



Green Prescription Active Families Survey  
Report

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## Green Prescription Active Families Survey Report

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# 1.0 Executive Summary

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This report presents the findings of the ninth survey in an on-going monitor of participants in the Green Prescriptions Active Families (Active Families) programme. As in previous years, the survey sought the views of participants about how well the programme worked for their child and family. The findings for 2018 represent the views of n=269 families, who participated in the programme between July 2016 and April 2018<sup>1</sup>.

## Key findings

Table 1 overleaf shows the key results for the Active Families programme for 2016 – 2018 (for convenience referred to as the 2018 survey) and the previous four years' survey results (2013 through 2016). The success of the programme is measured by the performance of the contract holders against 11 Key Performance Indicators (KPIs). The survey of participating families reported on here measured performance for nine of these KPIs.

In 2018, the contract holders exceeded all nine KPI targets measured by the survey.<sup>2</sup> Most notably:

- ◆ 99 percent of GRx Active Families participants are aware of and understand the benefits of physical activity (target is a minimum of 85 percent)
- ◆ 98 percent of GRx Active Families participants are satisfied with the overall service and support provided (target is a minimum of 90 percent)
- ◆ 96 percent of GRx Active Families participants felt the physical activities suggested were appropriate for them (target is a minimum of 90 percent)
- ◆ 95 percent of GRx Active Families participants felt that what the activity provider suggested was appropriate for them (target is a minimum of 85 percent)
- ◆ 92 percent of GRx Active Families participants feel more confident about doing physical activity (target is a minimum of 85 percent).

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<sup>1</sup> The relatively low number of responses means that sub-group sample sizes are too small for meaningful comparisons to be made. Therefore, further analysis of sub-groups of participants and Active Families contract holders has not been undertaken.

<sup>2</sup> 13 out of 17 of the contract holders are represented in the survey. No questionnaires were received from four contract holders.



**Table 1: 2017-2018 targets for GRx Active Families Contract Holders\***

Goal Participants...	GRx Active Families target	2013 %	2014 %	2015 %	2016 %	2018 %	2018 KPI Result
Are more active since receiving their GRx	Minimum of <b>80%</b> of GRx Active Families participants are more active after 6-8 months of receiving their GRx	81	76	79	83	85	Achieved
Adopt better nutritional habits	Minimum of <b>85%</b> of GRx Active Families participants have made changes to their diet since receiving their GRx	89	90	88	87	90	Achieved
Receive effective support to maintain activity	Minimum of <b>85%</b> of GRx Active Families participants feel more confident about doing physical activity	91	90	89	89	92	Achieved
Have a choice of activities that are relevant and appropriate for them	Minimum of <b>90%</b> of GRx Active Families participants felt the physical activities suggested were appropriate for them	95	95	95	96	96	Achieved
Have a choice of activity providers that are relevant and appropriate for them	Minimum of <b>85%</b> of GRx Active Families participants felt the activity provider suggested was appropriate for them	95	97	97	97	95	Achieved
Are motivated to participate in and follow their GRx	Minimum of <b>85%</b> of GRx Active Families participants are motivated to get/stay physically active	90	93	90	91	90	Achieved
Are aware of and understand the benefits of physical activity	Minimum of <b>85%</b> of GRx Active Families participants are aware of and understand the benefits of physical activity	94	97	97	97	99	Achieved
Have noticed health changes since being more active	Minimum of <b>85%</b> of GRx Active Families participants have noticed health and fitness level changes	86	91	86	88	89	Achieved
Ensure consistent high quality services and support are delivered to GRx participants	Minimum of <b>90%</b> of GRx Active Families participants are satisfied with the overall service and support provided	98	98	98	96	98	Achieved

\*As with previous years' surveys, the KPI results exclude non-response to each statement.



## 2.0 Introduction

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### 2.1 Background

In 2004, a gap was identified in the community for a collaborative approach in increasing physical activity levels of children and youth who are at risk of suffering adverse health effects from being overweight or obese. Sport and Recreation NZ (SPARC) established the Green Prescription Active Families programme to meet this need.

The GRx Active Families programmes are community based health initiatives, designed to increase physical activity among children and young people aged 5-18 years and their whānau/families. Priority is given to children aged 5-12 years. The programme enables participants to embrace healthier and more active lifestyles that are sustainable through encouragement, education, nutritional guidance and advice, realistic goal setting and on-going support. Each programme provides support for a minimum of 35 children and young people and their families for a period of up to 12 months.

The programme achieves health equity by having equal proportions of European and Maori/Pacific families. This is highlighted in the demographic characteristics of the achieved sample, wherein 63 percent of the participants identified their family as being European, while 40 percent identified as Māori, 21 percent as Pacific (see Chapter 7).<sup>3</sup> The programme also reaches people in need (families in deprived regions), as reflected by the deprivation index distribution of all participants (see Figure 22, Chapter 7).

Referrals may be made by a range of referrers including paediatricians, general practitioners, practice nurses, community, school and public health nurses, occupational and physiotherapists, dieticians and nutritionists. The referrer is kept informed of families' involvement in the programme. Families are also able to refer themselves to the programme. Criteria for referral are: inactive children with a BMI over 25 and within the 95th percentile, with a family motivated to make lifestyle changes.

Regular group activity sessions may be held at community facilities and include a physical activity session, and working as a group on individual goals/achievements. Physical activities include fitness circuits, modified games, sports and aquatic activities. Information and education about health, wellbeing, healthy food and physical activity is provided. Home visits in some areas assist in family goal setting. Participants and their families are encouraged to take ownership of the programme and form friendships and social interactions between families.

The long-term goal for each child is a minimum of 60 minutes of moderate intensity activity most days of the week. Regular monitoring/testing of each participant is conducted to measure the progress and effectiveness of the programme.

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<sup>3</sup> Respondents to the survey can identify as belonging to more than one ethnicity group.



When the long-term goal of being moderately active for at least 60 minutes on most days has been achieved on a sustainable basis and expected improvement in health outcomes achieved, an exit strategy is developed to link the participant to other activities in the community. This helps ensure the lifestyle change is maintained, including daily physical activity by the whānau/family.

Responsibility for the GRx initiative, including GRx Active Families, was transferred from SPARC to the Ministry of Health (the Ministry) in July 2009. Funding and management of the initiative was subsequently devolved to district health boards (DHBs) in July 2012.

## 2.2 Objectives

This is the tenth annual assessment and ninth monitor of the effectiveness of the Ministry's GRx Active Families (Active Families) programme. The Ministry commissioned Research New Zealand to collate and analyse results from a survey of participants to get views about how well the programme worked for them, in terms of helping those children and families referred to it become more active and to get their feedback on the advice and support provided through the programme.

## 2.3 Methodology

The 2018 survey is the same as that developed for SPARC in 2008 and repeated each year between 2009 and 2016.<sup>4</sup> The survey was administered as a self-completion questionnaire with the contract holders from each region taking responsibility for distributing and collecting the questionnaires. As in previous years, the questionnaire was distributed to participants in the Active Families programme approximately six months after their entry to the programme by Active Families co-ordinators in regions where the programme is run. Returns were received on a regular, approximately monthly basis. These findings represent responses received over the period from July 2016 to April 2018. Responses were received from 13 out of 17 Active Families contract holders.

