % | % | % |
| Gym | 58 | 55 | 60 | 60 |
| Swimming pool | 66 | **72** | **61** | 64 |
| Sports club | 7 | 5 | 8 | 3 |
| Other | 7 | 6 | 9 | **2** |
| Don't know | 0 | 0 | 0 | 0 |
| No response | 5 | 5 | 5 | 9 |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table :

Q20. Was the activity provider right for you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2158\* | 1011 | 1067 | 80 |
|  | % | % | % | % |
| No | 11 | 11 | 12 | 7 |
| Yes | 80 | 80 | 80 | 84 |
| No response | 9 | 9 | 8 | 9 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2720\* | 1262 | 1359 | 99 |
|  | % | % | % | % |
| No | 28 | 31 | 26 | 23 |
| Yes | 65 | 62 | 68 | 63 |
| No response | 7 | 7 | 6 | 14 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2720\* | 1262 | 1359 | 99 |
|  | % | % | % | % |
| By myself | 72 | 73 | 72 | 70 |
| Family members (adults) | 32 | 31 | 35 | **18** |
| Family members (children) | 15 | **11** | **19** | 10 |
| A GRx community programme/group | 15 | 16 | 13 | 15 |
| Friends | 26 | 22 | 29 | 20 |
| Another organised group | 13 | 13 | 13 | 10 |
| A sports club | 4 | 3 | 5 | 3 |
| People from work | 4 | **2** | **6** | 2 |
| Other (Specify) | 5 | 6 | 4 | 7 |
| No response | 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 that had contact with a GRx support person.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2672\* | 1240 | 1341 | 91 |
|  | % | % | % | % |
| Strongly agree | 47 | 44 | 49 | 51 |
| Agree | 42 | **47** | 39 | 42 |
| Neither agree nor disagree | 7 | 7 | 7 | 6 |
| Disagree | 2 | 1 | 2 | 1 |
| Strongly disagree | 2 | 1 | 2 | 1 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2644\* | 1235 | 1323 | 86 |
|  | % | % | % | % |
| Strongly agree | 39 | 36 | 41 | 39 |
| Agree | 47 | 49 | 46 | 56 |
| Neither agree nor disagree | 10 | 11 | 9 | **2** |
| Disagree | 3 | 3 | 3 | 1 |
| Strongly disagree | 2 | 2 | 2 | 1 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2641\* | 1227 | 1325 | 89 |
|  | % | % | % | % |
| Strongly agree | 41 | 37 | 44 | 45 |
| Agree | 45 | 46 | 44 | 49 |
| Neither agree nor disagree | 9 | 12 | 8 | 5 |
| Disagree | 3 | 3 | 2 | 2 |
| Strongly disagree | 2 | 1 | 2 | **0** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2641\* | 1227 | 1327 | 87 |
|  | % | % | % | % |
| Strongly agree | 44 | 40 | 47 | 50 |
| Agree | 37 | 40 | 33 | 36 |
| Neither agree nor disagree | 12 | 14 | 11 | 9 |
| Disagree | 4 | 3 | 5 | 4 |
| Strongly disagree | 3 | 2 | 4 | 1 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2644\* | 1227 | 1326 | 91 |
|  | % | % | % | % |
| Strongly agree | 51 | 48 | 53 | 56 |
| Agree | 38 | 41 | 36 | 39 |
| Neither agree nor disagree | 7 | 8 | 7 | 5 |
| Disagree | 2 | 2 | 2 | 1 |
| Strongly disagree | 2 | 2 | 2 | **0** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2632\* | 1224 | 1323 | 85 |
|  | % | % | % | % |
| Strongly agree | 43 | 40 | 45 | 48 |
| Agree | 38 | 39 | 37 | 42 |
| Neither agree nor disagree | 13 | 16 | 12 | 10 |
| Disagree | 3 | 3 | 3 | **0** |
| Strongly disagree | 2 | 1 | 3 | **0** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2632\* | 1222 | 1321 | 89 |
|  | % | % | % | % |
| Strongly agree | 39 | 35 | 42 | 42 |
| Agree | 38 | 40 | 36 | 42 |
| Neither agree nor disagree | 16 | 18 | 14 | 13 |
| Disagree | 4 | 4 | 4 | **1** |
| Strongly disagree | 3 | 2 | 4 | 2 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2669\* | 1236 | 1341 | 92 |
|  | % | % | % | % |
| Very satisfied | 50 | 47 | 52 | 44 |
| Satisfied | 35 | 38 | 33 | 43 |
| Neither/nor | 9 | 11 | 9 | 6 |
| Dissatisfied | 3 | 3 | 3 | 4 |
| Very dissatisfied | 3 | 2 | 3 | 3 |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

