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

**Profile of Māori GRx patients**

**Survey participation rate**

A total of n=739 valid, completed responses were received from Māori patients during the survey period (n=127 online, n=508 on paper and n=104 by telephone). This represents a participation rate of 24 percent. Table 40, on page 25 in this report, shows the achieved sample and participation rate for each of the providers1.

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, through the reminder calls, reminder letter and email.

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

The weighted results for the total sample in the 2016 survey have a maximum margin of error of plus or minus 1.8 percent, at the 95 percent confidence level. The maximum margin of error for the weighted results of Māori patients is plus or minus 4.3 percent.

#### 1 In the provider’s lists, there were 739 patients, among the achieved sample, whose ethnicity was listed as Māori. However, among those 739 Māori patients, 77 of them self-identified as non-Māori in the survey, while 77 patients who were identified as being non-Māori in the sample self-identified as Māori in the survey.



## Reasons Māori patients were prescribed a GRx

* The most common reason why Māori patients were prescribed a GRx was for weight problems (65 percent, Table 1). Other common reasons included: high blood pressure or risk of stroke (29 percent), stress (25 percent), back pain or problems (24 percent), high cholesterol (21 percent), diagnosed with type 2 diabetes (21 percent), sleep problems (21 percent) and/or depression/anxiety (21 percent).
  + Māori patients were more likely than all GRx patients to have been referred to the GRx initiative for weight problems (65 percent compared to 53 percent overall) and/or stress (25 percent compared to 20 percent overall).

**Following prescribed activities**

* While 34 percent of Māori patients reported they were still following their GRx physical activities, 23 percent said they were doing physical activity that was different from that recommended in their GRx (Table 2). The proportions of those who mentioned they were temporarily off GRx physical activities or who were no longer following the GRx physical activities were 20 percent and 19 percent respectively.
  + When compared with all GRx patients, Maori patients were more likely to be temporarily off GRx physical activities (20 percent compared with 16 percent overall).
* The most frequently mentioned reason provided by Māori patients as to why they were temporarily off or no longer following the GRx physical activities was because of an injury or health problems (29 percent, Table 3). Other commonly cited reasons were a lack of time due to work constraints (26 percent) and/or a lack of time due to family commitments (24 percent).

**Positive changes in health**

* The proportion of Māori patients who had noticed positive changes in their health since getting their GRx (74 percent, Table 4) was far greater than those who had not noticed positive changes (12 percent).
* When asked what positive changes they had noticed, Māori patients most commonly mentioned that they: generally felt better (58 percent, Table 5), felt stronger or fitter and/or had lost weight (each 53 percent), had more energy and/or could breathe easier (each 48 percent).
  + Where they had noticed changes, Māori patients were more likely than all GRx patients to say they could breathe easier (48 percent compared with 34 percent overall), felt less stressed (40 percent compared with 34 percent overall) and/or were sleeping better (36 percent compared with 30 percent overall).

**Spending more or less time being active**

* Compared with the time before getting their GRx, the majority of Māori patients reported spending more time being active (56 percent), while 26 percent said they were spending the same amount of time on physical activity and 13 percent were spending less time being active (Table 10).



* 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 work commitments (21 percent, Table 11). The next most common reason mentioned was illness, injury, pain or a medical condition (17 percent).
* In terms of the reasons for being less active, the most commonly cited reason was Illness, injury, operation, pain or health problems (26 percent, Table 12).

**Advice on healthy eating**

* Compared with all GRx patients, Māori patients were more likely to have received advice on healthy eating (76 percent compared with 68 percent overall, Table 13).
* Māori patients were also more likely than all GRx patients to have made changes to their food and/or drink since getting their GRx (77 percent compared with 70 percent overall, Table 14).
* The five main changes to Māori patients’ food and/or drink intake were: eating less or avoiding sugar and sugary foods, sweets or soft drinks (31 percent, Table 15), drinking more water (30 percent), eating more healthily or less junk food (26 percent), eating less/smaller meals and/or eating more vegetables (each 21 percent).
  + Compared with all GRx patients, Māori patients were more likely to have increased their water intake (30 percent compared with 22 percent overall).

**First Contact with GRx Support person**

* In terms of first contact, the majority of Māori patients reported that their GRx support person contacted them first (68 percent, Table 16), while 24 percent visited them in person, and four percent called the number provided. Three 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 Māori patients reported they had received a phone call (61 percent, Table 17) and/or face-to-face support (46 percent).

**GRx support people and activity providers**

* The four main physical activities suggested to Māori patients by their GRx support person were: walking (75 percent, Table 19), swimming (58 percent), water or pool exercises (52 percent) and/or gym exercises (50 percent).
* In terms of activity provider referrals, Māori patients were most frequently referred to a swimming pool (72 percent, Table 20) and/or gym (65 percent) by their GRx support person.
  + Compared with all GRx patients Māori patients were more likely to have been referred to a swimming pool (72 percent compared to 66 percent overall) and/or a gym (65 percent compared to 58 percent overall).



* Eighty percent of Māori patients considered the activity provider(s) they were referred to as appropriate, while 11 percent thought it was not (Table 21).
* In terms of who Māori patients do physical activity with, 72 percent said they do it by themselves, 35 percent with adult family members, and 29 percent with friends (Table 23).
  + Compared with all GRx patients, Māori patients were more likely to do physical activity with child family members (21 percent compared with 15 percent overall).

**Service and support received**

* Ninety-two percent of Māori patients either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful’* (Table 24).
* Eighty-eight percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The physical activity options suggested were appropriate for me’* (Table 25).
* Eighty-eight percent of Māori patients either *strongly agreed or agreed* with the statement, *‘The information and advice I was given was relevant to me’* (Table 26).
* Eighty-three percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The person I spoke to motivated me to get or stay physically active’* (Table 27).
* Ninety percent of Māori patients either *strongly agreed or agreed* with the statement, ‘*The person I* spoke *to was understanding and supportive’* (Table 28).
* Eighty-five percent of Māori patients 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-nine percent of Māori patients either *strongly agreed or agreed* with the statement, *‘As a result of the support I got, I now feel more confident about doing physical activity regularly’* (Table 30).
* Eighty-eight percent of Māori patients were either *very satisfied or satisfied* with the overall service provided to them (Table 31).



* When Māori patients were asked for the reasons why they were satisfied with the service or their GRx in general, 41 percent said they were satisfied because of the encouragement, motivation, support and/or help they had received (Table 32). The next most frequently mentioned reason was related to the follow-up contact received (16 percent).
* When asked for the reasons why they were less than satisfied with the service or their GRx in general, 31 percent reported that the follow-up contact was insufficient or that the contact had stopped (Table 33), 27 percent reported that they felt empathy was lacking and 25 percent said that more suitable ideas were required.

**Patient demographics**

* Māori patients were more likely to be female than male (73 percent and 27 percent respectively, Table 34).
* Fifty-eight percent of Māori patients had a secondary school qualification or no qualifications at all (Table 35). Thirty-eight percent have tertiary qualifications or other post-secondary school qualifications.
  + Compared with all GRx patients, Māori patients were more likely to have no qualification (28 percent compared with 23 percent overall).
* Forty percent of Māori patients were aged 50 to 64 years, 28 percent were aged 35 to 49 years and 16 percent were aged 65 years or older (Table 36).
  + Compared with all GRx patients, more Māori patients were aged 50 to 64 (40 percent compared to 34 percent overall).
* Forty-four percent of Māori patients reported having a long-term disability or impairment (Table 38).
* Twenty-eight percent of Māori patients reported they were working full-time, while 18 percent said they were sickness or invalid beneficiaries (Table 38).
  + Compared with all GRx patients, more Māori patients mentioned they were sickness or invalid beneficiaries (18 percent compared with 13 percent overall) and unemployed (11 percent compared with 7 percent overall), while fewer Māori patients had retired (13 percent compared with 28 percent overall).
* Compared with all GRx patients, more Māori patients said they had a Community Services Card (59 percent compared with 51 percent overall, Table 39).

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

When interpreting the tables on the following pages, please note that bolded figures with dark shading (e.g. **37**) indicate a result for Māori patients is significantly higher compared to the total sample. Bolded results shaded lightly (e.g. **17**) indicate a result that is significantly lower. Appendix A shows the survey tables for 2016 and Appendix B shows the survey tables for 2015.



**Appendix A: 2016 survey tables**

**Table 1:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Arthritis | 22 | 18 | 23 | 21 | 22 | 16 | 11 |
| Asthma/breathing problems | 14 | **19** | 12 | 18 | **5** | 12 | 13 |
| Back pain or problems | 22 | 24 | 20 | 25 | 22 | 28 | 30 |
| Diagnosed type 2 diabetes | 17 | 21 | **14** | **25** | 24 | 12 | 5 |
| Pre-diabetes/risk of diabetes | 13 | 16 | **11** | 17 | 22 | 16 | 6 |
| High blood pressure/risk of stroke | 25 | 29 | **21** | **34** | 24 | **13** | 13 |
| High cholesterol | 18 | 21 | **15** | **25** | 20 | 13 | 23 |
| Sleep problems | 16 | **21** | **13** | **22** | 11 | 19 | 11 |
| To stop smoking | 5 | **9** | **2** | **9** | 4 | 6 | 5 |
| Stress | 20 | **25** | 18 | 25 | 20 | 33 | 20 |
| Weight problems | 53 | **65** | **47** | **64** | 52 | 44 | 44 |
| Depression/anxiety | 17 | 21 | 18 | 15 | 12 | 25 | 16 |
| Pregnancy | 1 | 1 | 0 | 1 | 2 | 1 | 0 |
| Heart problems | 11 | 13 | 10 | 13 | 10 | 10 | 10 |
| Osteoporosis | 4 | 4 | 4 | 4 | 5 | 6 | 11 |
| Fall prevention | 5 | **3** | **7** | 3 | 2 | 4 | 5 |
| Injury/surgery recovery | 13 | 12 | 14 | 13 | 9 | 19 | 20 |
| General fitness | 3 | 3 | 3 | 2 | **0** | 6 | 3 |
| Surgery recovery | 0 | 0 | 0 | 0 | 0 | 0 | 5 |
| Mental illness | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Fibromyolgia | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other (Specify) | 4 | 4 | 5 | 3 | 4 | 7 | 6 |
| No response | 7 | 6 | 9 | **4** | 6 | **2** | 5 |

Total may exceed 100% because of multiple responses.