A total of n=269 valid responses have been collated and reported on in 2018. As some of the 13 contract holders who submitted surveys in 2018 could not confirm how many questionnaires had been distributed to their clients, it is not possible to calculate a response/participation rate for the current survey. For comparative purposes, the table below shows the valid responses received for previous years' surveys.

	Valid Responses
2015 - 2016	226
2014 - 2015	208
2013 - 2014	197
2012 - 2013	133
2011 - 2012	138
2010 - 2011	123
2009 - 2010	149
2008 - 2009	102
2007 - 2008	90

<sup>4</sup> Due to budgetary constraints, the Ministry did not commission the collation and analysis of survey results in 2017.



As agreed with the Ministry, in addition to excluding non-responses for the KPI reporting, the detailed sections of this report also exclude non-responses in the 2018 results. This is so that the findings in the body of the report align with how the KPI reporting is undertaken. Due to the change in how non-responses are treated in the 2018 survey, comparisons with previous measures are indicative only, and should be treated with caution.

**Note:** the relatively low number of responses means that sub-group sample sizes are too small for meaningful comparisons to be made. Therefore, further analysis of sub-groups of participants and Active Families contract holders has not been undertaken.



## 3.0 Joining the Active Families programme

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### **Key findings**

51 percent of the children in this year's survey were referred to the Active Families programme by their family doctor, followed by 16 percent who were referred by a paediatrician, and seven percent by a Doctor's Nurse.

Children in this year's survey were mostly referred to the Active Families programme in the 6-8 months before completing the survey (42 percent), with another 24 percent referred less than six months earlier, and 21 percent referred 8-12 months earlier.

The two main reasons for being referred to the Active Families programme remain:

- ◆ weight problems (79 percent)
- ◆ for the child to become more active (71 percent).

The main activities recommended for outside of the Active Families group sessions are:

- ◆ walking (79 percent)
- ◆ sport (62 percent)
- ◆ home based exercises (61 percent)
- ◆ swimming (56 percent)
- ◆ biking (52 percent).



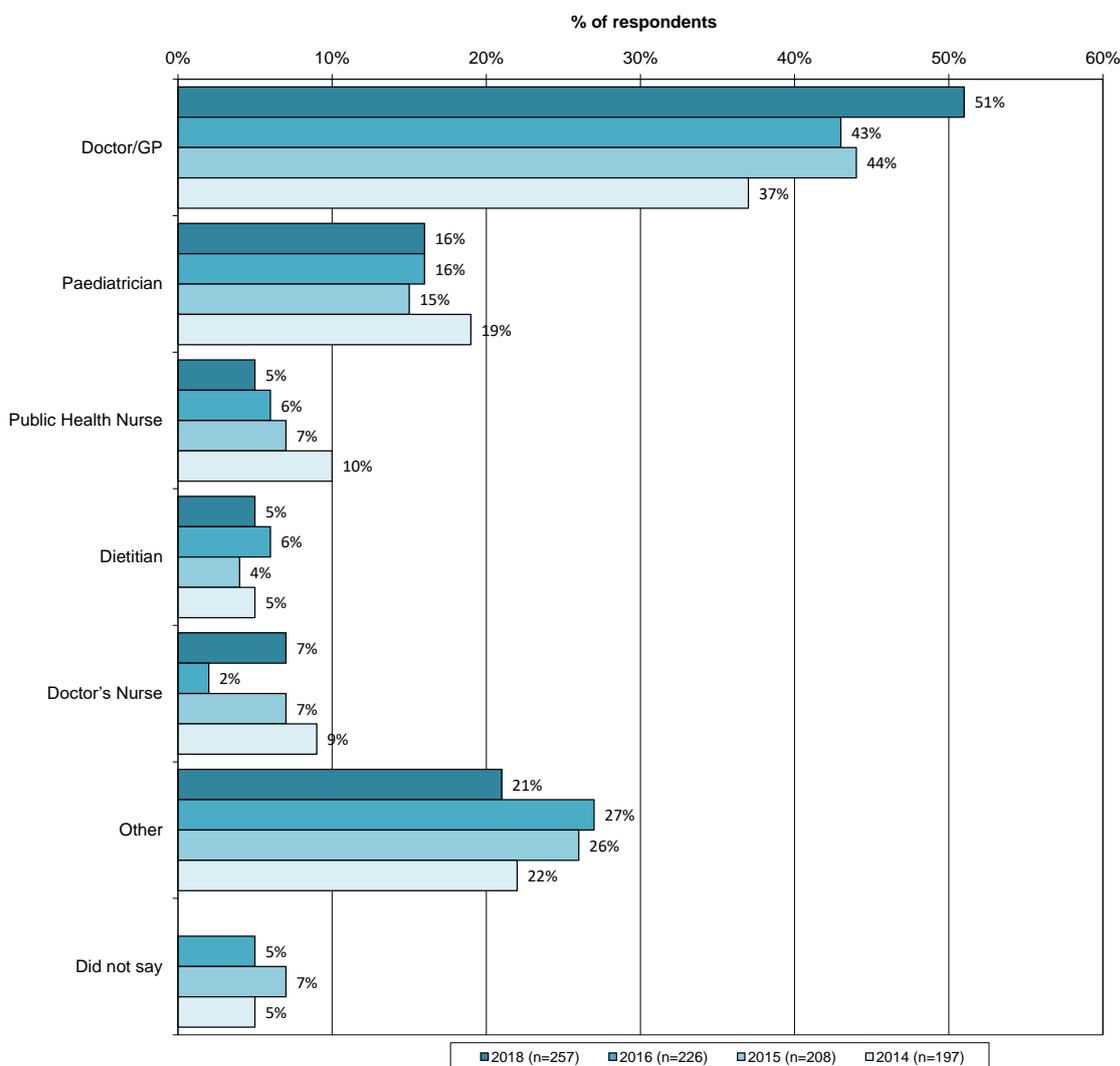
### 3.1 Who referred child to Active Families programme

51 percent were referred to the Active Families programme by their doctor, followed by 16 percent who were referred by a paediatrician, and seven percent by a Doctor’s Nurse (Figure 1).

Other sources of referrals accounted for 21 percent of this year’s participants. The main other sources included through friends or family (20 participants), self-referrals (eight participants), school/advertising at school (seven participants). Other sources mentioned included B4 School Check, Health Committee, Respiratory Nurse, Health Expo and Octane Youth.

**Figure 1: Persons referring child to Active Families programme**

*Q1. Who referred your child to the GRx Active Families programme?*



Total may exceed 100% because of multiple response.  
 2018 results exclude non-response (all 269 respondents were asked to answer this question).