Table :

Q24. Why are you satisfied with the service provided to you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1442\* | 663 | 743 | 36 |
|  | % | % | % | % |
| Encouraging, motivating, supportive, helpful | 38 | 38 | 38 | 45 |
| Follow-up contact received/checks on progress | 12 | 10 | 14 | 9 |
| Motivated me to be active/more active, am more active as a result | 14 | 15 | 14 | 11 |
| Empathic, understands needs/situation, takes genuine interest, caring, listens | 7 | 7 | 7 | 13 |
| Improved health, motivation, confidence/Feel better, happier/See results | 16 | 15 | 18 | 11 |
| Friendly, lovely, pleasant, cheerful, enthusiastic people | 4 | 4 | 4 | 13 |
| Useful/Good information/advice/explanations/ideas/suggestions | 14 | 13 | 15 | 10 |
| Appropriate activities - suitable for my lifestyle, abilities, condition | 6 | 4 | 8 | 9 |
| Excellent/Great/Awesome team, support | 13 | 12 | 14 | 14 |
| Service great/good/impressive | 14 | 14 | 14 | 19 |
| Personal contact/attention | 9 | 9 | 10 | **1** |
| No pressure/non-judgmental | 3 | 3 | 3 | **0** |
| Easy to contact/talk to, accessible, approachable | 1 | 1 | 1 | 4 |
| Greater awareness/understanding of need to be/benefits of being more active | 3 | 3 | 3 | **0** |
| Help with activities/exercises | 2 | 1 | 2 | **0** |
| Great/good communicator - clear/concise/understandable | 2 | 2 | 2 | **0** |
| A lack of contact or follow-up/more follow-up required | 1 | 1 | 1 | **0** |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

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

Table 32: (continued)

Q24. Why are you partially satisfied with the service provided to you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 1442\* | 663 | 743 | 36 |
|  | % | % | % | % |
| Other barriers: distance to travel, family responsibilities, work, time, cost | 5 | 5 | 5 | 7 |
| Already active/doing own thing | 2 | 2 | 2 | **0** |
| Illness/injury barriers - can't do exercises because of, doing what I can | 3 | 4 | 2 | 2 |
| Need support/motivation, lack of motivation | 2 | 3 | 2 | 2 |
| More face-to-face/personal contact/support desired | 1 | 2 | 1 | **0** |
| Inappropriate activities for condition/age | 2 | 2 | 2 | 1 |
| Staff too busy, not available, inexperienced/lack knowledge, staff issues | 0 | 1 | 0 | 0 |
| Longer GRx period/GRx ran out, limited time only | 2 | 2 | 1 | **0** |
| More advice/information required | 1 | 2 | 1 | **0** |
| Self-motivated/Up to me/my decisions | 0 | 0 | 0 | 4 |
| Other - Negative comment | 3 | 5 | 2 | **0** |
| Other - Positive comment | 8 | 9 | 7 | 17 |
| No particular reason | 4 | 5 | 3 | 5 |
| Don't know | 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 that had contact with a GRx support person and given a positive rating.

Table :

Q24. Why are you dissatisfied with the service provided to you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 128\* | 55 | 67 | 6\*\* |
|  | % | % | % | % |
| Insufficient follow-up/communication, contact stopped | 38 | 40 | 35 | 38 |
| Lack of support/encouragement, need more support | 19 | 26 | 16 | 0 |
| A lack of personal contact; phone calls not sufficient | 11 | 7 | 13 | 16 |
| Cost barriers | 7 | 11 | 5 | 0 |
| More suitable ideas required (relevant to time available, travel distance, condition) | 23 | 21 | 26 | 9 |
| Work/Time barriers | 1 | 2 | 0 | 0 |
| Didn't change much/didn't help/no benefit | 19 | 10 | 27 | 0 |
| Insufficient staff/resources, lack of knowledge/experience | 10 | 11 | 9 | 17 |
| Did it/left to do it myself, already motivated | 2 | 1 | 2 | 7 |
| No advice re exercises | 3 | 1 | 4 | 0 |
| Empathy lacking, disinterested | 16 | 13 | 20 | 0 |
| Positive comment | 7 | 10 | 3 | 29 |
| Other | 20 | 14 | 25 | 9 |
| No particular reason | 1 | 0 | 3 | 0 |
| Don't know | 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 that had contact with a GRx support person and given a negative rating.