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



**Table 2:**

*Q4. Are you currently...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Still following the GRx physical activities | 39 | **34** | **43** | **32** | 43 | 42 | 28 |
| Doing physical activity but different from that recommended in your GRx | 24 | 23 | 24 | 23 | 20 | 29 | 31 |
| Temporarily off GRx physical activities | 16 | **20** | 15 | 15 | 20 | 9 | 8 |
| No longer following the GRx physical activities | 16 | 19 | **13** | **27** | 11 | 16 | 27 |
| No response | 4 | 3 | 5 | 3 | 5 | 4 | 7 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 3:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1005\* | 299 | 611 | 121 | 32 | 17\*\* | 11\*\* |
|  | % | % | % | % | % | % | % |
| Injury/health problems | 30 | 29 | 35 | 22 | 16 | 23 | 41 |
| Lack of time due to work | 22 | 26 | 18 | 28 | 35 | 29 | 9 |
| Just didn't want to | 7 | 9 | 8 | 8 | 9 | 5 | 0 |
| Lack of time due to family responsibilities | 20 | 24 | **15** | **33** | 15 | 40 | 27 |
| Cost | 16 | 18 | 15 | 17 | 21 | 22 | 27 |
| Lack of energy/too tired | 19 | 19 | 18 | 20 | 27 | 22 | 11 |
| I'm too old | 3 | 2 | 3 | 4 | **0** | 0 | 0 |
| It's too hard to stick to a routine | 11 | 10 | 12 | 9 | 17 | 7 | 0 |
| The programme ran its course/wasn't renewed GRx | 1 | 2 | 1 | 1 | 0 | 0 | 0 |
| Issues with admin/paperwork (not helpful, no follow up etc.) | 5 | 6 | 4 | 5 | 8 | 5 | 5 |
| Moved elsewhere/out of town/on holiday | 2 | 1 | 3 | 2 | 4 | 0 | 0 |
| I'm doing other physical activities (not GRx) | 3 | 4 | 3 | 3 | 1 | 0 | 0 |
| Other (Specify) | 12 | 11 | 13 | 8 | 12 | 3 | 14 |
| No response | 7 | **2** | 9 | 6 | 5 | 10 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 4:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 72 | 74 | 72 | 73 | 69 | 73 | 47 |
| No | 15 | 12 | 15 | 17 | 13 | 18 | 44 |
| Don't know/unsure | 11 | 12 | 11 | 10 | 18 | 9 | 5 |
| No response | 2 | 1 | 2 | 1 | **0** | **0** | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 5:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2099\* | 554 | 1385 | 199 | 71 | 41 | 16\*\* |
|  | % | % | % | % | % | % | % |
| Breathing easier | 34 | **48** | **28** | **45** | 26 | 24 | 47 |
| Feel stronger/fitter | 55 | 53 | 56 | 61 | 54 | 50 | 55 |
| Less stressed | 34 | **40** | **29** | 42 | 31 | 48 | 46 |
| Less joint pain/discomfort | 26 | 25 | 24 | **35** | 17 | 32 | 32 |
| Less back pain | 21 | 21 | **17** | **30** | 27 | 37 | 57 |
| More energy | 45 | 48 | **41** | **55** | 47 | 53 | 64 |
| Lower cholesterol | 14 | 17 | **9** | **28** | 19 | 18 | 19 |
| Lower blood pressure | 19 | 22 | **15** | **31** | 18 | 18 | 22 |
| Less medication | 11 | 14 | **7** | **20** | 14 | 23 | 19 |
| Lost weight | 48 | 53 | **42** | **61** | 52 | 44 | 70 |
| Smoking less | 6 | **14** | **3** | 10 | 4 | 7 | 0 |
| Sleeping better | 30 | **36** | **24** | **45** | 29 | 27 | 45 |
| Fewer illnesses | 12 | 15 | **7** | **25** | 10 | 16 | 9 |
| Generally feel better | 55 | 58 | 54 | 56 | **39** | 53 | 51 |
| Feel less depressed/anxious | 20 | **27** | **17** | **29** | **8** | 27 | 22 |
| Increased mobility | 29 | 31 | 27 | 36 | 26 | 36 | 53 |
| Better balance/fewer falls | 14 | 14 | 12 | **28** | 11 | 17 | 10 |
| Improved blood sugar levels | 17 | 20 | **12** | **33** | 18 | 17 | 0 |
| Other (Specify) | 4 | 4 | 3 | 6 | 6 | 4 | 13 |
| No response | 3 | 3 | 3 | 3 | 4 | **0** | 7 |

Total may exceed 100% because of multiple responses.

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

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



**Table 6:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 49 | 47 | 51 | 47 | 46 | 50 | 27 |
| No | 50 | 52 | 47 | 51 | 51 | 50 | 70 |
| No response | 2 | 2 | 2 | 2 | 3 | **0** | 3 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 7:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1476\* | 359 | 1012 | 132 | 51 | 26\*\* | 9\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 64 | 68 | 60 | 73 | **81** | 64 | 14 |
| No | 31 | 25 | 36 | 24 | **16** | 29 | 74 |
| No response | 5 | 6 | 4 | 3 | 3 | 6 | 12 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 8:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1016\* | 267 | 661 | 100 | 42 | 18\*\* | 5\*\* |
|  | % | % | % | % | % | % | % |
| Tell you to stop your physical activity? | 1 | 2 | 2 | 0 | 3 | 0 | 0 |
| Encourage you to change your physical activity? | 17 | 14 | 17 | 18 | 18 | 18 | 0 |
| Encourage you to continue your physical activity unchanged? | 74 | 75 | 72 | 78 | 76 | 73 | 30 |
| No response | 8 | 9 | 9 | 4 | 3 | 9 | 70 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 9:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1000\* | 263 | 648 | 100 | 41 | 18\*\* | 5\*\* |
|  | % | % | % | % | % | % | % |
| Write a new/extend your current GRx? | 26 | 27 | 27 | 25 | 24 | 16 | 12 |
| Give verbal advice only? | 60 | 57 | 58 | 66 | 70 | 75 | 43 |
| Other (Specify) | 6 | 6 | 7 | 4 | 1 | 0 | 0 |
| Don't know | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| No response | 8 | 10 | 8 | 5 | 5 | 9 | 45 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 10:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| More time being active? | 61 | 56 | 64 | 60 | 57 | **79** | 39 |
| About the same amount of time being active? | 25 | 26 | 25 | 20 | 30 | **13** | 30 |
| Less time being active? | 10 | 13 | **7** | **18** | 12 | 7 | 18 |
| No response | 4 | 5 | 4 | 2 | **1** | **1** | 13 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



**Table 11:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 490\* | 133 | 326 | 42 | 16\*\* | 7\*\* | 1\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/medical condition preventing, recovering from | 22 | 17 | 26 | 16 | 14 | 30 | 0 |
| Already doing enough, already/always been active/happy with what doing | 12 | 12 | 13 | **3** | 17 | 0 | 0 |
| Too busy/no time | 8 | 6 | 8 | 9 | 14 | 7 | 0 |
| Increased workload/long hours/work commitments | 16 | 21 | 13 | 22 | 7 | 55 | 0 |
| Lack of motivation/laziness/depression | 9 | 10 | 8 | 14 | 20 | 0 | 0 |
| Lack energy/tired | 6 | 8 | 6 | 6 | 0 | 0 | 0 |
| Specified type of activity/level of activity | 7 | **2** | 10 | **0** | 14 | 0 | 100 |
| Family responsibilities | 9 | 13 | 7 | 9 | 0 | 26 | 0 |
| GRx has not helped | 2 | 2 | 2 | 6 | 0 | 0 | 0 |
| Weather/darkness | 1 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lack of support | 1 | 3 | 1 | 0 | 0 | 6 | 0 |
| Other commitments, holidays | 4 | 5 | 3 | 6 | 7 | 0 | 0 |
| Difficulty getting into, or lost, routine/didn't get into a habit | 3 | 2 | 3 | 9 | 0 | 0 | 0 |
| Costs/fees of activity too expensive | 3 | 2 | 4 | **0** | 0 | 0 | 0 |
| Getting too old/no longer up to it | 2 | 1 | 3 | **0** | 0 | 0 | 0 |
| Other | 15 | 17 | 13 | 26 | 6 | 27 | 0 |
| No particular reason | 1 | 2 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 12:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 242\* | 80 | 122 | 45 | 7\*\* | 4\*\* | 2\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/health problems | 41 | **26** | **59** | 32 | 29 | 16 | 43 |
| Increased workload/longer hours/work commitments | 11 | 11 | 8 | 16 | 34 | 0 | 0 |
| Lack of motivation/confidence, laziness, depressed | 16 | 23 | 10 | 15 | 0 | 15 | 100 |
| Lack energy/tired | 6 | 3 | 3 | 13 | 18 | 0 | 0 |
| Specified type of activity not doing | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Too busy/no time, other priorities/commitments (including study) | 3 | 1 | 2 | 3 | 0 | 0 | 43 |
| Family responsibilities (incl. pregnancy, home issues) | 10 | 14 | 7 | 3 | 43 | 69 | 0 |
| Weather/darkness/daylight saving over | 3 | 7 | 2 | **0** | 11 | 0 | 0 |
| Costs/fees of activities too expensive | 4 | 6 | 3 | 3 | 0 | 16 | 57 |
| Other | 18 | 21 | 12 | 24 | 0 | 0 | 0 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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