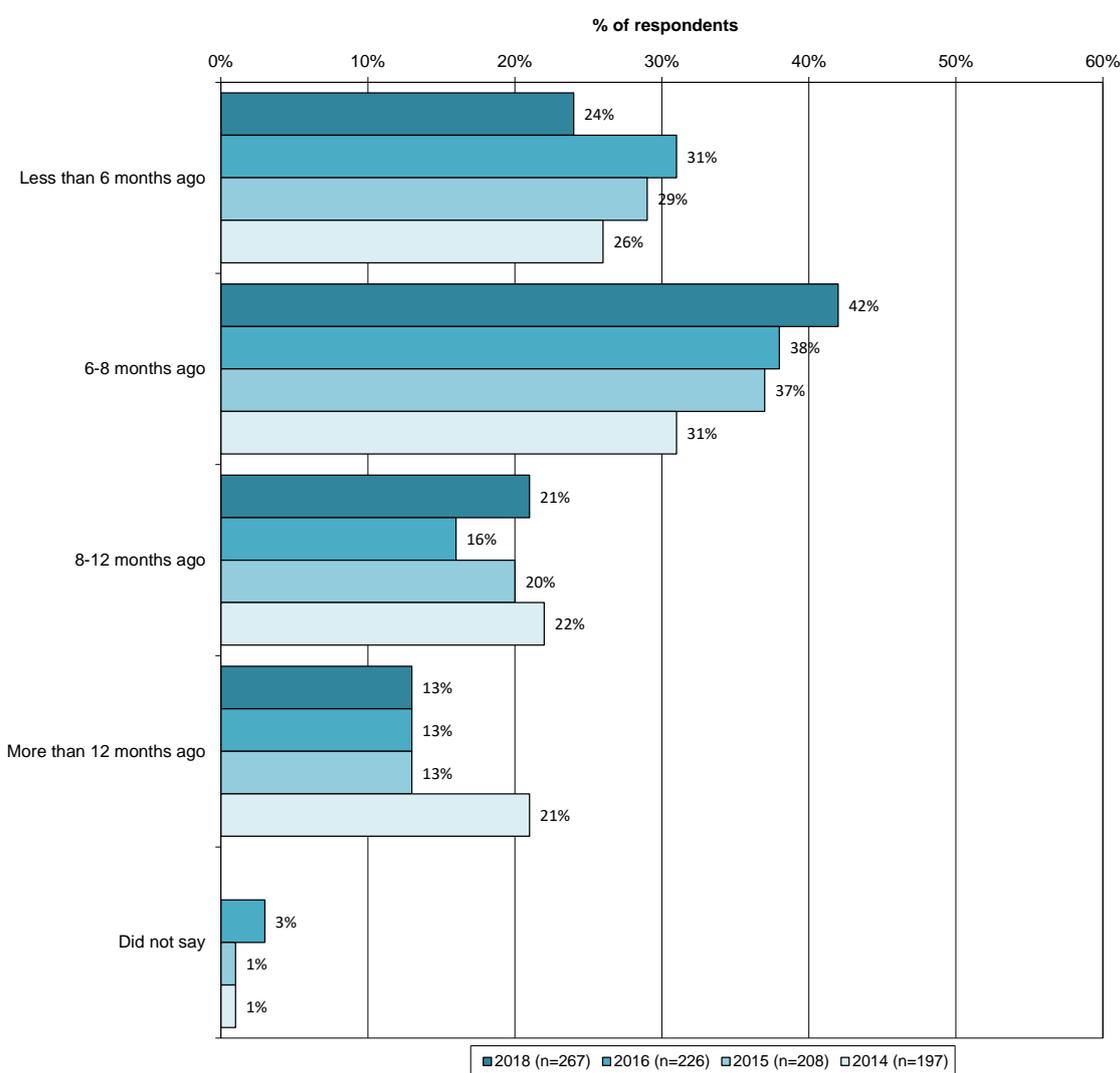


## 3.2 When referred child started the Active Families programme

In 2018, participants most commonly identified that their child started the Active Families programme 6-8 months before completing the survey (42 percent). 24 percent started less than six months before being asked to complete the survey and another 21 percent started 8-12 months earlier (Figure 2).

**Figure 2: When referred child started the Active Families programme**

*Q2. When did your child start the programme?*



Total may exceed 100% because of multiple response.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).



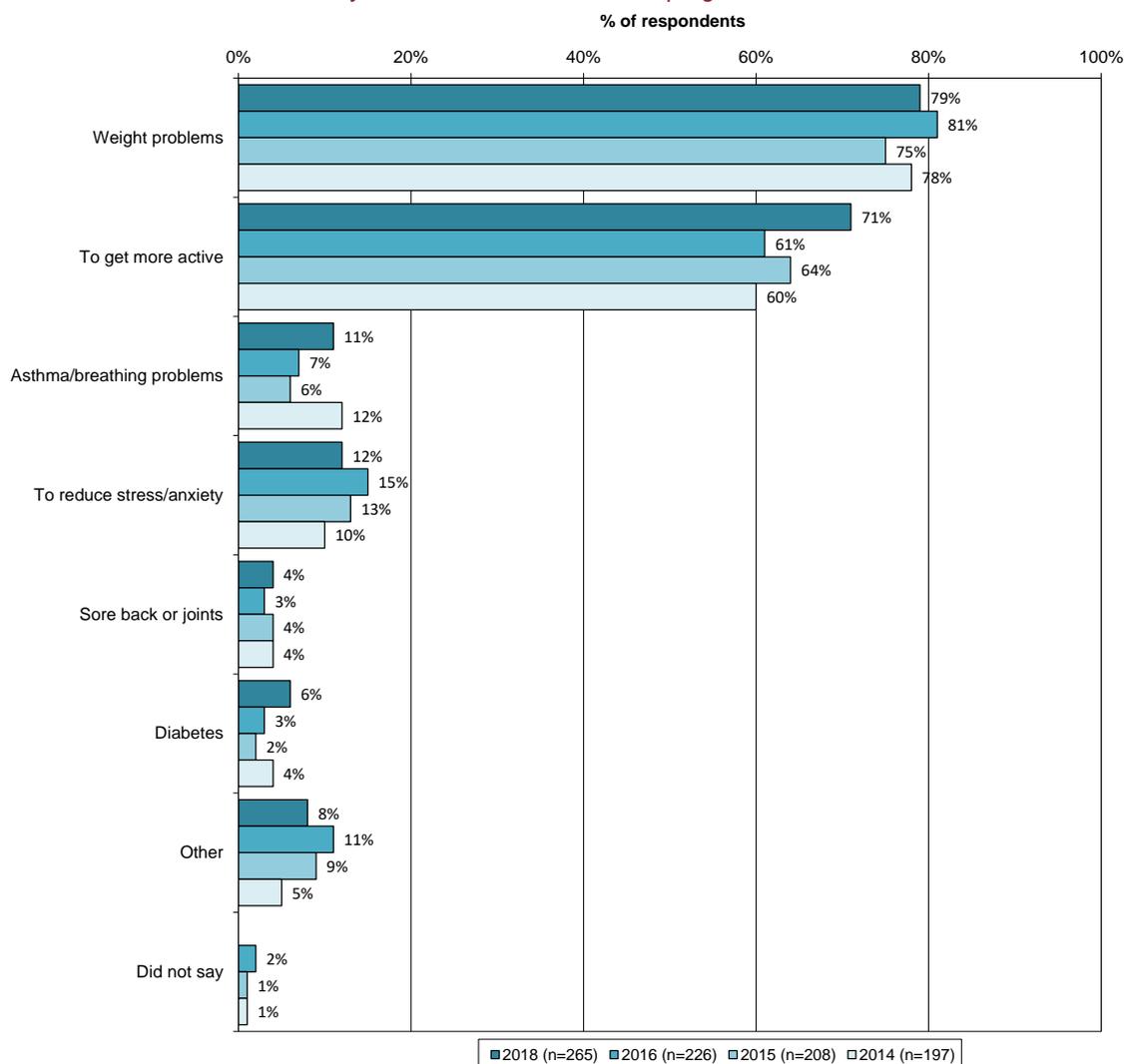
### 3.3 Main reasons why child was referred

When asked to identify the main reasons their child was referred to the Active Families programme, 79 percent said their child was referred because of weight problems and 71 percent indicated it was for their child to become more active (Figure 3). 12 percent of children were referred to help reduce stress/anxiety. 11 percent were referred for asthma/breathing problems, while smaller numbers were referred for diabetes (six percent), and a sore back or joint related issue (four percent).

