

MEMORANDUM | 25 July 2016

**TO** Diana O'Neill, Ministry of Health  
**FROM** Mark Johnson and Annita Wood, Research New Zealand  
**SUBJECT** 2016 Profile of Pacific Patients – Green Prescription Patient Survey (#4838)

---

## Profile of Pacific GRx patients

### Survey participation rate

A total of n=271 valid, completed responses were received from Pacific patients during the survey period (n=46 online, n=118 on paper and n=107 by telephone). This represents a participation rate of 22 percent. Table 41 on page 26 of this report, shows the achieved sample and participation rate for each of the providers<sup>1</sup>.

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 both the invitation letter, on the survey questionnaire and through the reminder calls, 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 Pacific patients is plus or minus 7.2 percent.

---

<sup>1</sup> In the provider's lists, there were 270 patients, among the achieved sample, whose ethnicity was listed as Pacific peoples. However among those 270 patients, 235 self-identified as Pacific peoples, while 35 self-identified as being another ethnicity. A further 36 patients who were not identified as Pacific peoples on the provider's lists self-identified as being such in the survey.



## Reasons Pacific patients were prescribed a GRx

- ◆ The most commonly cited reason why Pacific patients were prescribed a GRx was for weight problems (64 percent, Table 1). Other common reasons included: high blood pressure or risk of stroke (34 percent), diagnosed with type 2 diabetes, high cholesterol, back pain or problems and/or stress (each 25 percent).
- ◆ Compared with all GRx patients, Pacific patients were more likely to have been referred to the GRx initiative after being diagnosed with weight problems (64 percent compared with 53 percent overall), high blood pressure/risk of stroke (34 percent compared with 25 percent overall), high cholesterol (25 percent compared with 18 percent overall), type 2 diabetes (25 percent compared to 17 percent overall) and/or sleep problems (22 percent compared with 16 percent overall).

## Following prescribed activities

- ◆ While 32 percent of Pacific patients reported they were still following the GRx physical activities, 23 percent said they were doing a physical activity that was different from that recommended in their GRx (Table 2). In addition to this, 15 percent reported they were temporarily off their GRx physical activities and 27 percent were no longer following their GRx physical activities.
- ◆ The most frequently reported reasons provided by Pacific patients as to why they were temporarily off or no longer following the GRx physical activities were: a lack of time due to family responsibilities (33 percent, Table 3), a lack of time due to work commitments (28 percent) and/or an injury or health problems (22 percent).
- ◆ Compared with all GRx patients, Pacific patients were more likely to report they were temporarily off or no longer following the GRx physical activities because of a lack of time due to family responsibilities (33 percent compared to 20 percent overall).

## Positive changes in health

- ◆ Almost three-quarters of Pacific patients reported they had noticed positive changes in their health since getting their GRx (73 percent, Table 4).
- ◆ When asked to identify what positive changes they had noticed, Pacific patients most commonly said they: had lost weight and/or felt stronger or fitter (61 percent respectively, Table 5), generally felt better (56 percent), had more energy (55 percent), were sleeping better, could breathe easier (45 percent respectively) and/or were less stressed (42 percent).

## Spending more or less time being active

- ◆ Compared with the time before getting their GRx, 60 percent of Pacific patients reported they were spending more time being active, while 20 percent said they were spending the same amount of time and 18 percent were spending less time being active (Table 10).
- ◆ The most commonly cited reason provided by Pacific patients for spending about the same amount of time being active now, as they were before getting their GRx was due to work commitments (22 percent, Table 11).



- ◆ In terms of the reasons for being less active, the most commonly cited reason was illness or injury (32 percent, Table 12).

### **Advice on healthy eating**

- ◆ Seventy-three percent of Pacific patients reported they had received advice on healthy eating since getting their GRx (Table 13).
- ◆ Seventy-eight percent of Pacific patients said they had made changes to their food and/or drink since getting their GRx (Table 14).
- ◆ The three main changes to Pacific patients' food and/or drink intake were:
  - ◆ eating more vegetables (31 percent, Table 15),
  - ◆ eating less or avoiding sugar and sugary foods, sweets and soft drinks and/or drinking more water (29 percent respectively).
- ◆ Compared with all GRx patients, Pacific patients were more likely to report they had been eating more vegetables (31 percent compared to 20 percent overall).

### **First Contact with GRx Support person**

- ◆ In terms of first contact, the majority of Pacific patients reported that their GRx support person contacted them first (63 percent, Table 16), while 21 percent visited them in person, and five percent called the number provided. Twelve percent said they had not had any contact with the GRx support person.
  - ◆ Compared with all GRx patients, Pacific patients were more likely to report they had not had any contact with the GRx support person (12 percent compared to five percent overall).