**Table 13:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 68 | **76** | **64** | 73 | 67 | 63 | 45 |
| No | 28 | **19** | **33** | 23 | 29 | 37 | 47 |
| Don't know | 2 | 3 | 2 | 3 | 4 | **0** | 0 |
| No response | 1 | 2 | 1 | 0 | 0 | 0 | 8 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



**Table 14:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No | 28 | **21** | **32** | 22 | 26 | 25 | 40 |
| Yes (Specify) | 70 | **77** | **67** | **78** | 74 | 75 | 47 |
| No response | 1 | 1 | 1 | 0 | 0 | 0 | 13 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 15:**

*Q14a. What changes?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1799\* | 518 | 1116 | 194 | 68 | 37 | 11\*\* |
|  | % | % | % | % | % | % | % |
| Drink more water | 22 | **30** | **17** | 29 | 14 | 19 | 29 |
| Eating more healthily/less junk food (better choices, watch what I eat) | 25 | 26 | 26 | 26 | 21 | 25 | 30 |
| Eating less/smaller meals (portion control) | 21 | 21 | 20 | 23 | 18 | 16 | 34 |
| Cut down on fats/low fat foods | 7 | 7 | 6 | 8 | 10 | **2** | 11 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 29 | 31 | 27 | 29 | 34 | 26 | 30 |
| Eat more vegetables | 20 | 21 | **16** | **31** | 32 | 29 | 25 |
| Eat more fruit | 10 | 12 | 8 | 11 | 16 | 5 | 25 |
| Less alcohol | 6 | 5 | 7 | **2** | 2 | 7 | 4 |
| Reduce carbohydrates, including bread (gluten) | 11 | 11 | 12 | 7 | 12 | 21 | 0 |
| No snacking/regular meals, breakfasts | 4 | 3 | 4 | 2 | 2 | 9 | 0 |
| Diet plans | 5 | 3 | 7 | 2 | 3 | **0** | 4 |
| Eat less (red) meat/more fish | 4 | 3 | 2 | **9** | **1** | 3 | 14 |
| Cut down on salt use | 2 | 2 | 2 | 3 | 5 | 3 | 0 |
| Less takeaways/fast foods | 5 | **8** | **3** | 6 | 6 | 2 | 4 |
| Less dairy (milk, butters, etc.) | 2 | 4 | 1 | 3 | **0** | 2 | 0 |
| Less coffee/tea | 2 | 2 | 3 | 3 | 1 | 3 | 0 |
| More grain breads, fibre or similar | 1 | 1 | 1 | 1 | 0 | 0 | 0 |
| More protein | 1 | 0 | 2 | 0 | 2 | 0 | 0 |
| Supplements, dietary | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Yes (in general) | 0 | 0 | 0 | 0 | 0 | 0 | 3 |
| Yes, reading labels on food | 3 | 3 | 4 | 2 | 2 | 5 | 0 |
| Other | 11 | 10 | 12 | 12 | 15 | 11 | 4 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 16:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 68 | 68 | 68 | 63 | 70 | 75 | 75 |
| I went to see them in person (face-to-face) | 23 | 24 | 25 | 21 | 20 | **12** | 9 |
| I called 0800 ACTIVE or the local phone number provided | 3 | 4 | 2 | 5 | 2 | 6 | 2 |
| I have not had any contact with a GRx support person | 5 | 3 | 4 | **12** | 5 | 4 | 11 |
| No response | 1 | 1 | 1 | 1 | 2 | 3 | 3 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 17:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2720\* | 707 | 1806 | 240 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Phone call | 59 | 61 | 58 | 61 | 59 | 54 | 53 |
| Face-to-face/in person | 42 | 46 | 40 | 38 | 45 | 48 | 48 |
| Brochures/leaflets | 29 | 28 | 30 | 25 | 36 | 39 | 10 |
| A GRx Community programme/group | 18 | 21 | 17 | 17 | 19 | 12 | 7 |
| Text or email | 22 | 26 | 21 | 26 | 22 | 25 | 18 |
| No support/follow up offered | 4 | 4 | 4 | 6 | 3 | 5 | 0 |
| I didn't want any support/follow up | 2 | 2 | 2 | 2 | **0** | 1 | 2 |
| Mail/letter | 1 | 1 | 0 | 0 | 2 | 2 | 0 |
| Watched DVD/Video | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other (Specify) | 5 | 6 | 5 | 6 | 6 | 11 | 5 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 1 | 1 | 1 | 2 | 2 | 0 | 10 |

Total may exceed 100% because of multiple responses.

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

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



**Table 18:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2720\* | 707 | 1806 | 240 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 34 | 37 | 31 | 38 | 47 | 43 | 31 |
| No | 37 | 35 | 39 | 40 | **25** | 30 | 47 |
| Don't know | 23 | 22 | 24 | **17** | 25 | 26 | 18 |
| No response | 6 | 6 | 6 | 5 | 3 | **1** | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 19:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2720\* | 707 | 1806 | 240 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| None | 3 | 3 | 3 | 3 | 3 | 3 | 0 |
| Walking | 69 | **75** | 67 | 71 | 75 | 71 | 64 |
| Swimming | 54 | 58 | 51 | **63** | 54 | 60 | 56 |
| Gardening | 17 | 18 | 17 | 19 | 14 | 14 | 7 |
| Other home based activities (e.g. exercycle/treadmill) | 22 | **26** | **17** | **30** | 25 | 28 | 22 |
| Water/pool exercises | 45 | **52** | 43 | 42 | 44 | 49 | 34 |
| Tai chi | 10 | 11 | 10 | 7 | 8 | 8 | 9 |
| Yoga/Pilates/Zumba | 8 | 10 | 8 | 6 | 13 | **26** | 15 |
| Cycling | 15 | 16 | 15 | 15 | 13 | 18 | 17 |
| Gym exercises (e.g. aerobics, weights) | 43 | **50** | 39 | 47 | 44 | **59** | 43 |
| Fall prevention programme | 3 | 3 | 4 | 3 | 3 | 3 | 0 |
| GRx Community programme/group | 19 | 23 | **16** | 26 | 21 | 15 | 26 |
| Sport/sporting activities | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other (Specify) | 5 | 5 | 5 | 4 | 8 | **1** | 2 |
| No response | 1 | 1 | 1 | 3 | 0 | 0 | 9 |

Total may exceed 100% because of multiple responses.

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

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



**Table 20:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2146\* | 587 | 1409 | 191 | 71 | 45 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Gym | 58 | **65** | **53** | 63 | 58 | 72 | 49 |
| Swimming pool | 66 | **72** | 62 | 73 | 69 | **84** | 63 |
| Sports club | 7 | 8 | 5 | **13** | 7 | 12 | 9 |
| Other | 7 | 8 | 8 | 7 | 8 | 7 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 5 | 3 | 6 | 4 | **1** | **0** | 14 |

Total may exceed 100% because of multiple responses.

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

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

**Table 21:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2158\* | 590 | 1416 | 191 | 72 | 47 | 18\*\* |
|  | % | % | % | % | % | % | % |
| No | 11 | 11 | 11 | 8 | 16 | **28** | 37 |
| Yes | 80 | 80 | 80 | 82 | 80 | 67 | 55 |
| No response | 9 | 10 | 9 | 9 | 5 | 5 | 7 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 22:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2720\* | 707 | 1806 | 240 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| No | 28 | 26 | 30 | **17** | 27 | 27 | 41 |
| Yes | 65 | 66 | 63 | **75** | 71 | 62 | 42 |
| No response | 7 | 7 | 7 | 7 | **2** | 11 | 18 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 23:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2720\* | 707 | 1806 | 240 | 92 | 54 | 23\*\* |
|  | % | % | % | % | % | % | % |
| By myself | 72 | 72 | 75 | **60** | 70 | 79 | 78 |
| Family members (adults) | 32 | 35 | 29 | **44** | 29 | 22 | 36 |
| Family members (children) | 15 | **21** | **10** | **29** | 15 | 25 | 27 |
| A GRx community programme/group | 15 | 14 | 14 | 16 | 10 | 11 | 22 |
| Friends | 26 | 29 | 25 | 28 | **16** | 33 | 18 |
| Another organised group | 13 | 13 | 13 | 11 | 10 | 6 | 11 |
| A sports club | 4 | 4 | 4 | **1** | 2 | 2 | 7 |
| People from work | 4 | 6 | 3 | 5 | 2 | **0** | 0 |
| Other (Specify) | 5 | 5 | 5 | 3 | 3 | 12 | 7 |
| No response | 1 | 1 | 1 | 1 | 0 | 0 | 4 |

Total may exceed 100% because of multiple responses.