Eight percent (22 participants) were referred for other reasons including: confidence and to help with healthy eating.

**Figure 3: Main reasons for referral of child to the Active Families programme**

*Q3. What were the main reasons your child was referred to the programme?*



Total may exceed 100% because of multiple response.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).

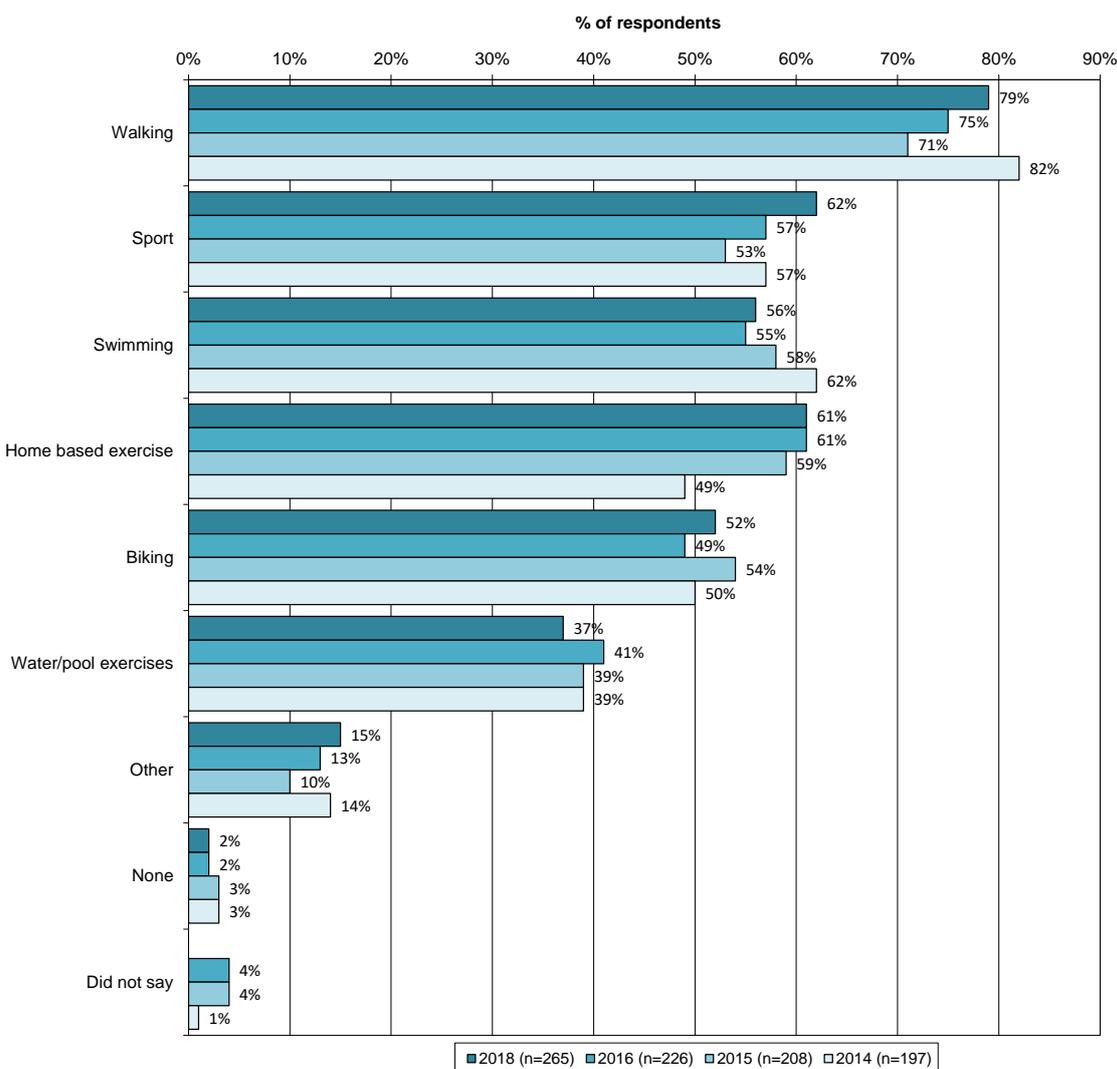


### 3.4 Main activities recommended for outside Active Families programme

Participants were asked what physical activities the Active Families co-ordinator recommended for their child to do outside of the group/family sessions of the programme. Most commonly, the recommended physical activities were walking (79 percent of participants), sport (62 percent), home based exercise (61 percent), swimming (56 percent), and biking (52 percent) (Figure 4). 37 percent identified water/pool exercises and 15 percent identified some other exercises or suggestions. The other exercises or suggestions identified included: gym memberships, running, boxing/kick boxing, and organised events (Magic Mile and Round the Bays). Two percent of participants said no physical activities were recommended for their child to do outside of the programme.

**Figure 4: Main activities recommended for referred child outside the Active Families programme**

*Q4. What physical activities did the GRx Active Families Coordinator recommend for your child to do outside of the group/family session?*



Total may exceed 100% because of multiple response.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).



## 4.0 Current status of child on Active Families programme

### Key findings

80 percent of participants reported that their child is still taking part in the Active Families programme, while 19 percent said they are temporarily or permanently off the programme.

- ◆ The main reason provided for no longer being on the programme is that the family has made the necessary changes to their child's lifestyle and no longer needs support.
- ◆ A small number cited barriers to participating such as not having enough time, the timing of the sessions and their child has lost interest in the programme.

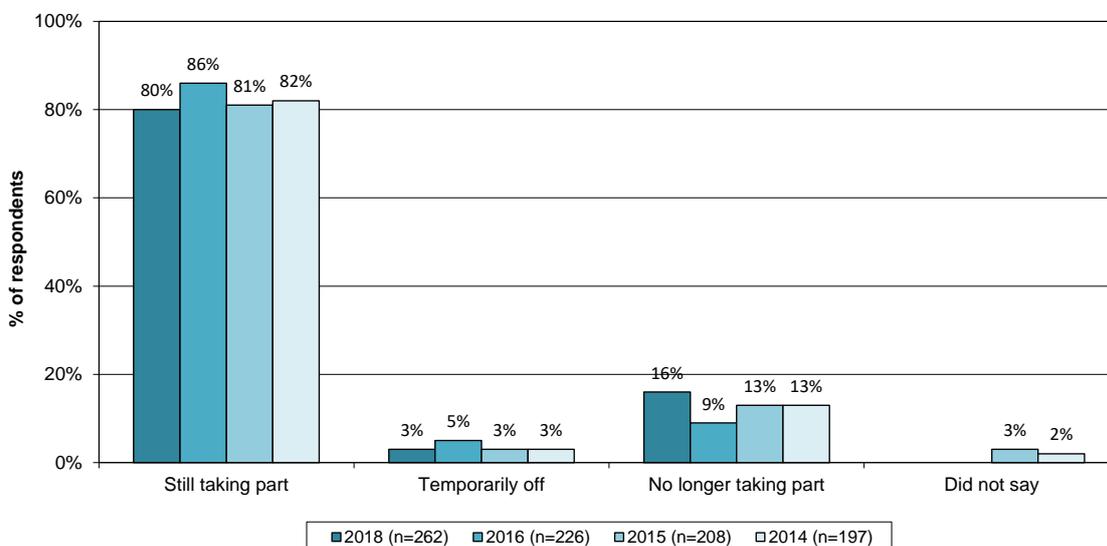
### 4.1 Current status

People were asked whether their child was still taking part in the Active Families programme, temporarily out of the Active Families programme but meaning to start again, or no longer taking part in the Active Families programme.