### **Follow-up by GRx Support person**

- ◆ Where follow-up support has occurred, the majority of Pacific patients reported they had received a phone call (61 percent, Table 17) and/or face-to-face contact (38 percent).

### **GRx support people and activity providers**

- ◆ The four main physical activities suggested to Pacific patients by their GRx support person were: walking (71 percent, Table 19), swimming (63 percent), gym exercises (47 percent), and/or water or pool exercises (42 percent).
- ◆ In terms of activity provider referrals, Pacific patients most frequently reported being referred to a swimming pool (73 percent) and/or a gym (63 percent, Table 20) by their GRx support person.
- ◆ Eighty-two percent of Pacific patients considered the activity provider(s) they were referred to as appropriate, while eight percent thought it was not (Table 21).



- ◆ In terms of who Pacific patients do physical activity with, 60 percent said they do it by themselves (Table 23), 44 percent with adult family members and 29 percent with child family members.
  - ◆ Pacific patients were more likely than all GRx patients to do physical activity with adult family members (44 percent compared with 32 percent overall) and/or with child family members (29 percent compared with 15 percent overall). However, they were less likely than all GRx patients to do physical activity by themselves (60 percent compared with 72 percent overall).

## **Service and support received**

- ◆ Ninety percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The advice I was given was helpful*’ (Table 24).
- ◆ Eighty-seven percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The physical activity options suggested were appropriate for me*’ (Table 25).
- ◆ Eighty-nine percent of Pacific patients either *strongly agreed or agreed* with the statement ‘*The information and advice I was given was relevant to me*’ (Table 26).
- ◆ Eighty-seven percent of Pacific 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 Pacific patients either *strongly agreed or agreed* with the statement ‘*The person I spoke to was understanding and supportive*’ (Table 28).
- ◆ Eighty-seven percent of Pacific 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).
- ◆ Eighty-five percent of Pacific 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-nine percent of Pacific patients were either *very satisfied or satisfied* with the overall service provided to them (Table 31).
- ◆ When Pacific patients were asked to describe the reasons why they were satisfied with the service or their GRx in general, 36 percent said it was because of the encouragement, motivation, support and/or help they had received (Table 32). The next most frequently mentioned reason was that the programme had improved their health, motivation, confidence and happiness (28 percent).
- ◆ When asked for the reasons why they were less than satisfied (Table 33), Pacific patients predominately commented on the insufficient follow-up or communication (2 of 6 patients), and/or they felt GRx didn’t help/was of no benefit to them (2 of 6 patients).<sup>2</sup>

---

<sup>2</sup> Note: Due to the small sub-sample of dissatisfied Pacific patients, these figures are unweighted frequency counts, not weighted percentages.



- ◆ Seventy-five percent of Pacific patients reported they had encouraged others to become more active as a result of their GRx experience (Table 22).

### **Patient demographics**

- ◆ There were more female Pacific patients than male Pacific patients (67 percent compared to 33 percent respectively (Table 34).
- ◆ Sixty-one percent of Pacific patients had a secondary school education or no qualifications, while a further 36 percent had tertiary qualifications or other post-secondary qualifications (Table 35).
  - ◆ Compared with all GRx patients, Pacific patients were more likely to report they had no qualifications (31 percent compared to 23 percent overall).
- ◆ Sixty-nine percent of Pacific patients were aged 35 to 64 years, and 14 percent 65 years plus (Table 36).
  - ◆ Compared with all GRx patients, Pacific patients were more likely to be aged 35 to 49 years (34 percent compared with 23 percent overall), while they were less likely to be aged 65 years plus (14 percent compared with 31 percent overall).
- ◆ Thirty-eight percent of Pacific patients reported having a long-term disability or impairment (Table 37).
- ◆ Fifteen percent of Pacific patients said they were sickness or invalid beneficiaries, while 41 percent reported they were either working full-time or part-time (Table 38).
  - ◆ Compared with all GRx patients, Pacific patients were more likely to report that they mainly stayed at home (15 percent compared to nine percent overall). Significantly fewer Pacific patients said they were retired (13 percent compared to 28 percent overall).
- ◆ Fifty-six percent of Pacific patients reported they have a Community Services Card (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. **38**) indicate a result for Pacific 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	Pacific	European	Maori	Asian	Other	No response
Base =	2843	271	1867	739	96	56	25**
	%	%	%	%	%	%	%
Arthritis	22	21	23	18	22	16	11
Asthma/breathing problems	14	18	12	19	5	12	13
Back pain or problems	22	25	20	24	22	28	30
Diagnosed type 2 diabetes	17	25	14	21	24	12	5
Pre-diabetes/risk of diabetes	13	17	11	16	22	16	6
High blood pressure/risk of stroke	25	34	21	29	24	13	13
High cholesterol	18	25	15	21	20	13	23
Sleep problems	16	22	13	21	11	19	11
To stop smoking	5	9	2	9	4	6	5
Stress	20	25	18	25	20	33	20
Weight problems	53	64	47	65	52	44	44
Depression/anxiety	17	15	18	21	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	13	14	12	9	19	20
General fitness	3	2	3	3	0	6	3
Surgery recovery	0	0	0	0	0	0	5
Mental illness	0	0	0	0	0	0	0
Fibromyalgia	0	0	0	0	0	0	0
Other (Specify)	4	3	5	4	4	7	6
No response	7	4	9	6	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...?*