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

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

**Table 24:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2672\* | 697 | 1775 | 236 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 47 | 52 | 45 | 53 | 46 | 37 | 33 |
| Agree | 42 | 40 | 45 | 37 | 46 | 49 | 32 |
| Neither agree nor disagree | 7 | 6 | 7 | 8 | 3 | 8 | 26 |
| Disagree | 2 | 2 | 2 | **0** | **0** | 3 | 6 |
| Strongly disagree | 2 | 1 | 2 | 2 | 4 | 3 | 3 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 25:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2644\* | 689 | 1763 | 225 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | **44** | 36 | 45 | 37 | 26 | 29 |
| Agree | 47 | 44 | 49 | 42 | 47 | 60 | 43 |
| Neither agree nor disagree | 10 | 9 | 9 | 10 | 13 | 9 | 11 |
| Disagree | 3 | 3 | 3 | 1 | 2 | 1 | 15 |
| Strongly disagree | 2 | 1 | 2 | 2 | 1 | 3 | 2 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 26:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2641\* | 694 | 1754 | 229 | 92 | 53 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 41 | **47** | 38 | **49** | 42 | 31 | 26 |
| Agree | 45 | 41 | 47 | 40 | 49 | 61 | 24 |
| Neither agree nor disagree | 9 | 8 | 10 | 8 | 6 | **3** | 39 |
| Disagree | 3 | 3 | 2 | 2 | **0** | 5 | 9 |
| Strongly disagree | 2 | 1 | 2 | 1 | 3 | **0** | 2 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 27:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2641\* | 691 | 1757 | 229 | 92 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 44 | 47 | 42 | 51 | 38 | 34 | 35 |
| Agree | 37 | 36 | 36 | 36 | **52** | 46 | 18 |
| Neither agree nor disagree | 12 | 11 | 14 | 8 | **6** | 9 | 32 |
| Disagree | 4 | 4 | 4 | 3 | **0** | 7 | 7 |
| Strongly disagree | 3 | 2 | 3 | 2 | 4 | 3 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 28:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2644\* | 693 | 1758 | 230 | 91 | 53 | 20\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 51 | 54 | 51 | 54 | 41 | **33** | 34 |
| Agree | 38 | 36 | 38 | 36 | **54** | **57** | 23 |
| Neither agree nor disagree | 7 | 6 | 7 | 7 | **2** | 7 | 21 |
| Disagree | 2 | 2 | 2 | 2 | **0** | **0** | 14 |
| Strongly disagree | 2 | 2 | 2 | 1 | 3 | 3 | 8 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 29:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2632\* | 693 | 1749 | 228 | 92 | 53 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 43 | **50** | **39** | **54** | 42 | 36 | 22 |
| Agree | 38 | 35 | 40 | 33 | 44 | 40 | 31 |
| Neither agree nor disagree | 13 | 11 | 16 | **8** | 10 | 16 | 28 |
| Disagree | 3 | 3 | 3 | 4 | 2 | 1 | 10 |
| Strongly disagree | 2 | 2 | 3 | 1 | 3 | 7 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 30:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2632\* | 695 | 1747 | 229 | 92 | 53 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 42 | 36 | **56** | 37 | 31 | 15 |
| Agree | 38 | 37 | 39 | **29** | 43 | 41 | 35 |
| Neither agree nor disagree | 16 | 14 | 17 | **10** | 13 | 19 | 28 |
| Disagree | 4 | 4 | 4 | 4 | 4 | 2 | 10 |
| Strongly disagree | 3 | 3 | 4 | **1** | 3 | 7 | 12 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 31:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2669\* | 699 | 1773 | 233 | 91 | 54 | 19\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 50 | **55** | 48 | 55 | 40 | 46 | 41 |
| Satisfied | 35 | 33 | 36 | 34 | 45 | 36 | 9 |
| Neither/nor | 9 | 8 | 10 | 9 | 11 | 12 | 42 |
| Dissatisfied | 3 | 2 | 4 | **1** | 2 | 2 | 9 |
| Very dissatisfied | 3 | 3 | 3 | 2 | 3 | 3 | 0 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 32:**

*Q24a. Reasons for being satisfied?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1442\* | 446 | 887 | 155 | 45 | 30 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Encouraging, motivating, supportive, helpful | 38 | 41 | 37 | 36 | 41 | 20 | 69 |
| Follow-up contact received/checks on progress | 12 | 16 | 11 | 10 | 6 | 13 | 0 |
| Motivated me to be active/more active, am more active as a result | 14 | 14 | 15 | 13 | 16 | 14 | 0 |
| Empathic, understands needs/situation, takes genuine interest, caring, listens | 7 | 7 | 8 | 6 | 8 | 15 | 9 |
| Improved health, motivation, confidence/Feel better, happier/See results | 16 | 15 | **12** | **28** | 30 | 9 | 9 |
| Friendly, lovely, pleasant, cheerful, enthusiastic people | 4 | 4 | 5 | 5 | 5 | 1 | 0 |
| Useful/Good information/advice/explanations/ideas/suggesti ons | 14 | 13 | 14 | 17 | 20 | 7 | 9 |
| Appropriate activities - suitable for my lifestyle, abilities, condition | 6 | 6 | 7 | 6 | 9 | 7 | 36 |
| Excellent/Great/Awesome team, support | 13 | 15 | 13 | 12 | 8 | 15 | 30 |
| Service great/good/impressive | 14 | 14 | 15 | 10 | 17 | 11 | 38 |
| Personal contact/attention | 9 | 11 | 9 | 5 | **0** | 11 | 0 |
| No pressure/non-judgmental | 3 | 2 | 3 | 1 | **0** | 12 | 0 |
| Easy to contact/talk to, accessible, approachable | 1 | 1 | 1 | 1 | 5 | 0 | 0 |
| Greater awareness/understanding of need to be/benefits of being more active | 3 | 3 | 3 | 4 | 2 | **0** | 0 |
| Help with activities/exercises | 2 | 1 | 1 | 3 | 5 | **0** | 0 |
| Great/good communicator - clear/concise/understandable | 2 | 4 | 2 | 2 | **0** | 4 | 0 |
| A lack of contact or follow-up/more follow-up required | 1 | 2 | 1 | 0 | 0 | 6 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 32: (continued)**

*Q24a. Reasons for being partially satisfied?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1442\* | 446 | 887 | 155 | 45 | 30 | 7\*\* |
|  | % | % | % | % | % | % | % |
| Other barriers: distance to travel, family responsibilities, work, time, cost | 5 | 5 | 5 | 6 | 1 | 7 | 0 |
| Already active/doing own thing | 2 | 1 | 3 | **0** | **0** | 7 | 0 |
| Illness/injury barriers - can't do exercises because of, doing what I can | 3 | 2 | 4 | 2 | 3 | **0** | 0 |
| Need support/motivation, lack of motivation | 2 | 2 | 2 | 3 | 7 | **0** | 9 |
| More face-to-face/personal contact/support desired | 1 | 0 | 1 | 1 | 4 | 11 | 0 |
| Inappropriate activities for condition/age | 2 | 1 | 2 | 1 | 3 | **0** | 0 |
| Staff too busy, not available, inexperienced/lack knowledge, staff issues | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Longer GRx period/GRx ran out, limited time only | 2 | 1 | 2 | 1 | **0** | **0** | 0 |
| More advice/information required | 1 | 0 | 1 | 1 | 3 | 4 | 0 |
| Self-motivated/Up to me/my decisions | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| Other - Negative comment | 3 | 3 | 4 | **0** | 4 | 18 | 0 |
| Other - Positive comment | 8 | 8 | 7 | 11 | 6 | 11 | 38 |
| No particular reason | 4 | 3 | 4 | 5 | **0** | 10 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 33:**

*Q24a. Reasons for being less than satisfied?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 128\* | 28\*\* | 94 | 6\*\* | 3\*\* | 3\*\* | 2\*\* |
|  | % | % | % | % | % | % | % |
| Insufficient follow-up/communication, contact stopped | 38 | 31 | 41 | 44 | 0 | 61 | 29 |
| Lack of support/encouragement, need more support | 19 | 22 | 21 | 7 | 0 | 0 | 0 |
| A lack of personal contact; phone calls not sufficient | 11 | 11 | 9 | 0 | 0 | 17 | 100 |
| Cost barriers | 7 | 2 | 9 | 20 | 0 | 61 | 0 |
| More suitable ideas required (relevant to time available, travel distance, condition) | 23 | 25 | 24 | 18 | 0 | 22 | 0 |
| Work/Time barriers | 1 | 0 | 1 | 0 | 0 | 0 | 0 |
| Didn't change much/didn't help/no benefit | 19 | 13 | 22 | 41 | 0 | 0 | 0 |
| Insufficient staff/resources, lack of knowledge/experience | 10 | 3 | 12 | 0 | 30 | 0 | 0 |
| Did it/left to do it myself, already motivated | 2 | 0 | 3 | 0 | 0 | 0 | 0 |
| No advice re exercises | 3 | 1 | 2 | 18 | 0 | 0 | 0 |
| Empathy lacking, disinterested | 16 | 27 | 13 | 14 | 30 | 0 | 71 |
| Positive comment | 7 | 9 | 5 | 18 | 0 | 17 | 0 |
| Other | 20 | 28 | 16 | 37 | 30 | 39 | 0 |
| No particular reason | 1 | 0 | 0 | 0 | 40 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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

**Table 34:**

*Q25. Are you...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Male | 29 | 27 | 29 | 33 | 24 | 30 | 25 |
| Female | 70 | 73 | 71 | 67 | 75 | 70 | 51 |
| No response | 1 | 0 | 0 | 0 | 0 | 0 | 24 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



**Table 35:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| No qualification | 23 | **28** | **19** | **31** | **13** | **11** | 18 |
| Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc) | 31 | 30 | 32 | 30 | 31 | 27 | 2 |
| Tertiary qualification (e.g. Bachelor's Degree or higher) | 21 | 18 | 22 | 19 | **43** | 33 | 29 |
| Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma) | 22 | 20 | **25** | 17 | **14** | 29 | 1 |
| Other (Specify) | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| No response | 2 | 3 | 1 | 2 | **0** | **0** | 51 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 36:**

*Q27. Which of these age groups do you belong?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Under 25 yrs | 4 | 5 | 3 | 6 | 5 | **0** | 16 |
| 25 - 34 yrs | 8 | 10 | 6 | 11 | 15 | 18 | 0 |
| 35 - 49 yrs | 23 | **28** | **18** | **34** | 27 | 26 | 18 |
| 50 - 64 yrs | 34 | **40** | 31 | 35 | 41 | 27 | 1 |
| 65+ yrs | 31 | **16** | **40** | **14** | **12** | 28 | 21 |
| No response | 1 | 0 | 0 | 0 | 0 | 0 | 44 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