80 percent reported that their child was still taking part in the Active Families programme, with three percent saying their child was temporarily off the programme and 16 percent saying that their child was no longer taking part in the programme (Figure 5). Reasons for being off the programme are discussed in the next section.

**Figure 5: Current status of child on Active Families programme**

*Q5. Is your child...?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).



## 4.2 Reasons for being off Active Families programme

Where a respondent indicated their child was temporarily off or no longer taking part in the Active Families programme they were asked to identify why this was (this applied to 50 participants). These reasons are presented below in Table 2.

19 of the 50 participants (38 percent) reported that their family had made changes and no longer needed the support, while seven participants (14 percent) reported they didn't have enough time to participate and the timing of the sessions were inconvenient. 27 participants mentioned other reasons, which mainly included the programme had ended for them.

**Table 2: Reasons for being off programme**

*Q6. If your child is temporarily off or no longer taking part in the GRx Active Families programme, why is this?*

Base =	2018	2018	2016	2016	2015	2015
	50*	50*	32*	32*	40*	40*
	n	%	n	%	n	%
Family made changes, no longer needs support	19	38	5	16	11	28
Timing of sessions	7	14	4	12	3	8
Child has injury/health problems	2	4	3	9	1	2
Not enough time	7	14	4	12	7	18
Lack of transport	1	2	2	6	0	0
Location of sessions	2	4	1	3	3	8
Child did not enjoy it	1	2	2	6	2	5
Lost interest	5	10	2	6	0	0
Other family members didn't enjoy it	0	0	0	0	0	0
Costs too much	0	0	0	0	0	0
Family not ready to change	1	2	0	0	1	2
Other	27	54	17	53	15	38
Did not say	-	-	2	6	5	12

Total may exceed 100 because of multiple response.

\*Sub-sample based on those temporarily off or no longer on a GRx. 2018 results exclude non-response (52 respondents were asked to answer this question).



## 5.0 Changes resulting from involvement in the Active Families programme

### Key findings

**89 percent of participating families have noticed positive changes in their child's health since participating in the Active Families programme.**

- ◆ The main changes noticed include: more willing to try new activities and/or having more confidence. Also frequently mentioned were their child has more energy, is active without being reminded, and feels fitter/stronger.
- ◆ Many also noticed that their child generally felt better, had lost weight and/or was sleeping better.

**80 percent of participating families say their child is spending more time being active since their referral to the Active Families programme.**

- ◆ Positively, this increase in activity level is being sustained over time by about three quarters of those who were referred last year (see Table 3).

**Almost all children participating in the Active Families programme now understand the benefits of being physically active (99 percent) and healthy eating (97 percent).**

- ◆ Reflecting this, 90 percent of families have made changes to their diets and 96 percent say they now know how to choose healthy food and drink.
- ◆ The most common types of changes made to diets include: eating healthily and less takeaways or junk food, eating more vegetables, eating less sugar and sugary foods and soft-drinks.

**71 percent have encouraged others to be active as a result of their referral.**



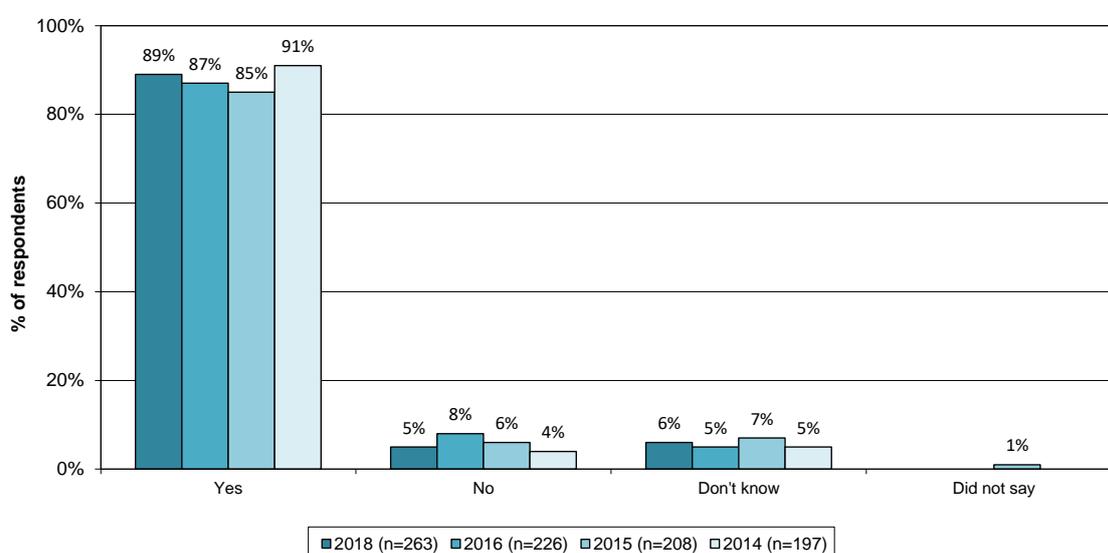
## 5.1 Changes noticed in child's health and fitness

Participants were asked whether they have noticed any change in their child's health and fitness since taking part in the Active Families programme (Figure 6).

89 percent said they had noticed changes in their child's health and/or fitness, while just five percent had not.

**Figure 6: Whether changes noticed in referred child's health and fitness**

*Q7. Have you noticed any change in your child's health and fitness since taking part in the GRx Active Families programme?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).