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2843	271	1867	739	96	56	25**
		%	%	%	%	%	%	%
Still following the GRx physical activities		39	32	43	34	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	15	15	20	20	9	8
No longer following the GRx physical activities		16	27	13	19	11	16	27
No response		4	3	5	3	5	4	7
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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?*

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		1005*	121	611	299	32	17**	11**
		%	%	%	%	%	%	%
Injury/health problems		30	22	35	29	16	23	41
Lack of time due to work		22	28	18	26	35	29	9
Just didn't want to		7	8	8	9	9	5	0
Lack of time due to family responsibilities		20	33	15	24	15	40	27
Cost		16	17	15	18	21	22	27
Lack of energy/too tired		19	20	18	19	27	22	11
I'm too old		3	4	3	2	0	0	0
It's too hard to stick to a routine		11	9	12	10	17	7	0
The programme ran its course/wasn't renewed GRx		1	1	1	2	0	0	0
Issues with admin/paperwork (not helpful, no follow up etc.)		5	5	4	6	8	5	5
Moved elsewhere/out of town/on holiday		2	2	3	1	4	0	0
I'm doing other physical activities (not GRx)		3	3	3	4	1	0	0
Other (Specify)		12	8	13	11	12	3	14
No response		7	6	9	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	2843	271	1867	739	96	56	25**
	%	%	%	%	%	%	%
Yes	72	73	72	74	69	73	47
No	15	17	15	12	13	18	44
Don't know/unsure	11	10	11	12	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	Pacific	European	Maori	Asian	Other	No response
Base =	2099*	199	1385	554	71	41	16**
	%	%	%	%	%	%	%
Breathing easier	34	45	28	48	26	24	47
Feel stronger/fitter	55	61	56	53	54	50	55
Less stressed	34	42	29	40	31	48	46
Less joint pain/discomfort	26	35	24	25	17	32	32
Less back pain	21	30	17	21	27	37	57
More energy	45	55	41	48	47	53	64
Lower cholesterol	14	28	9	17	19	18	19
Lower blood pressure	19	31	15	22	18	18	22
Less medication	11	20	7	14	14	23	19
Lost weight	48	61	42	53	52	44	70
Smoking less	6	10	3	14	4	7	0
Sleeping better	30	45	24	36	29	27	45
Fewer illnesses	12	25	7	15	10	16	9
Generally feel better	55	56	54	58	39	53	51
Feel less depressed/anxious	20	29	17	27	8	27	22
Increased mobility	29	36	27	31	26	36	53
Better balance/fewer falls	14	28	12	14	11	17	10
Improved blood sugar levels	17	33	12	20	18	17	0
Other (Specify)	4	6	3	4	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	Pacific	European	Maori	Asian	Other	No response
Base =	2843	271	1867	739	96	56	25**
	%	%	%	%	%	%	%
Yes	49	47	51	47	46	50	27
No	50	51	47	52	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	Pacific	European	Maori	Asian	Other	No response
Base =	1476*	132	1012	359	51	26**	9**
	%	%	%	%	%	%	%
Yes	64	73	60	68	31	64	14
No	31	24	36	25	16	29	74
No response	5	3	4	6	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	Pacific	European	Maori	Asian	Other	No response
Base =	1016*	100	661	267	42	18**	5**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	1	0	2	2	3	0	0
Encourage you to change your physical activity?	17	18	17	14	18	18	0
Encourage you to continue your physical activity unchanged?	74	78	72	75	76	73	30
No response	8	4	9	9	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	Pacific	European	Maori	Asian	Other	No response
Base =	1000*	100	648	263	41	18**	5**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	26	25	27	27	24	16	12
Give verbal advice only?	60	66	58	57	70	75	43
Other (Specify)	6	4	7	6	1	0	0
Don't know	0	0	0	1	0	0	0
No response	8	5	8	10	5	9	45
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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