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

Table :

Q25. Are you...?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Male | 29 | **33** | 26 | 28 |
| Female | 70 | **67** | **74** | 65 |
| No response | 1 | 1 | **0** | **7** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| No qualification | 23 | **27** | **18** | 32 |
| Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.) | 31 | 29 | 34 | 22 |
| Tertiary qualification (e.g. Bachelor's Degree or higher) | 21 | **17** | **26** | **11** |
| Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma) | 22 | 25 | 20 | 16 |
| Other (Specify) | 0 | 0 | 0 | 0 |
| No response | 2 | 2 | **1** | **20** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

Q27. Which of these age groups do you belong?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Under 25 yrs | 4 | 3 | 5 | 2 |
| 25 - 34 yrs | 8 | **5** | **11** | **3** |
| 35 - 49 yrs | 23 | 20 | 26 | 16 |
| 50 - 64 yrs | 34 | **39** | **30** | 29 |
| 65+ yrs | 31 | 33 | 28 | 39 |
| No response | 1 | 0 | **0** | **11** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

Q29. Which ethnic group do you mainly identify with?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| NZ European | 54 | 58 | 52 | 47 |
| Maori | 28 | 28 | 27 | 35 |
| Samoan | 4 | 4 | 4 | 3 |
| Cook Island Maori | 3 | 3 | 4 | 2 |
| Tongan | 3 | 3 | 3 | 1 |
| Niuean | 1 | 1 | 1 | **0** |
| Chinese | 1 | 1 | 1 | **0** |
| Indian | 2 | 2 | 3 | **0** |
| Other Asian (e.g. Korean, Filipino) | 1 | 0 | 2 | 1 |
| Other Pacific (e.g. Tokelauan, Fijian) | 2 | 2 | 3 | 1 |
| British/European | 5 | 6 | 5 | 5 |
| Other (Specify) | 2 | 2 | 2 | 2 |
| No response | 1 | 1 | 1 | **13** |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

Table :

Q29. Which ethnic group do you mainly identify with?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| European | 59 | **63** | 56 | 52 |
| Maori | 28 | 28 | 27 | 35 |
| Pacific | 13 | 12 | 15 | 8 |
| Asian | 4 | **3** | 6 | **1** |
| Other | 2 | 2 | 2 | 2 |
| No response | 1 | 1 | 1 | **13** |

The base numbers shown are unweighted counts.

Total may exceed 100% because of multiple responses.

Table :

Q30. Which of the following best describes you?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Working full-time | 24 | **14** | **34** | **7** |
| Working part-time | 14 | **11** | 16 | 13 |
| Unemployed/actively seeking a job | 7 | 7 | 7 | 8 |
| At home | 9 | 10 | 8 | **3** |
| Retired | 28 | 31 | **24** | 33 |
| Sick/invalid beneficiary | 13 | **21** | **6** | 17 |
| Student (full-time, including secondary school) | 4 | 3 | 4 | **1** |
| Other (Specify) | 1 | 2 | **0** | 1 |
| No response | 1 | 1 | **0** | **17** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

Table :

Q31. Do you have a community services card?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total | Disability or Impairment | No Disability or Impairment | No response |
| Base = | 2843 | 1313 | 1423 | 107 |
|  | % | % | % | % |
| Yes | 51 | **63** | **40** | 52 |
| No | 46 | **34** | **58** | **29** |
| Don't know | 1 | 2 | 2 | 0 |
| No response | 2 | 1 | **1** | **18** |
| Total | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

1. Self-defined by answering Q28. Do you have a disability or impairment that is long term (lasting 6 months or more) and causes you difficulty with or stops you doing physical activity that people your age can usually do? [↑](#footnote-ref-2)