**Table 37:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 44 | 44 | 47 | 38 | **28** | 38 | 30 |
| No | 52 | 51 | 50 | 59 | **71** | 58 | 24 |
| No response | 4 | 5 | 3 | 2 | **1** | 4 | 46 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 38:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Working full-time | 24 | 28 | **21** | 27 | **40** | 36 | 16 |
| Working part-time | 14 | 14 | 14 | 14 | 14 | 12 | 13 |
| Unemployed/actively seeking a job | 7 | **11** | **5** | 11 | 4 | 6 | 0 |
| At home | 9 | 10 | **6** | **15** | **19** | 9 | 0 |
| Retired | 28 | **13** | **37** | **13** | **11** | 28 | 8 |
| Sick/invalid beneficiary | 13 | **18** | 11 | 15 | 8 | **0** | 6 |
| Student (full-time, including secondary school) | 4 | 6 | 3 | 4 | 3 | 6 | 8 |
| Other (Specify) | 1 | 1 | 1 | 2 | 0 | 3 | 0 |
| No response | 1 | 0 | 1 | 0 | 1 | 0 | 49 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 39:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2843 | 739 | 1867 | 271 | 96 | 56 | 25\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 51 | **59** | 48 | 56 | 41 | 36 | 31 |
| No | 46 | **38** | 49 | 42 | **59** | **62** | 29 |
| Don't know | 1 | 2 | 2 | 1 | 0 | 1 | 1 |
| No response | 2 | 1 | 2 | 1 | **0** | 1 | 39 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| GRx contract holder | Eligible population | Number Selected | Achieved Sample | Participation rate |
| Sport Northland | 696 | 301 | 57 | 19% |
| Sport Auckland - Auckland | 317 | 243 | 69 | 28% |
| Sport Auckland - Counties | 635 | 250 | 51 | 20% |
| Harbour Sport | 142 | 141 | 17 | 12% |
| HealthWest | 96 | 96 | 27 | 28% |
| Sport Waikato | 634 | 344 | 70 | 20% |
| Sport Gisborne | 233 | 233 | 55 | 24% |
| Sport Bay of Plenty | 610 | 350 | 73 | 21% |
| Sport Hawkes Bay | 268 | 268 | 65 | 24% |
| Sport Taranaki | 163 | 163 | 51 | 31% |
| Sport Wanganui | 56 | 56 | 32 | 57% |
| Sport Manawatu | 184 | 184 | 56 | 30% |
| Sport Wellington | 185 | 184 | 42 | 23% |
| Nelson Bays PHO | 40 | 40 | 9 | 23% |
| CWCST - Canterbury | 114 | 113 | 16 | 14% |
| CWCST - West Coast | 24 | 24 | 10 | 42% |
| Sport Otago | 43 | 43 | 13 | 30% |
| Sport Southland | 59 | 59 | 22 | 37% |
| Kimi Hauora Marlborough PHO | 31 | 31 | 4 | 13% |
| **Total** | **4530** | **3123** | **739** | **24%** |

\*Sub-sample based on those patients identified as being Māori on the provider lists



**Appendix B: 2015 survey tables**

**Table 41:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Arthritis | 23 | 19 | 25 | 21 | 22 | 26 | 10 |
| Asthma/breathing problems | 17 | 21 | 15 | 21 | **6** | **5** | 42 |
| Back pain or problems | 22 | 21 | 22 | 21 | 29 | 29 | 15 |
| Diagnosed type 2 diabetes | 20 | 21 | **14** | **32** | 26 | 14 | 39 |
| Pre-diabetes/risk of diabetes | 14 | **20** | **11** | 19 | 15 | 10 | 0 |
| High blood pressure/risk of stroke | 26 | 30 | **21** | 29 | 22 | 21 | 27 |
| High cholesterol | 21 | 23 | 18 | 22 | 28 | 24 | 28 |
| Sleep problems | 17 | 21 | 15 | 17 | 11 | 27 | 31 |
| To stop smoking | 5 | 7 | **3** | 9 | **1** | 3 | 3 |
| Stress | 17 | 19 | 16 | 16 | 11 | 26 | 29 |
| Weight problems | 56 | **67** | **50** | 62 | **33** | 64 | 48 |
| Depression/anxiety | 15 | 17 | 16 | 11 | 8 | 21 | 13 |
| Cancer | 3 | 3 | 2 | 5 | **1** | **0** | 3 |
| Heart problems | 14 | 14 | 14 | 14 | 8 | 8 | 18 |
| Osteoporosis | 5 | 5 | 5 | 3 | 3 | 6 | 3 |
| Fall prevention | 7 | **4** | 8 | 5 | 6 | 3 | 0 |
| Injury recovery | 11 | 11 | 12 | 10 | 19 | 10 | 6 |
| General fitness | 1 | 1 | 2 | 0 | **0** | **0** | 0 |
| Surgery recovery | 2 | 2 | 3 | 1 | **0** | 2 | 3 |
| Mental illness | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Fibromyalgia | 1 | 0 | 1 | 0 | 1 | **0** | 0 |
| Other (Specify) | 6 | 6 | 7 | 7 | 5 | 7 | 2 |
| No response | 3 | 3 | 4 | 3 | 2 | 3 | 6 |

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 42:**

*Q3. Are you currently...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Still following the GRx physical activities | 39 | 34 | 41 | 35 | 51 | 43 | 48 |
| Doing physical activity but different from that recommended in your GRx | 21 | 18 | 22 | 20 | 20 | 28 | 20 |
| Temporarily off GRx physical activities | 15 | 17 | 17 | 12 | 7 | 10 | 9 |
| No longer following the GRx physical activities | 18 | **25** | **14** | 25 | 13 | 11 | 13 |
| No response | 7 | 6 | 7 | 8 | 9 | 8 | 11 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

**Table 43:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 994\* | 286 | 654 | 91 | 26\*\* | 12\*\* | 11\*\* |
|  | % | % | % | % | % | % | % |
| Injury/health problems | 28 | 25 | 34 | 21 | 25 | 29 | 8 |
| Lack of time due to work | 16 | 17 | 13 | 19 | 4 | 13 | 19 |
| Just didn't want to | 6 | 6 | 6 | 5 | 7 | 0 | 22 |
| Lack of time due to family responsibilities | 17 | 17 | 13 | 25 | 25 | 6 | 0 |
| Cost | 17 | 23 | 13 | 18 | 13 | 17 | 18 |
| Lack of energy/too tired | 13 | 15 | 14 | 10 | 17 | 17 | 10 |
| I'm too old | 3 | 3 | 3 | 2 | 4 | 0 | 0 |
| It's too hard to stick to a routine | 10 | 11 | 8 | 10 | 14 | 0 | 12 |
| The programme ran its course/wasn't renewed GRx | 2 | 1 | 1 | 2 | 2 | 6 | 0 |
| Issues with admin/paperwork (not helpful, no follow up etc.) | 3 | 2 | 3 | 2 | 0 | 6 | 0 |
| Moved elsewhere/out of town/on holiday | 2 | 2 | 3 | 4 | 6 | 12 | 0 |
| I'm doing other physical activities (not GRx) | 2 | 3 | 2 | 2 | 5 | 0 | 0 |
| Other (Specify) | 14 | 17 | 12 | 13 | 5 | 6 | 10 |
| No response | 11 | 9 | 11 | 10 | 25 | 10 | 23 |

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.

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



**Table 44:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 69 | 69 | 70 | 64 | 65 | 78 | 54 |
| No | 15 | 15 | 15 | 17 | 23 | 17 | 9 |
| Don't know/unsure | 11 | 11 | 11 | 11 | 10 | 5 | 18 |
| No response | 5 | 6 | 4 | 8 | 2 | **0** | 18 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

**Table 45:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2056\* | 520 | 1382 | 168 | 60 | 35 | 15\*\* |
|  | % | % | % | % | % | % | % |
| Breathing easier | 33 | **40** | **26** | 42 | 29 | 20 | 58 |
| Feel stronger/fitter | 51 | 49 | 54 | 42 | 55 | 60 | 38 |
| Less stressed | 29 | 30 | 28 | 27 | 28 | 48 | 39 |
| Less joint pain/discomfort | 22 | 22 | 21 | 23 | 16 | 21 | 28 |
| Less back pain | 15 | 14 | 15 | 18 | 23 | 26 | 32 |
| More energy | 40 | 42 | 39 | 39 | 40 | 38 | 39 |
| Lower cholesterol | 13 | 15 | **10** | 15 | 29 | 16 | 28 |
| Lower blood pressure | 18 | 22 | 16 | 17 | 18 | 20 | 28 |
| Less medication | 7 | 7 | 6 | 10 | 5 | 14 | 32 |
| Lost weight | 43 | 46 | 41 | 47 | 47 | 45 | 27 |
| Smoking less | 6 | 8 | 5 | 7 | **1** | **0** | 4 |
| Sleeping better | 25 | 25 | 23 | 31 | 27 | 34 | 29 |
| Fewer illnesses | 7 | 8 | 6 | 10 | 3 | 4 | 28 |
| Generally feel better | 47 | 46 | 50 | 40 | 54 | 63 | 65 |
| Feel less depressed/anxious | 16 | 17 | 17 | 14 | 21 | 17 | 46 |
| Increased mobility | 21 | 24 | 23 | 15 | 20 | 18 | 31 |
| Better balance/fewer falls | 9 | 9 | 10 | 8 | 8 | 4 | 34 |
| Improved blood sugar levels | 14 | 16 | **11** | 18 | **38** | 15 | 28 |
| Other (Specify) | 3 | 5 | 2 | 3 | 4 | **0** | 0 |
| No response | 8 | 8 | 7 | 13 | 3 | **0** | 18 |

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.