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	Pacific	European	Maori	Asian	Other	No response
Base =	490*	42	326	133	16**	7**	1**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/medical condition preventing, recovering from	22	16	26	17	14	30	0
Already doing enough, already/always been active/happy with what doing	12	3	13	12	17	0	0
Too busy/no time	8	9	8	6	14	7	0
Increased workload/long hours/work commitments	16	22	13	21	7	55	0
Lack of motivation/laziness/depression	9	14	8	10	20	0	0
Lack energy/tired	6	6	6	8	0	0	0
Specified type of activity/level of activity	7	0	10	2	14	0	100
Family responsibilities	9	9	7	13	0	26	0
GRx has not helped	2	6	2	2	0	0	0
Weather/darkness	1	0	1	0	0	0	0
Lack of support	1	0	1	3	0	6	0
Other commitments, holidays	4	6	3	5	7	0	0
Difficulty getting into, or lost, routine/didn't get into a habit	3	9	3	2	0	0	0
Costs/fees of activity too expensive	3	0	4	2	0	0	0
Getting too old/no longer up to it	2	0	3	1	0	0	0
Other	15	26	13	17	6	27	0
No particular reason	1	0	0	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	242*	45	122	80	7**	4**	2**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	41	32	59	26	29	16	43
Increased workload/longer hours/work commitments	11	16	8	11	34	0	0
Lack of motivation/confidence, laziness, depressed	16	15	10	23	0	15	100
Lack energy/tired	6	13	3	3	18	0	0
Specified type of activity not doing	0	0	0	1	0	0	0
Too busy/no time, other priorities/commitments (including study)	3	3	2	1	0	0	43
Family responsibilities (incl. pregnancy, home issues)	10	3	7	14	43	69	0
Weather/darkness/daylight saving over	3	0	2	7	11	0	0
Costs/fees of activities too expensive	4	3	3	6	0	16	57
Other	18	24	12	21	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	Pacific	European	Maori	Asian	Other	No response
Base =	2843	271	1867	739	96	56	25**
	%	%	%	%	%	%	%
Yes	68	73	64	76	67	63	45
No	28	23	33	19	29	37	47
Don't know	2	3	2	3	4	0	0
No response	1	0	1	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	2843	271	1867	739	96	56	25**
	%	%	%	%	%	%	%
No	28	22	32	21	26	25	40
Yes (Specify)	70	78	67	77	74	75	47
No response	1	0	1	1	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:**

Q14. What changes?

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1799*	194	1116	518	68	37	11**
	%	%	%	%	%	%	%
Drink more water	22	29	17	30	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	23	20	21	18	16	34
Cut down on fats/low fat foods	7	8	6	7	10	2	11
Less/avoid sugar and sugary foods, sweets, soft drinks	29	29	27	31	34	26	30
Eat more vegetables	20	31	16	21	32	29	25
Eat more fruit	10	11	8	12	16	5	25
Less alcohol	6	2	7	5	2	7	4
Reduce carbohydrates, including bread (gluten)	11	7	12	11	12	21	0
No snacking/regular meals, breakfasts	4	2	4	3	2	9	0
Diet plans	5	2	7	3	3	0	4
Eat less (red) meat/more fish	4	9	2	3	1	3	14
Cut down on salt use	2	3	2	2	5	3	0
Less takeaways/fast foods	5	6	3	8	6	2	4
Less dairy (milk, butters, etc.)	2	3	1	4	0	2	0
Less coffee/tea	2	3	3	2	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	2	4	3	2	5	0
Other	11	12	12	10	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?*