### 5.1.1 Types of changes noticed in child's health and fitness

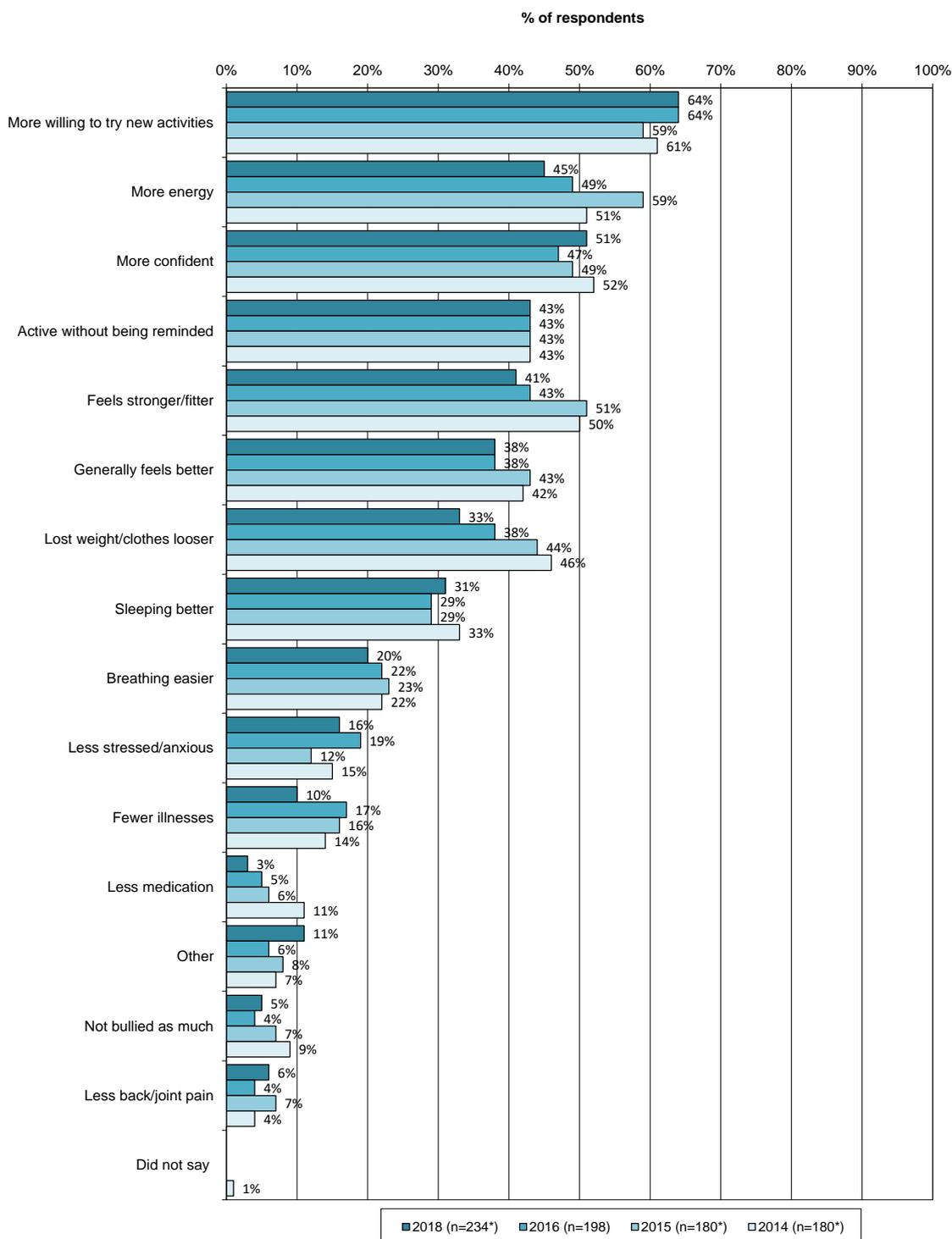
Of those noticing changes, most frequently they said that their child was more willing to try new activities (64 percent) and/or was more confident (51 percent). Also frequently mentioned were their child had more energy (45 percent), is active without being reminded (43 percent), feels fitter/stronger (41 percent), generally feels better (38 percent), had lost weight (33 percent) and/or sleeping better (31 percent).

To a lesser extent, participants mentioned that their child was breathing easier (20 percent), less stressed or anxious (16 percent), fewer illnesses (10 percent) less back or joint pain (six percent), not bullied as much (five percent) and/or taking less medication (three percent).



**Figure 7: Nature of changes noticed in child's health and fitness**

*Q8. If you have noticed change in your child's health and fitness, what changes have you noticed in your child?*



Total may exceed 100% because of multiple response.

\*Sub-sample based on those who noticed positive changes in their child's health. 2018 results exclude non-response (234 respondents were asked to answer this question).



A small number of participants identified other changes they had noticed, with most of those mentioned relating to seeing a positive change in the child's diet and exercise habits. A selection of some of their comments included:

*Is more mindful of poor food [and] nutrition and its consequences.*

*Discovered she really enjoys boxing and the activities that go with it. Looks forward to weekly get together.*

*Enjoys company of other participants and the instructors.*

*Knows more about eating healthy and making right choices.*

*It's been seven months since we were referred. It's amazing she's slowly getting used to her new lifestyle.*

*Change of attitude towards healthy eating and physical activity. Has a better understanding and recognises the importance of making better choices.*

*Trying new foods and interested in preparing meals.*



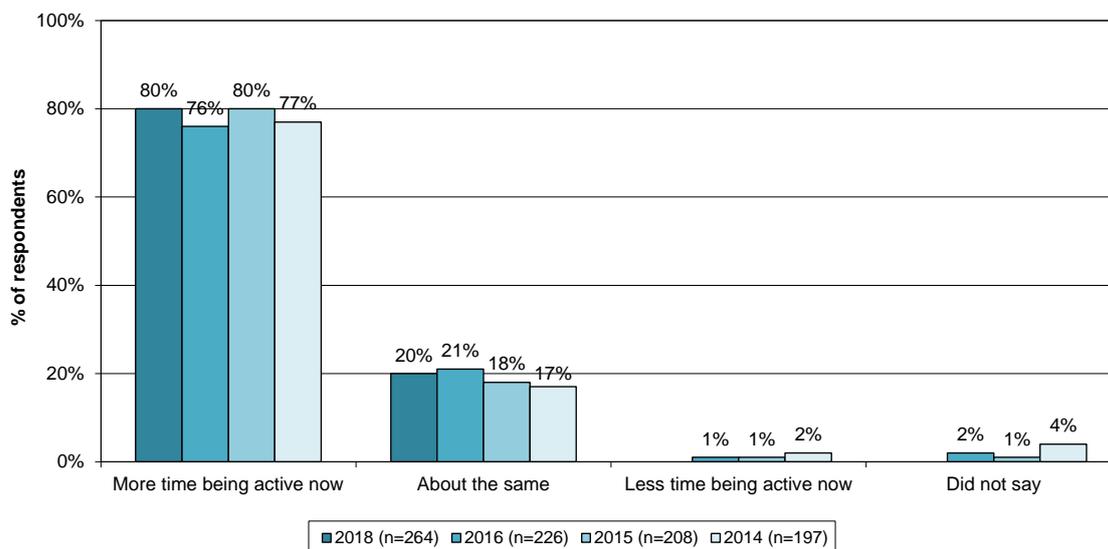
## 5.2 Amount of time referred child spends being active

Participants were asked how much time their child is spending being active, compared to before they started the Active Families programme.

80 percent reported that their child was spending more time being active, while 20 percent were spending about the same time being active (Figure 8). While the subsample sizes are relatively small, Table 3 shows that increases in activity levels are being sustained by about three quarters of those who were referred to the programme more than 12 months ago (73 percent).

**Figure 8: Amount of time child spends being active compared to before Active Families programme**

*Q9. Compared to the time before your child started the GRx Active Families programme is he/she spending...?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).



**Table 3: Changes in activity levels by time since referral**

*Q9. Compared to the time before your child started the GRx Active Families programme is he/she spending...?*

	Total	Time since referral			
		Less than 6 months ago	6 - 8 months ago	8 - 12 months ago	More than 12 months ago
Base =	262	69	85	37	29**
	%	%	%	%	%
More time being active now?	80	73	85	80	73
About the same amount of time being active now?	20	27	15	20	24
Less time being active now?	0	0	0	0	3
Total	100	100	100	100	100

Total may not sum to 100% due to rounding.

2018 results exclude non-response (all 269 respondents were asked to answer this question).

\*\*Caution: low base number of participants – results are indicative only.

The 53 participants who reported that their child’s activity level had decreased or stayed the same compared with before the Active Families programme were asked to identify why this was (31 of whom provided some comments).

