

MEMORANDUM | 19 July 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 impairment¹ 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.

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?



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 1:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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
Fibromyalgia		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 2:

Q4. Are you currently...?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 3:

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

	Base =	Total 1005* %	Disability or Impairment 510 %	No Disability or Impairment 452 %	No response 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 4:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 5:

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

	Base =	Total 2099* %	Disability or Impairment 926 %	No Disability or Impairment 1091 %	No response 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 6:

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 7:

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 8:

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 9:

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

	Base =	Total 1000* %	Disability or Impairment 506 %	No Disability or Impairment 447 %	No response 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 10:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 11:

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

	Base =	Total	Disability or Impairment	No Disability or Impairment	No response
		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 12:

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

	Base =	Total 242* %	Disability or Impairment 146 %	No Disability or Impairment 89 %	No response 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 13:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 14:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 15:

Q14a. What changes?

	Base =	Total 1799* %	Disability or Impairment 791 %	No Disability or Impairment 954 %	No response 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 16:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 17:

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

	Base =	Total 2720* %	Disability or Impairment 1262 %	No Disability or Impairment 1359 %	No response 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 18:

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

	Base =	Total 2720*	Disability or Impairment 1262	No Disability or Impairment 1359	No response 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 19:

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

	Base =	Total 2720*	Disability or Impairment 1262	No Disability or Impairment 1359	No response 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 20:

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 21:

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 22:

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 23:

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

	Base =	Total 2720*	Disability or Impairment 1262	No Disability or Impairment 1359	No response 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 24:

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

	Base =	Total 2672*	Disability or Impairment 1240	No Disability or Impairment 1341	No response 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 25:

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

	Base =	Total 2644* %	Disability or Impairment 1235 %	No Disability or Impairment 1323 %	No response 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 26:

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

	Base =	Total 2641* %	Disability or Impairment 1227 %	No Disability or Impairment 1325 %	No response 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 27:

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

	Base =	Total 2641* %	Disability or Impairment 1227 %	No Disability or Impairment 1327 %	No response 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 28:

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

	Base =	Total 2644* %	Disability or Impairment 1227 %	No Disability or Impairment 1326 %	No response 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 29:

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

	Base =	Total 2632* %	Disability or Impairment 1224 %	No Disability or Impairment 1323 %	No response 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 30:

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

	Base =	Total 2632* %	Disability or Impairment 1222 %	No Disability or Impairment 1321 %	No response 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 31:

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

	Base =	Total 2669*	Disability or Impairment 1236	No Disability or Impairment 1341	No response 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 32:

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

	Base =	Total 1442*	Disability or Impairment 663	No Disability or Impairment 743	No response 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?

	Base =	Total 1442*	Disability or Impairment 663	No Disability or Impairment 743	No response 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 33:

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

	Base =	Total 128* %	Disability or Impairment 55 %	No Disability or Impairment 67 %	No response 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 34:

Q25. Are you...?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 35:

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

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 36:

Q27. Which of these age groups do you belong?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 37:

Q29. Which ethnic group do you mainly identify with?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 38:

Q29. Which ethnic group do you mainly identify with?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 39:

Q30. Which of the following best describes you?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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 40:

Q31. Do you have a community services card?

	Base =	Total 2843 %	Disability or Impairment 1313 %	No Disability or Impairment 1423 %	No response 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.