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

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?*

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

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?*

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

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

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

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

	Base =	Total 2720*	Pacific 240	European 1806	Maori 707	Asian 92	Other 54	No response 23**
		%	%	%	%	%	%	%
No		28	17	30	26	27	27	41
Yes		65	75	63	66	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	Pacific	European	Maori	Asian	Other	No response
Base =	2720*	240	1806	707	92	54	23**
	%	%	%	%	%	%	%
By myself	72	60	75	72	70	79	78
Family members (adults)	32	44	29	35	29	22	36
Family members (children)	15	29	10	21	15	25	27
A GRx community programme/group	15	16	14	14	10	11	22
Friends	26	28	25	29	16	33	18
Another organised group	13	11	13	13	10	6	11
A sports club	4	1	4	4	2	2	7
People from work	4	5	3	6	2	0	0
Other (Specify)	5	3	5	5	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	Pacific	European	Maori	Asian	Other	No response
Base =	2672*	236	1775	697	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	47	53	45	52	46	37	33
Agree	42	37	45	40	46	49	32
Neither agree nor disagree	7	8	7	6	3	8	26
Disagree	2	0	2	2	0	3	6
Strongly disagree	2	2	2	1	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	Pacific	European	Maori	Asian	Other	No response
Base =	2644*	225	1763	689	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	39	45	36	44	37	26	29
Agree	47	42	49	44	47	60	43
Neither agree nor disagree	10	10	9	9	13	9	11
Disagree	3	1	3	3	2	1	15
Strongly disagree	2	2	2	1	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	Pacific	European	Maori	Asian	Other	No response
Base =	2641*	229	1754	694	92	53	19**
	%	%	%	%	%	%	%
Strongly agree	41	49	38	47	42	31	26
Agree	45	40	47	41	49	61	24
Neither agree nor disagree	9	8	10	8	6	3	39
Disagree	3	2	2	3	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	Pacific	European	Maori	Asian	Other	No response
Base =	2641*	229	1757	691	92	54	19**
	%	%	%	%	%	%	%
Strongly agree	44	51	42	47	38	34	35
Agree	37	36	36	36	52	46	18
Neither agree nor disagree	12	8	14	11	6	9	32
Disagree	4	3	4	4	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	Pacific	European	Maori	Asian	Other	No response
Base =	2644*	230	1758	693	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	7	7	6	2	7	21
Disagree	2	2	2	2	0	0	14
Strongly disagree	2	1	2	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	2632*	228	1749	693	92	53	17**
	%	%	%	%	%	%	%
Strongly agree	43	54	39	50	42	36	22
Agree	38	33	40	35	44	40	31
Neither agree nor disagree	13	8	16	11	10	16	28
Disagree	3	4	3	3	2	1	10
Strongly disagree	2	1	3	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	2632*	229	1747	695	92	53	17**
	%	%	%	%	%	%	%
Strongly agree	39	56	36	42	37	31	15
Agree	38	29	39	37	43	41	35
Neither agree nor disagree	16	10	17	14	13	19	28
Disagree	4	4	4	4	4	2	10
Strongly disagree	3	1	4	3	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	Pacific	European	Maori	Asian	Other	No response
Base =	2669*	233	1773	699	91	54	19**
	%	%	%	%	%	%	%
Very satisfied	50	55	48	55	40	46	41
Satisfied	35	34	36	33	45	36	9
Neither/nor	9	9	10	8	11	12	42
Dissatisfied	3	1	4	2	2	2	9
Very dissatisfied	3	2	3	3	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	Pacific	European	Maori	Asian	Other	No response
Base =	1442*	155	887	446	45	30	7**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	38	36	37	41	41	20	69
Follow-up contact received/checks on progress	12	10	11	16	6	13	0
Motivated me to be active/more active, am more active as a result	14	13	15	14	16	14	0
Empathic, understands needs/situation, takes genuine interest, caring, listens	7	6	8	7	8	15	9
Improved health, motivation, confidence/Feel better, happier/See results	16	28	12	15	30	9	9
Friendly, lovely, pleasant, cheerful, enthusiastic people	4	5	5	4	5	1	0
Useful/Good information/advice/explanations/ideas/suggestions	14	17	14	13	20	7	9
Appropriate activities - suitable for my lifestyle, abilities, condition	6	6	7	6	9	7	36
Excellent/Great/Awesome team, support	13	12	13	15	8	15	30
Service great/good/impressive	14	10	15	14	17	11	38
Personal contact/attention	9	5	9	11	0	11	0
No pressure/non-judgmental	3	1	3	2	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	4	3	3	2	0	0
Help with activities/exercises	2	3	1	1	5	0	0
Great/good communicator - clear/concise/understandable	2	2	2	4	0	4	0
A lack of contact or follow-up/more follow-up required	1	0	1	2	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*

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

*Q24b. Reasons for being less than satisfied*

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2843	271	1867	739	96	56	25**
		%	%	%	%	%	%	%
Male		29	33	29	27	24	30	25
Female		70	67	71	73	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?*

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2843	271	1867	739	96	56	25**
		%	%	%	%	%	%	%
No qualification		23	31	19	28	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	19	22	18	43	33	29
Other post-secondary qualification requiring three months or more fulltime study (eg trade certificate, diploma)		22	17	25	20	14	29	1
Other (Specify)		0	0	0	1	0	0	0
No response		2	2	1	3	0	0	51
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

Total may not sum to 100% due to rounding.