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



**Table 46:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 68 | 65 | **71** | 58 | 65 | 52 | 77 |
| No | 29 | 31 | 26 | 36 | 30 | 45 | 14 |
| No response | 4 | 4 | 2 | 6 | 5 | 3 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

**Table 47:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1967\* | 465 | 1377 | 138 | 56 | 26\*\* | 19\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 51 | 56 | 49 | 53 | 53 | 56 | 17 |
| No | 42 | 37 | 46 | 36 | 37 | 44 | 70 |
| No response | 7 | 6 | 5 | 11 | 10 | 0 | 12 |
| Total | 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 that had been back to the doctor since they were first issued a GRx.

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

**Table 48:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1122\* | 304 | 734 | 94 | 36 | 13\*\* | 9\*\* |
|  | % | % | % | % | % | % | % |
| Tell you to stop your physical activity? | 2 | 2 | 2 | **0** | **0** | 0 | 0 |
| Encourage you to change your physical activity? | 14 | 16 | 12 | 15 | 7 | 29 | 6 |
| Encourage you to continue your physical activity unchanged? | 70 | 69 | 75 | 62 | 72 | 71 | 62 |
| No response | 14 | 13 | 10 | 23 | 22 | 0 | 32 |
| Total | 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 that had been back to the doctor since they were first issued a GRx, and discussed their GRx.

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



**Table 49:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1100\* | 300 | 716 | 94 | 36 | 13\*\* | 9\*\* |
|  | % | % | % | % | % | % | % |
| Write a new/extend your current GRx? | 21 | 25 | 20 | 16 | 25 | 38 | 48 |
| Give verbal advice only? | 60 | 56 | 64 | 57 | 56 | 57 | 20 |
| Other (Specify) | 2 | 1 | 2 | 4 | **0** | 0 | 0 |
| No response | 17 | 18 | 14 | 23 | 19 | 5 | 32 |
| Total | 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 that had been back to the doctor since they were first issued a GRx, discussed their GRx, and continued it.

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

**Table 50:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| More time being active? | 58 | 55 | 61 | 51 | 70 | 60 | 56 |
| About the same amount of time being active? | 24 | 25 | 26 | 18 | **10** | 26 | 17 |
| Less time being active? | 11 | 14 | 9 | 14 | 12 | 9 | 9 |
| No response | 8 | 6 | **5** | **17** | 9 | 6 | 17 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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



**Table 51:**

*Q11a. If spending about the same amount of time being active, why is this?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 429\* | 108 | 305 | 30 | 7\*\* | 9\*\* | 2\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/ medical condition preventing, recovering from | 24 | 20 | 29 | 17 | 53 | 19 | 0 |
| Already doing enough, already/always been active/happy with what doing | 17 | 19 | 21 | 7 | 30 | 0 | 0 |
| Too busy/no time | 11 | 10 | 9 | 16 | 0 | 14 | 0 |
| Increased workload/long hours/work commitments | 12 | 12 | 10 | 24 | 0 | 9 | 55 |
| Lack of motivation/laziness/depression | 6 | 5 | 5 | 8 | 0 | 0 | 0 |
| Lack energy/tired | 2 | 1 | 4 | **0** | 0 | 0 | 0 |
| Specified type of activity/level of activity | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Family responsibilities | 7 | 12 | 6 | 7 | 0 | 23 | 0 |
| GRx has not helped | 1 | 1 | 1 | 0 | 0 | 0 | 0 |
| Weather/darkness | 1 | 2 | 1 | 1 | 0 | 0 | 0 |
| Lack of support | 2 | 2 | 2 | 6 | 0 | 8 | 0 |
| Other commitments, holidays | 3 | 4 | 2 | **0** | 0 | 0 | 0 |
| Difficulty getting into, or lost, routine/didn't get into a habit | 3 | 4 | 3 | 1 | 0 | 0 | 0 |
| Costs/fees of activity too expensive | 4 | 5 | 6 | 1 | 0 | 14 | 0 |
| Getting too old/no longer up to it | 1 | 0 | 2 | 0 | 0 | 0 | 0 |
| Other | 14 | 14 | 12 | 13 | 17 | 27 | 0 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 1 | 0 | 0 | 6 | 0 | 0 | 45 |

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 52:**

*Q11b. If spending less time being active, why is this?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 189\* | 59 | 112 | 20\*\* | 8\*\* | 3\*\* | 3\*\* |
|  | % | % | % | % | % | % | % |
| Illness/injury/operation/pain/health problems | 42 | 36 | 53 | 37 | 70 | 29 | 63 |
| Increased workload/longer hours/work commitments | 13 | 8 | 8 | 28 | 17 | 37 | 37 |
| Lack of motivation/confidence, laziness, depressed | 13 | 12 | 10 | 20 | 0 | 0 | 0 |
| Lack energy/tired | 5 | 9 | 4 | 0 | 0 | 0 | 0 |
| Specified type of activity not doing | 1 | 1 | 2 | 1 | 0 | 0 | 0 |
| Too busy/no time, other priorities/commitments (including study) | 10 | 15 | 9 | 6 | 0 | 0 | 0 |
| Family responsibilities (incl. pregnancy, home issues) | 8 | 4 | 5 | 14 | 13 | 37 | 37 |
| Weather/darkness/daylight saving over | 3 | 2 | 2 | 6 | 0 | 0 | 0 |
| Costs/fees of activities too expensive | 2 | 2 | 4 | 0 | 0 | 0 | 0 |
| Other | 11 | 14 | 13 | 0 | 0 | 34 | 0 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 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 who said why they spent less time being active after first prescribed a GRx.

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

**Table 53:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 71 | **77** | **67** | 74 | 72 | 60 | 80 |
| No | 24 | **18** | **29** | 18 | 20 | 33 | 7 |
| Don't know | 2 | 2 | 2 | 1 | 4 | 7 | 0 |
| No response | 4 | 3 | 2 | 6 | 5 | **0** | 13 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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



**Table 54:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| No | 27 | **20** | **32** | 21 | 30 | 25 | 24 |
| Yes (Specify) | 67 | **74** | 63 | 67 | 63 | 68 | 63 |
| No response | 7 | 6 | **4** | 12 | 7 | 7 | 13 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

**Table 55:**

*Q13a. What changes?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1641\* | 447 | 1069 | 139 | 54 | 29\*\* | 13\*\* |
|  | % | % | % | % | % | % | % |
| Drink more water | 20 | **28** | **15** | 27 | 21 | 27 | 0 |
| Eating more healthily/less junk food (better choices, watch what I eat) | 22 | 25 | 25 | 14 | 27 | 36 | 18 |
| Eating less/smaller meals (portion control) | 22 | 21 | 22 | 20 | 13 | 14 | 6 |
| Cut down on fats/low fat foods | 10 | 8 | 7 | 17 | 24 | 14 | 4 |
| Less/avoid sugar and sugary foods, sweets, soft drinks | 27 | 27 | 28 | 29 | 22 | 18 | 46 |
| Eat more vegetables | 23 | 26 | **16** | **35** | 31 | 26 | 14 |
| Eat more fruit | 10 | 11 | 10 | 9 | 8 | 6 | 9 |
| Less alcohol | 4 | **2** | 6 | 3 | **0** | 0 | 0 |
| Reduce carbohydrates, including bread (gluten) | 10 | 11 | 11 | 9 | 16 | 8 | 9 |
| No snacking/regular meals, breakfasts | 3 | 4 | 3 | 3 | **0** | 2 | 0 |
| Diet plans | 4 | 3 | 5 | **0** | 1 | 3 | 0 |
| Eat less (red) meat/more fish | 3 | 4 | 2 | 2 | **19** | 12 | 0 |
| Cut down on salt use | 4 | 5 | 4 | 5 | 3 | 0 | 0 |
| Less takeaways/fast foods | 4 | 6 | 2 | 4 | 1 | 0 | 0 |
| Less dairy (milk, butters, etc.) | 2 | 2 | 2 | 2 | **0** | 0 | 0 |
| Less coffee/tea | 1 | 2 | 2 | 1 | 2 | 0 | 0 |
| More grain breads, fibre or similar | 2 | 1 | 2 | 1 | 5 | 3 | 0 |
| More protein | 1 | 2 | 1 | **0** | **0** | 0 | 0 |
| Supplements, dietary | 1 | 2 | 0 | **0** | **0** | 0 | 0 |
| Yes (in general) | 0 | 1 | **0** | 1 | **0** | 0 | 0 |
| Yes, reading labels on food | 2 | 2 | 3 | 2 | **0** | 3 | 0 |
| Stopped/reduced smoking | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Other | 13 | 12 | 13 | 21 | 8 | 10 | 23 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 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 who made changes to their diet.

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



**Table 56:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| The support person contacted me (by phone call, letter, email) | 64 | **57** | **70** | 56 | 75 | 68 | 26 |
| I went to see them in person | 21 | **27** | 20 | 22 | **4** | 16 | 50 |
| I called 0800 ACTIVE or the local phone number provided | 4 | 4 | 4 | 4 | 4 | 13 | 3 |
| I have not had any contact with a GRx support person | 7 | 7 | **4** | **14** | 16 | 3 | 0 |
| No response | 4 | 5 | **2** | 5 | 1 | **0** | 21 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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

**Table 57:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Phone call | 62 | 60 | 63 | 55 | 57 | **79** | 41 |
| Face-to-face/in person | 46 | **56** | **41** | 53 | 37 | **24** | 47 |
| Brochures/leaflets | 33 | 32 | 36 | **18** | 38 | 29 | 29 |
| A GRx Community programme/group | 19 | 20 | 22 | **12** | 14 | 13 | 2 |
| Text or email | 17 | **24** | 15 | 20 | 14 | 14 | 5 |
| No support/follow up offered | 3 | 4 | 3 | 4 | 7 | 5 | 3 |
| I didn't want any support/follow up | 2 | 2 | 2 | 1 | 5 | 2 | 3 |
| Mail/letter | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| Watched DVD/Video | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Other (Specify) | 2 | 2 | 2 | 3 | 1 | 5 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 3 | 3 | 2 | 3 | 1 | 5 | 17 |

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.