Five participants’ comments indicated it was a motivational problem and/or preference to play computer games.

*Still needs to be told when at home to get outside.*

*Can sometimes become unmotivated once in front of computer playing games.*

*Loves computer games.*

*Still spending a lot of time on electronic devices.*

*Finds it hard to get motivated.*

Participants also made comments relating to issues that were outside of the programme’s control, for example:

*Due to not going now.*

*Stopped a winter sport, picked up gym.*

*[Name] wasn't active before, since being with the group has joined school sports but needed to be giving active program sheet now there is no more one week program.*

*I am a single mum and I work full time. The only time we have available is weekends but she is with her father at weekends.*

*Because I've been too busy with studies it makes it a little hard to juggle everything.*

*Doesn't prefer sport.*



*Still unwilling to try activities outside of Active Families.*

*Hasn't found any form of exercise she enjoys.*

*Our child is still shy to take part in group activities.*

Other comments made were:

*Because he always did a lot of sport, unfortunately he has a sweet tooth and made a series wrong food choices.*

*Just the type of activities have changed. More variety now.*

*He is more conscious of being active, but in time I think he will pick up some new sport once he loses some kilos.*

*He's always been active, just not eating well.*

*He usually does many activities and sports (at least three) and he keeps doing the same. We try to do more outside activities (bike, walks etc.).*

*[Name is] always active. Mum and sister more active since starting programme.*

*About the same because she's always been active.*

*He was pretty active anyway. The Active Family sessions provides more variety.*

*Still do our afterschool sports, one day/activations, one day/family activities in weekend etc.*

*He enjoys playing outside with our dogs especially summer times.*

*Not quite up to the level yet. Is trying but it's going really slow.*

*[Name] is very active so being the same is good.*

*About same but attitude better.*

*He has always been very active. Lessen sugary food.*

*With support and encouragement.*

*Moving.*

*Age [and] friends.*



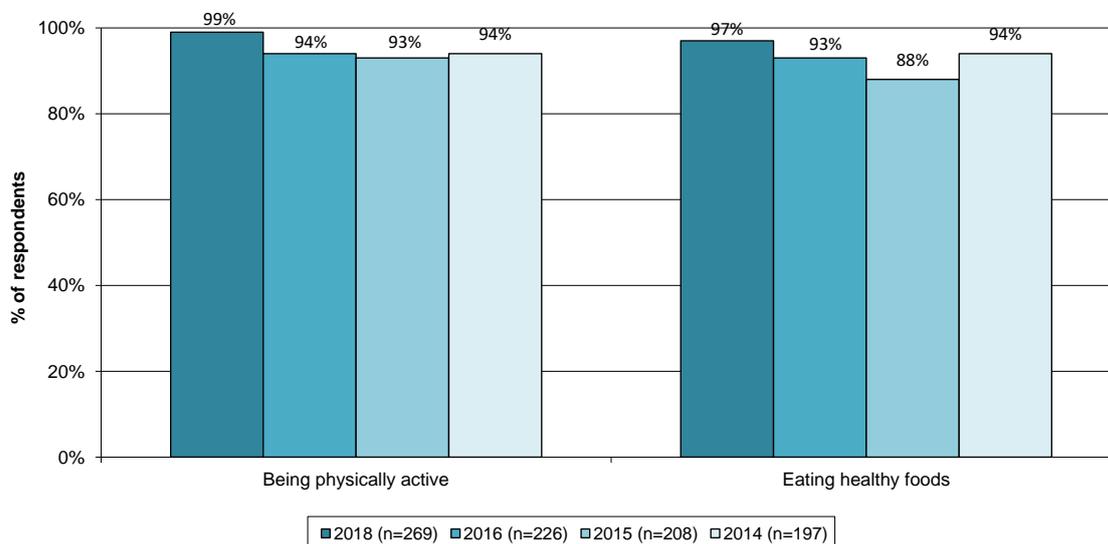
## 5.3 Understanding and awareness of healthy behaviour

Participants were asked whether their child now understands the benefits of being physically active and eating healthy foods since taking part in the Active Families programme (Figure 9).

Almost all participants reported that their child better understands the benefits of being physically active (99 percent) and eating healthily (97 percent).

**Figure 9: Referred child's understanding and awareness of benefits**

*Q10. Since taking part in the GRx Active Families programme, does your child now understand the benefits of...?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer these questions).



## 5.4 Impact on family

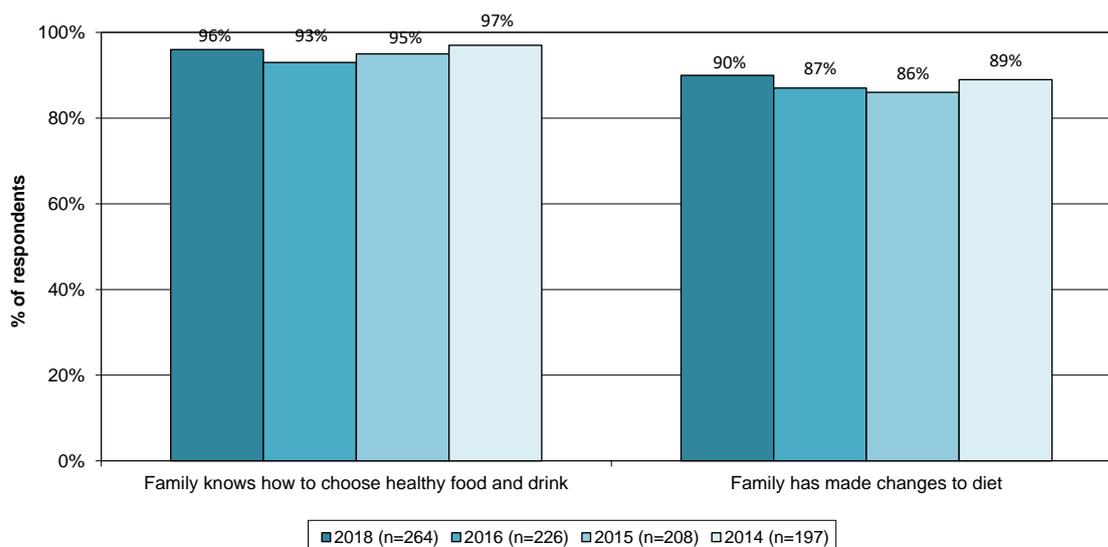
### 5.4.1 Awareness of healthy eating and diet changes

The survey also sought to identify the impact of the Active Families programme on the family. Participants were asked whether their family now knows how to choose healthy food and drink options as a result of participating in the programme and whether their family has made any changes to its diet (food and/or drink) since being part of the programme (Figure 10). Positively, almost all of the participants reported that their family now knows how to choose healthy food and drink (96 percent) and as a result has made changes to their diet (90 percent).

**Figure 10: Whether family now knows how to choose healthy food and drink options/changed diet**

*Q11. Does your family now know how to choose healthy food and drink options as a result of being part of the GRx Active Families programme?*

*Q12. Has your family made any changes to its diet (food and/or drink) since being part of the GRx Active Families programme?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer these questions).

In terms of the nature of the changes families have made to their diets (Table 4 overleaf), 29 percent reported they were generally eating more healthily (including choosing healthier food options, less takeaways or junk food), while 27 percent were eating more vegetables and 26 percent were having less sugar and sugary foods. Slightly smaller proportions of families mentioned they were eating more fruits and/or eating less/smaller meals (17 percent, respectively) and 14 percent were drinking more water or milk.