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

**Table 36:**

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

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

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?*

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

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?*

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2843	271	1867	739	96	56	25**
		%	%	%	%	%	%	%
Working full-time		24	27	21	28	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	15	6	10	19	9	0
Retired		28	13	37	13	11	28	8
Sick/invalid beneficiary		13	15	11	18	8	0	6
Student (full-time, including secondary school)		4	4	3	6	3	6	8
Other (Specify)		1	2	1	1	0	3	0
No response		1	0	1	0	1	0	49
<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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?*

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

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	33	33	12	36%
Sport Auckland - Auckland	501	340	86	25%
Sport Auckland - Counties	745	337	56	17%
Harbour Sport	67	67	15	22%
HealthWest	85	85	17	20%
Sport Waikato	101	101	13	13%
Sport Gisborne	9	9	1	11%
Sport Bay of Plenty	23	23	5	22%
Sport Hawkes Bay	30	30	3	10%
Sport Taranaki	6	6	3	50%
Sport Wanganui	2	2	1	50%
Sport Manawatu	26	26	5	19%
Sport Wellington	114	114	33	29%
Nelson Bays PHO	6	6	3	50%
CWCST - Canterbury	37	37	9	24%
CWCST - West Coast	1	1	0	0%
Sport Otago	19	19	3	16%
Sport Southland	16	16	4	25%
Kimi Hauora Marlborough PHO	3	3	2	67%
<b>Total</b>	<b>1824</b>	<b>1255</b>	<b>271</b>	<b>22%</b>

\*Sub-sample based on those patients identified as being Pacific 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?*

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

Total may exceed 100% because of multiple responses.

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



**Table 42:**

*Q3. Are you currently...?*

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

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?*

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

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

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

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

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	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	68	58	71	65	65	52	77
No	29	36	26	31	30	45	14
No response	4	6	2	4	5	3	9
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 47:**

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1967*	138	1377	465	56	26**	19**
	%	%	%	%	%	%	%
Yes	51	53	49	56	53	56	17
No	42	36	46	37	37	44	70
No response	7	11	5	6	10	0	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 48:**

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1122*	94	734	304	36	13**	9**
	%	%	%	%	%	%	%
Tell you to stop your physical activity?	2	0	2	2	0	0	0
Encourage you to change your physical activity?	14	15	12	16	7	29	6
Encourage you to continue your physical activity unchanged?	70	62	75	69	72	71	62
No response	14	23	10	13	22	0	32
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 49:**

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1100*	94	716	300	36	13**	9**
	%	%	%	%	%	%	%
Write a new/extend your current GRx?	21	16	20	25	25	38	48
Give verbal advice only?	60	57	64	56	56	57	20
Other (Specify)	2	4	2	1	0	0	0
No response	17	23	14	18	19	5	32
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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

Total may not sum to 100% due to rounding.

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



**Table 51:**

*Q11a. If about the same time, why is this?*

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

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 less time, why is this?*

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	189*	20**	112	59	8**	3**	3**
	%	%	%	%	%	%	%
Illness/injury/operation/pain/health problems	42	37	53	36	70	29	63
Increased workload/longer hours/work commitments	13	28	8	8	17	37	37
Lack of motivation/confidence, laziness, depressed	13	20	10	12	0	0	0
Lack energy/tired	5	0	4	9	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	6	9	15	0	0	0
Family responsibilities (incl. pregnancy, home issues)	8	14	5	4	13	37	37
Weather/darkness/daylight saving over	3	6	2	2	0	0	0
Costs/fees of activities too expensive	2	0	4	2	0	0	0
Other	11	0	13	14	0	34	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 53:**

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	71	74	67	77	72	60	80
No	24	18	29	18	20	33	7
Don't know	2	1	2	2	4	7	0
No response	4	6	2	3	5	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 54:**

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

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
No	27	21	32	20	30	25	24
Yes (Specify)	67	67	63	74	63	68	63
No response	7	12	4	6	7	7	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 55:**