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



**Table 58:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 35 | 39 | 35 | 31 | 31 | 33 | 46 |
| No | 34 | 30 | 36 | 35 | 38 | 37 | 29 |
| Don't know | 22 | 21 | 20 | 25 | 27 | 20 | 6 |
| No response | 9 | 10 | 8 | 10 | 4 | 10 | 20 |
| Total | 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 that had contact with a GRx support person.

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

**Table 59:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| None | 3 | 2 | 3 | 3 | 4 | 3 | 3 |
| Walking | 70 | 71 | 69 | 71 | 74 | 64 | 47 |
| Swimming | 51 | 56 | 48 | 52 | 45 | 54 | 56 |
| Gardening | 16 | 15 | 16 | 15 | 11 | 22 | 26 |
| Other home based activities (e.g. exercycle/treadmill) | 18 | 19 | 18 | 18 | 27 | 15 | 25 |
| Water/pool exercises | 42 | 43 | 42 | 35 | 31 | 39 | 29 |
| Tai chi | 9 | 7 | 11 | 6 | 8 | 9 | 7 |
| Yoga/Pilates/Zumba | 7 | 4 | 8 | 4 | 8 | 10 | 3 |
| Cycling | 12 | 10 | 14 | **7** | 8 | 6 | 25 |
| Gym exercises (e.g. aerobics, weights) | 38 | 43 | 35 | 37 | 39 | 57 | 29 |
| Fall prevention programme | 3 | 2 | 4 | 4 | 3 | **0** | 7 |
| GRx Community programme/group | 17 | 17 | 18 | 16 | 8 | 15 | 11 |
| Sport/sporting activities | 1 | 1 | 2 | 2 | **0** | 2 | 0 |
| Other (Specify) | 5 | 6 | 5 | 5 | 7 | **0** | 3 |
| No response | 4 | 5 | 3 | 8 | 1 | **0** | 17 |

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.

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



**Table 60:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Gym | 42 | **54** | **37** | 47 | 52 | 59 | 32 |
| Swimming pool | 52 | **60** | 49 | 53 | 53 | 62 | 42 |
| Sports club | 4 | 4 | 4 | 6 | 15 | 13 | 5 |
| Other | 7 | 6 | 7 | 7 | 7 | 3 | 0 |
| Not referred to any provider | 21 | 16 | 23 | 19 | **9** | 14 | 16 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| No response | 6 | 5 | 6 | 7 | **1** | 3 | 35 |

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.

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

**Table 61:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2072\* | 532 | 1393 | 162 | 67 | 40 | 18\*\* |
|  | % | % | % | % | % | % | % |
| No | 11 | 9 | 10 | 15 | 9 | 16 | 2 |
| Yes | 77 | 82 | 77 | 74 | 75 | 72 | 76 |
| No response | 12 | 9 | 13 | 12 | 16 | 12 | 22 |
| Total | 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 that had contact with a GRx support person, and were referred to a provider.

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

**Table 62:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| No | 26 | 24 | 29 | 22 | **12** | 21 | 23 |
| Yes | 64 | 68 | 63 | 65 | 70 | 69 | 53 |
| No response | 10 | 9 | 9 | 13 | 18 | 10 | 24 |
| Total | 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 that had contact with a GRx support person.

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



**Table 63:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2595\* | 631 | 1784 | 196 | 76 | 44 | 23\*\* |
|  | % | % | % | % | % | % | % |
| A sports club | 6 | 5 | 7 | 3 | 7 | 15 | 2 |
| A GRx Community programme/group | 21 | 20 | 21 | 19 | 19 | **6** | 23 |
| Another organised group | 13 | 12 | 13 | 14 | **5** | 12 | 13 |
| People from work | 4 | 5 | 3 | 5 | 2 | 3 | 4 |
| By myself | 65 | 67 | 67 | **55** | 62 | 60 | 50 |
| Family members | 33 | 36 | **28** | **48** | 27 | 27 | 20 |
| Friends | 26 | 28 | 24 | 25 | **14** | 28 | 8 |
| Other (Specify) | 4 | 5 | 4 | 2 | 8 | 4 | 3 |
| No response | 4 | 3 | 3 | 7 | 1 | **0** | 17 |

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.

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

**Table 64:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2490\* | 601 | 1722 | 187 | 74 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 47 | 48 | 46 | 44 | 48 | 48 | 69 |
| Agree | 46 | 45 | 47 | 47 | 47 | 44 | 24 |
| Neither agree nor disagree | 4 | 4 | 4 | 4 | 4 | 1 | 0 |
| Disagree | 2 | 1 | 2 | 2 | **0** | 7 | 3 |
| Strongly disagree | 1 | 1 | 1 | 2 | 1 | **0** | 4 |
| Total | 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 that had contact with a GRx support person and who gave a rating.

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

**Table 65:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2465\* | 595 | 1707 | 181 | 74 | 44 | 16\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 36 | 39 | 37 | 31 | 31 | 39 | 49 |
| Agree | 53 | 52 | 51 | 59 | 57 | 46 | 38 |
| Neither agree nor disagree | 7 | 6 | 8 | 6 | 9 | 13 | 0 |
| Disagree | 3 | 3 | 3 | 3 | 3 | 2 | 8 |
| Strongly disagree | 1 | 1 | 1 | 1 | **0** | **0** | 5 |
| Total | 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 that had contact with a GRx support person and who gave a rating.

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



**Table 66:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2442\* | 594 | 1689 | 179 | 73 | 44 | 15\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 39 | 43 | 38 | 35 | 35 | 46 | 51 |
| Agree | 51 | 48 | 51 | 56 | 58 | 43 | 36 |
| Neither agree nor disagree | 6 | 6 | 7 | 4 | 5 | 9 | 5 |
| Disagree | 2 | 2 | 3 | 4 | 1 | 2 | 4 |
| Strongly disagree | 1 | 1 | 1 | 1 | 1 | **0** | 5 |
| Total | 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 that had contact with a GRx support person and who gave a rating.

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

**Table 67:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2453\* | 593 | 1698 | 183 | 73 | 44 | 16\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 44 | 48 | 43 | 39 | 46 | 49 | 42 |
| Agree | 42 | 38 | 41 | 48 | 46 | 32 | 50 |
| Neither agree nor disagree | 9 | 7 | 10 | 7 | 7 | 13 | 0 |
| Disagree | 4 | 4 | 4 | 5 | **0** | 5 | 4 |
| Strongly disagree | 2 | 2 | 2 | 2 | 1 | 2 | 5 |
| Total | 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 that had contact with a GRx support person and who gave a rating.

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

**Table 68:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2472\* | 602 | 1705 | 182 | 73 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 51 | 54 | 52 | 42 | 51 | 53 | 41 |
| Agree | 40 | 37 | 39 | 50 | 45 | 40 | 51 |
| Neither agree nor disagree | 6 | 7 | 6 | 4 | 4 | 5 | 0 |
| Disagree | 2 | 2 | 2 | 3 | **0** | **0** | 3 |
| Strongly disagree | 1 | 1 | 1 | 1 | 1 | 2 | 4 |
| Total | 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 that had contact with a GRx support person and who gave a rating.

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



**Table 69:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2432\* | 588 | 1679 | 180 | 73 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 42 | 45 | 41 | 42 | 48 | 45 | 63 |
| Agree | 43 | 42 | 43 | 48 | 42 | 27 | 26 |
| Neither agree nor disagree | 10 | 9 | 12 | 7 | 8 | 17 | 4 |
| Disagree | 3 | 2 | 3 | 3 | 1 | 6 | 3 |
| Strongly disagree | 2 | 3 | 2 | 1 | 1 | 5 | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 70:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2431\* | 589 | 1678 | 181 | 73 | 44 | 17\*\* |
|  | % | % | % | % | % | % | % |
| Strongly agree | 40 | 41 | 38 | 40 | 50 | 52 | 39 |
| Agree | 42 | 41 | 41 | 47 | 39 | **23** | 45 |
| Neither agree nor disagree | 13 | 12 | 15 | 8 | 9 | 14 | 4 |
| Disagree | 4 | 5 | 4 | 3 | 1 | 4 | 3 |
| Strongly disagree | 2 | 2 | 2 | 3 | 1 | 7 | 9 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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

**Table 71:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2508\* | 608 | 1736 | 185 | 73 | 44 | 18\*\* |
|  | % | % | % | % | % | % | % |
| Very satisfied | 52 | 55 | 52 | 50 | 41 | 47 | 75 |
| Satisfied | 36 | 35 | 35 | 42 | 47 | 32 | 9 |
| Neither/nor | 7 | 6 | 9 | 5 | 9 | 10 | 4 |
| Dissatisfied | 2 | 2 | 3 | 2 | 2 | 11 | 7 |
| Very dissatisfied | 2 | 2 | 2 | 1 | 1 | **0** | 4 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

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



**Table 72:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 1311\* | 354 | 865 | 108 | 36 | 25\*\* | 8\*\* |
|  | % | % | % | % | % | % | % |
| Encouraging, motivating, supportive, helpful | 36 | 39 | 36 | 29 | 42 | 29 | 62 |
| Follow-up contact received/checks on progress | 11 | 10 | 12 | 10 | 18 | 19 | 0 |
| Motivated me to be active/more active, am more active as a result | 6 | 6 | 7 | 9 | 12 | 4 | 0 |
| Empathic, understands needs/situation, takes genuine interest, caring, listens | 4 | 5 | 4 | 2 | 2 | 3 | 0 |
| Improved health, motivation, confidence/Feel better, happier/See results | 8 | 8 | 6 | 10 | 14 | 8 | 7 |
| Friendly, lovely, pleasant, cheerful, enthusiastic people | 3 | 3 | 4 | 1 | 5 | 0 | 9 |
| Useful/Good information/advice/explanations/ideas/ suggestions | 8 | 8 | 8 | 9 | 11 | 0 | 10 |
| Appropriate activities - suitable for my lifestyle, abilities, condition | 5 | 3 | 5 | 5 | 3 | 0 | 10 |
| Excellent/Great/Awesome team, support | 5 | 3 | 5 | 8 | 6 | 3 | 0 |
| Service great/good/impressive | 5 | 6 | 4 | 4 | 2 | 8 | 0 |
| Personal contact/attention | 2 | 1 | 2 | 2 | **0** | 5 | 0 |
| No pressure/non-judgmental | 1 | 1 | 1 | **0** | **0** | 0 | 0 |
| Easy to contact/talk to, accessible, approachable | 1 | 1 | 1 | 3 | **0** | 0 | 0 |
| Greater awareness/understanding of need to be/benefits of being more active | 1 | 1 | 1 | **0** | 1 | 3 | 13 |
| Help with activities/exercises | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Great/good communicator - clear/concise/understandable | 1 | 2 | 1 | 2 | **0** | 0 | 0 |
| A lack of contact or follow-up/more follow-up required | 1 | 1 | 1 | 2 | **0** | 0 | 0 |
| Other barriers: distance to travel, family responsibilities, work, time, cost | 4 | 5 | 3 | 6 | **0** | 12 | 0 |
| Already active/doing own thing | 1 | 2 | 1 | **0** | **0** | 0 | 0 |
| Illness/injury barriers - can't do exercises because of, doing what I can | 2 | 1 | 3 | 3 | 2 | 0 | 6 |
| Need support/motivation, lack of motivation | 1 | 0 | 1 | 2 | **0** | 0 | 0 |
| More face-to-face/personal contact/support desired | 1 | 0 | 1 | 2 | **0** | 0 | 0 |
| Inappropriate activities for condition/age | 0 | 0 | 1 | 0 | 0 | 4 | 0 |
| Staff too busy, not available, inexperienced/lack knowledge, staff issues | 0 | 0 | 0 | 0 | 3 | 0 | 0 |
| Longer GRx period/GRx ran out, limited time only | 1 | 1 | 1 | 0 | **0** | 0 | 0 |
| More advice/information required | 0 | 0 | 0 | 0 | 7 | 0 | 0 |
| Self-motivated/Up to me/my decisions | 1 | 3 | 1 | **0** | **0** | 0 | 0 |
| Other - Negative comment | 3 | 2 | 4 | 4 | 2 | 5 | 0 |
| Other - Positive comment | 16 | 16 | 16 | 17 | 8 | 17 | 0 |
| No particular reason | 3 | 3 | 3 | 2 | 2 | 9 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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



**Table 73:**

*Q23b. Reasons for being less than satisfied*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 242\* | 43 | 188 | 9\*\* | 6\*\* | 8\*\* | 3\*\* |
|  | % | % | % | % | % | % | % |
| Insufficient follow- up/communication, contact stopped | 28 | 30 | 27 | 40 | 14 | 37 | 0 |
| Lack of support/encourageme nt, need more support | 17 | 23 | 18 | 13 | 0 | 0 | 0 |
| A lack of personal contact; phone calls not sufficient | 4 | 1 | 5 | 0 | 0 | 19 | 0 |
| Cost barriers | 11 | 7 | 8 | 24 | 38 | 22 | 68 |
| More suitable ideas required (relevant to time available, travel distance, condition) | 15 | 14 | 16 | 0 | 0 | 9 | 32 |
| Work/Time barriers | 4 | **0** | 3 | 27 | 0 | 0 | 0 |
| Didn't change much/didn't help/no benefit | 4 | 1 | 4 | 0 | 14 | 13 | 0 |
| Insufficient staff/resources, lack of knowledge/experience | 10 | 13 | 12 | 0 | 0 | 0 | 0 |
| Did it/left to do it myself, already motivated | 6 | 5 | 5 | 0 | 14 | 27 | 0 |
| No advice re exercises | 3 | 1 | 2 | 6 | 0 | 0 | 0 |
| Empathy lacking, disinterested | 6 | 5 | 5 | 6 | 0 | 0 | 32 |
| Positive comment | 7 | 7 | 9 | 0 | 0 | 9 | 0 |
| Other | 23 | 23 | 23 | 3 | 48 | 24 | 0 |
| No particular reason | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Don't know | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Total may exceed 100% because of multiple responses.

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

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

**Table 74:**

*Q24. Are you...?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Male | 31 | 32 | 27 | 38 | 43 | 28 | 5 |
| Female | 68 | 68 | **72** | 62 | 57 | 72 | 12 |
| No response | 1 | **0** | **0** | 0 | **0** | **0** | 82 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



**Table 75:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| No qualification | 27 | **33** | **23** | 31 | 17 | **11** | 0 |
| Secondary school qualification (e.g. School or National Certificate, UE, Bursary, etc.) | 29 | 26 | 31 | 25 | 30 | 29 | 3 |
| Tertiary qualification (e.g. Bachelor's Degree or higher) | 20 | 16 | 20 | 23 | **38** | 32 | 7 |
| Other post-secondary qualification requiring three months or more fulltime study (e.g. trade certificate, diploma) | 20 | 19 | 22 | 17 | 11 | 22 | 4 |
| Other (Specify) | 1 | 1 | 1 | 0 | 2 | **0** | 0 |
| No response | 4 | 4 | 3 | 5 | 2 | 5 | 86 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 76:**

*Q26. To which of these age groups do you belong?*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Under 25 yrs | 3 | 4 | 3 | 4 | 2 | 2 | 0 |
| 25 - 34 yrs | 8 | 9 | 7 | 10 | 4 | 12 | 0 |
| 35 - 49 yrs | 22 | **27** | **17** | **32** | 24 | 31 | 7 |
| 50 - 64 yrs | 36 | 39 | **31** | 43 | 47 | 30 | 7 |
| 65+ yrs | 31 | **19** | **42** | **11** | 23 | 25 | 5 |
| No response | 1 | 1 | **0** | **0** | **0** | **0** | 81 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

The base numbers shown are unweighted counts.

Total may not sum to 100% due to rounding.

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



**Table 77:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 45 | 47 | **50** | 37 | 35 | 47 | 8 |
| No | 50 | 50 | **45** | **61** | 61 | 53 | 9 |
| No response | 4 | 3 | 4 | 2 | 5 | **0** | 82 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 78:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Working full-time | 22 | 25 | **17** | **31** | 25 | 16 | 7 |
| Working part-time | 12 | 10 | 13 | 9 | 10 | 4 | 4 |
| Unemployed/actively seeking a job | 6 | 7 | **3** | 11 | 12 | 9 | 0 |
| At home | 11 | 12 | 10 | 14 | 16 | 11 | 0 |
| Retired | 28 | **17** | **39** | **8** | 22 | 25 | 0 |
| Sick/invalid beneficiary | 16 | **22** | **13** | 20 | 11 | 20 | 4 |
| Student (full-time, including secondary school) | 3 | 4 | 2 | 5 | 5 | 11 | 0 |
| Other (Specify) | 1 | 1 | 1 | 1 | **0** | 2 | 2 |
| No response | 2 | 1 | 1 | 1 | 1 | 2 | 83 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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

**Table 79:**

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

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Total | Maori | European | Pacific | Asian | Other | No response |
| Base = | 2709 | 666 | 1838 | 218 | 83 | 45 | 23\*\* |
|  | % | % | % | % | % | % | % |
| Yes | 54 | **62** | 51 | 53 | 42 | 70 | 6 |
| No | 43 | **35** | 45 | 45 | **58** | 30 | 11 |
| Don't know | 1 | 1 | 2 | 1 | **0** | **0** | 0 |
| No response | 3 | 2 | 2 | 1 | **0** | **0** | 82 |
| Total | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

Total may not sum to 100% due to rounding.

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



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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| GRx contract holder | Eligible population | Number Selected | Achieved Sample | Participation rate |
| Sport Northland | 561 | 561 | 103 | 18% |
| Sport Auckland - Auckland | 329 | 180 | 51 | 28% |
| Sport Auckland - Counties | 768 | 188 | 52 | 28% |
| Harbour Sport | 124 | 123 | 23 | 19% |
| HealthWest | 73 | 73 | 23 | 32% |
| Sport Waikato | 543 | 543 | 98 | 18% |
| Sport Gisborne | 231 | 231 | 34 | 15% |
| Sport Bay of Plenty | 539 | 390 | 85 | 22% |
| Sport Hawkes Bay | 292 | 292 | 50 | 17% |
| Sport Taranaki | 148 | 148 | 32 | 22% |
| Sport Whanganui | 87 | 87 | 34 | 39% |
| Sport Manawatu | 53 | 53 | 15 | 28% |
| Sport Wellington | 144 | 144 | 28 | 19% |
| Nelson Bays PHO | 49 | 49 | 10 | 20% |
| CWCST - Canterbury | 123 | 45 | 8 | 18% |
| CWCST - West Coast | 26 | 26 | 7 | 27% |
| Sport Otago | 10 | 10 | 5 | 50% |
| Sport Southland | 71 | 71 | 8 | 11% |
| Kimi Hauora Marlborough PHO | 44 | 44 | 12 | 27% |
| **Total** | **4215** | **3258** | **678** | **21%** |

\*Sub-sample based on those patients identified as being Māori on the provider lists.