*Q13a. What changes?*

	Total	Pacific	European	Maori	Asian	Other	No response
Base =	1641*	139	1069	447	54	29**	13**
	%	%	%	%	%	%	%
Drink more water	20	27	15	28	21	27	0
Eating more healthily/less junk food (better choices, watch what I eat)	22	14	25	25	27	36	18
Eating less/smaller meals (portion control)	22	20	22	21	13	14	6
Cut down on fats/low fat foods	10	17	7	8	24	14	4
Less/avoid sugar and sugary foods, sweets, soft drinks	27	29	28	27	22	18	46
Eat more vegetables	23	35	16	26	31	26	14
Eat more fruit	10	9	10	11	8	6	9
Less alcohol	4	3	6	2	0	0	0
Reduce carbohydrates, including bread (gluten)	10	9	11	11	16	8	9
No snacking/regular meals, breakfasts	3	3	3	4	0	2	0
Diet plans	4	0	5	3	1	3	0
Eat less (red) meat/more fish	3	2	2	4	19	12	0
Cut down on salt use	4	5	4	5	3	0	0
Less takeaways/fast foods	4	4	2	6	1	0	0
Less dairy (milk, butters, etc.)	2	2	2	2	0	0	0
Less coffee/tea	1	1	2	2	2	0	0
More grain breads, fibre or similar	2	1	2	1	5	3	0
More protein	1	0	1	2	0	0	0
Supplements, dietary	1	0	0	2	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	21	13	12	8	10	23
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 56:**

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

Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
The support person contacted me (by phone call, letter, email)	64	56	70	57	75	68	26
I went to see them in person	21	22	20	27	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	14	4	7	16	3	0
No response	4	5	2	5	1	0	21
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

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?*

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

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	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
Yes	35	31	35	39	31	33	46
No	34	35	36	30	38	37	29
Don't know	22	25	20	21	27	20	6
No response	9	10	8	10	4	10	20
Total	100	100	100	100	100	100	100

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

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

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	Pacific	European	Maori	Asian	Other	No response
Base =	2072*	162	1393	532	67	40	18**
	%	%	%	%	%	%	%
No	11	15	10	9	9	16	2
Yes	77	74	77	82	75	72	76
No response	12	12	13	9	16	12	22
Total	100	100	100	100	100	100	100

\*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	Pacific	European	Maori	Asian	Other	No response
Base =	2595*	196	1784	631	76	44	23**
	%	%	%	%	%	%	%
No	26	22	29	24	12	21	23
Yes	64	65	63	68	70	69	53
No response	10	13	9	9	18	10	24
Total	100	100	100	100	100	100	100

\*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?*

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

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*

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2490*	187	1722	601	74	44	17**
		%	%	%	%	%	%	%
Strongly agree		47	44	46	48	48	48	69
Agree		46	47	47	45	47	44	24
Neither agree nor disagree		4	4	4	4	4	1	0
Disagree		2	2	2	1	0	7	3
Strongly disagree		1	2	1	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 65:**

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

	Base =	Total	Pacific	European	Maori	Asian	Other	No response
		2465*	181	1707	595	74	44	16**
		%	%	%	%	%	%	%
Strongly agree		36	31	37	39	31	39	49
Agree		53	59	51	52	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

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	Pacific	European	Maori	Asian	Other	No response
Base =	2442*	179	1689	594	73	44	15**
	%	%	%	%	%	%	%
Strongly agree	39	35	38	43	35	46	51
Agree	51	56	51	48	58	43	36
Neither agree nor disagree	6	4	7	6	5	9	5
Disagree	2	4	3	2	1	2	4
Strongly disagree	1	1	1	1	1	0	5
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 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	Pacific	European	Maori	Asian	Other	No response
Base =	2453*	183	1698	593	73	44	16**
	%	%	%	%	%	%	%
Strongly agree	44	39	43	48	46	49	42
Agree	42	48	41	38	46	32	50
Neither agree nor disagree	9	7	10	7	7	13	0
Disagree	4	5	4	4	0	5	4
Strongly disagree	2	2	2	2	1	2	5
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 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	Pacific	European	Maori	Asian	Other	No response
Base =	2472*	182	1705	602	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	51	42	52	54	51	53	41
Agree	40	50	39	37	45	40	51
Neither agree nor disagree	6	4	6	7	4	5	0
Disagree	2	3	2	2	0	0	3
Strongly disagree	1	1	1	1	1	2	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 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	Pacific	European	Maori	Asian	Other	No response
Base =	2432*	180	1679	588	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	42	42	41	45	48	45	63
Agree	43	48	43	42	42	27	26
Neither agree nor disagree	10	7	12	9	8	17	4
Disagree	3	3	3	2	1	6	3
Strongly disagree	2	1	2	3	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	Pacific	European	Maori	Asian	Other	No response
Base =	2431*	181	1678	589	73	44	17**
	%	%	%	%	%	%	%
Strongly agree	40	40	38	41	50	52	39
Agree	42	47	41	41	39	23	45
Neither agree nor disagree	13	8	15	12	9	14	4
Disagree	4	3	4	5	1	4	3
Strongly disagree	2	3	2	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	2508*	185	1736	608	73	44	18**
	%	%	%	%	%	%	%
Very satisfied	52	50	52	55	41	47	75
Satisfied	36	42	35	35	47	32	9
Neither/nor	7	5	9	6	9	10	4
Dissatisfied	2	2	3	2	2	11	7
Very dissatisfied	2	1	2	2	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	Pacific	European	Maori	Asian	Other	No response
Base =	1311*	108	865	354	36	25**	8**
	%	%	%	%	%	%	%
Encouraging, motivating, supportive, helpful	36	29	36	39	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	9	7	6	12	4	0
Empathic, understands needs/situation, takes genuine interest, caring, listens	4	2	4	5	2	3	0
Improved health, motivation, confidence/Feel better, happier/See results	8	10	6	8	14	8	7
Friendly, lovely, pleasant, cheerful, enthusiastic people	3	1	4	3	5	0	9
Useful/Good information/advice/explanations/ideas/suggestions	8	9	8	8	11	0	10
Appropriate activities - suitable for my lifestyle, abilities, condition	5	5	5	3	3	0	10
Excellent/Great/Awesome team, support	5	8	5	3	6	3	0
Service great/good/impressive	5	4	4	6	2	8	0
Personal contact/attention	2	2	2	1	0	5	0
No pressure/non-judgmental	1	0	1	1	0	0	0
Easy to contact/talk to, accessible, approachable	1	3	1	1	0	0	0
Greater awareness/understanding of need to be/benefits of being more active	1	0	1	1	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	2	1	1	0	0	0
Other barriers: distance to travel, family responsibilities, work, time, cost	4	6	3	5	0	12	0
Already active/doing own thing	1	0	1	2	0	0	0
Illness/injury barriers - can't do exercises because of, doing what I can	2	3	3	1	2	0	6
Need support/motivation, lack of motivation	1	2	1	0	0	0	0
More face-to-face/personal contact/support desired	1	2	1	0	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	0	1	1	0	0	0
More advice/information required	0	0	0	0	7	0	0
Self-motivated/Up to me/my decisions	1	0	1	3	0	0	0
Other - Negative comment	3	4	4	2	2	5	0
Other - Positive comment	16	17	16	16	8	17	0
No particular reason	3	2	3	3	2	9	0
Don't know	0	0	0	0	0	0	0

\*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*

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

	Base =	Total 2709 %	Pacific 218 %	European 1838 %	Maori 666 %	Asian 83 %	Other 45 %	No response 23** %
Male		31	38	27	32	43	28	5
Female		68	62	72	68	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?*

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

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?*

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

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	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	45	37	50	47	35	47	8
No	50	61	45	50	61	53	9
No response	4	2	4	3	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	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Working full-time	22	31	17	25	25	16	7
Working part-time	12	9	13	10	10	4	4
Unemployed/actively seeking a job	6	11	3	7	12	9	0
At home	11	14	10	12	16	11	0
Retired	28	8	39	17	22	25	0
Sick/invalid beneficiary	16	20	13	22	11	20	4
Student (full-time, including secondary school)	3	5	2	4	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	Pacific	European	Maori	Asian	Other	No response
Base =	2709	218	1838	666	83	45	23**
	%	%	%	%	%	%	%
Yes	54	53	51	62	42	70	6
No	43	45	45	35	58	30	11
Don't know	1	1	2	1	0	0	0
No response	3	1	2	2	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	19	19	5	26%
Sport Auckland - Auckland	559	258	44	17%
Sport Auckland - Counties	982	253	72	28%
Harbour Sport	120	120	25	21%
HealthWest	58	56	10	18%
Sport Waikato	72	65	7	11%
Sport Gisborne	10	10	0	0%
Sport Bay of Plenty	18	16	2	13%
Sport Hawkes Bay	28	28	5	18%
Sport Taranaki	6	6	0	0%
Sport Whanganui	0	0	0	-
Sport Manawatu	12	12	4	33%
Sport Wellington	58	58	6	10%
Nelson Bays PHO	8	8	2	25%
CWCST - Canterbury	46	22	2	9%
CWCST - West Coast	0	0	0	-
Sport Otago	13	13	3	23%
Sport Southland	15	15	7	47%
Marlborough PHO	3	3	0	0%
<b>Total</b>	<b>2027</b>	<b>962</b>	<b>194</b>	<b>20%</b>

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

^Ethnicity of patients not provided.