Comparatively fewer participants said their family were reading labels for sugar and fat content (seven percent) or eating more grain breads, fibre or similar (five percent). Four percent reported, cutting down on fats/eating low fat foods, reducing carbohydrates, including bread, and/or were having less packaged/snack food, and eating more simpler/plain food in school lunches.



Only a few participants reported their family was more aware of what is in food (two percent) or no snacking/regular meals - breakfasts (one percent).

**Table 4: Types of changes to diet**

*Q12. If yes, what changes have you made?*

	2018		2016		2015	
	Base = n	218* %	197* n	197* %	150* n	150* %
Eating healthily/less takeaways, junk food	70	32	58	29	52	35
Less/avoid sugar and sugary foods/sweets/soft-drinks	59	27	29	15	33	22
Eat more vegetables	62	28	37	19	34	23
Drink more water/milk	32	15	34	17	24	16
Eat more fruits	40	18	21	11	20	13
Eating less/smaller meals	39	18	25	13	25	17
Cut down on fats/low fat foods	8	4	20	10	15	10
More grain breads, fibre or similar	12	6	9	5	15	10
Reading labels for sugar and fat content	15	7	6	3	5	3
Less packaged/snack food, more simpler/plain food in school lunches	8	4	10	5	8	5
More aware of what is in food	4	2	1	1	3	2
Reduced carbohydrates, including breads	9	4	10	5	3	2
No snacking/regular meals - breakfasts	3	1	4	2	3	2
Others	18	8	16	8	19	13
Did not say	-	-	36	18	-	-

Total may exceed 100% because of multiple response.

\*Sub-sample based on those whose family has made changes to its diet since being part of the GRx Active Families programme. 2018 results exclude non-response (238 respondents were asked to answer this question).

18 participants offered other changes to their family's diet that could not be classified above. Examples of these participants' comments are as follows:

*Eat dinner before 8.00PM.*

*Marginal as I always offered nutritious meals (on a budget) but [have a] house full of fussy eaters/allergies. Child referred intermittently, tries all vegetables other times, plays on it.*

*We're more conscious of what foods we eat and enjoy the variety of healthy options we never looked at before.*

*Balancing healthy food with "treats", vegetable garden at home.*

*Probably not as many as we could. More nutrition help would be great.*

*Am doing 'My food bag' for the family meals.*



## **5.4.2 Whether other household members are more active**

The survey also asked whether other household members were more active now than before the family took part in the Active Families programme. Figure 11 overleaf shows the results according to the relationship to the child and Figure 12 (page 30) shows the same results according to the age of different family members.

68 percent of all members living in the referred child's household are more active now than they were before the family took part in the Active Families programme. Among the immediate family, both sisters and mothers (86 percent, respectively) and brothers (77 percent) were the most likely to have increased their activity level. This year, 70 percent of fathers had increased their activity levels.

In terms of grandparents living in the household, 71 percent of grandmothers and 54 percent of grandfathers were more active. Where 'other members' of the family resided in the household, they too were mostly more active now than before the family took part in the Active Families programme (83 percent). Note that these other household members are mostly named individuals where the relationship has not been specified.

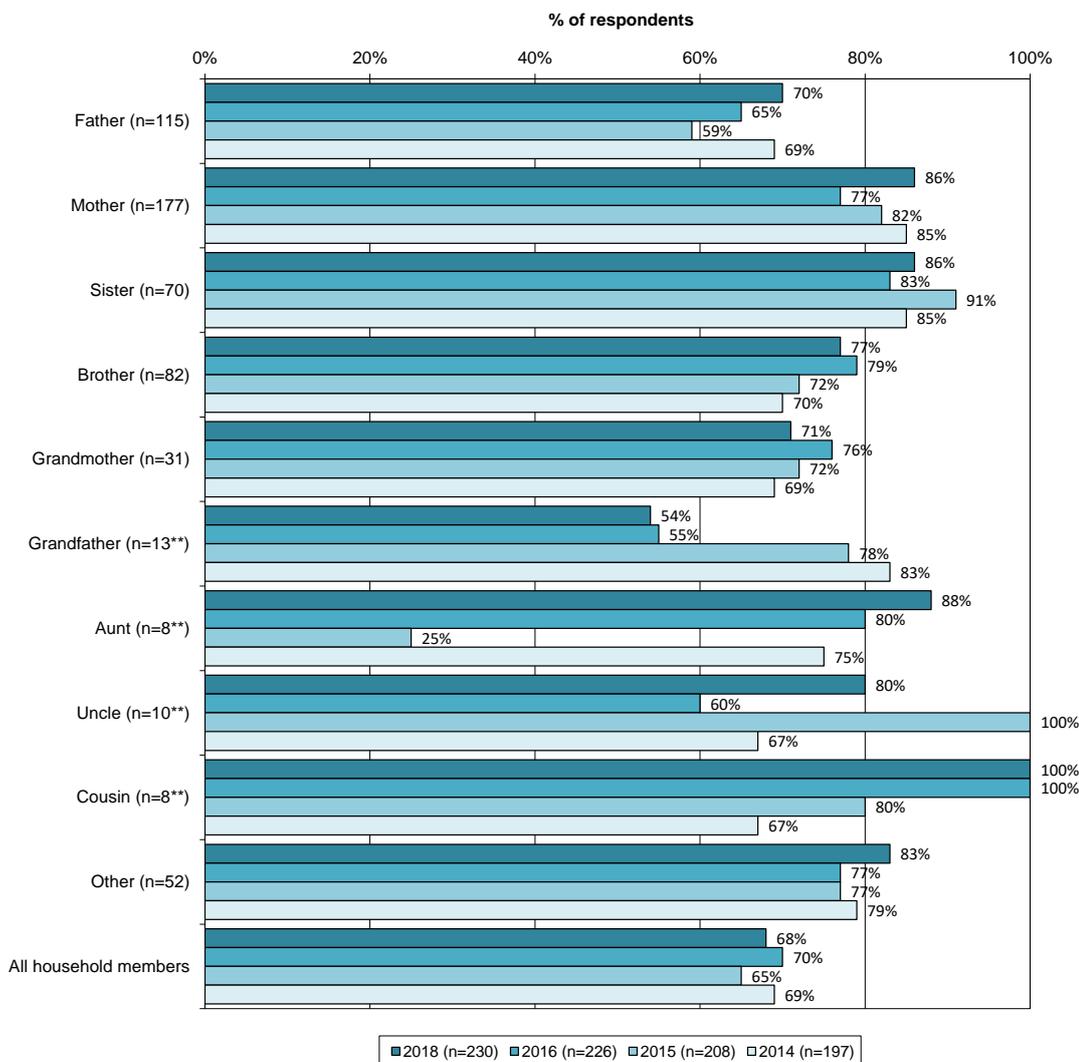
In terms of the age of household members, the vast majority of children under 14 years old were reportedly more active now than they were before the family took part in the programme (94 percent of under five year olds, 93 percent of 5-9 year olds and 94 percent of 10-13 year olds).

Smaller (yet still sizeable) proportions of those aged 14 years or older had also increased their activity levels compared with before the programme (90 percent of those aged 25 years plus, 81 percent aged 14-17 year olds, 79 percent of those aged 18-24 years old).



**Figure 11: Proportion of other types of household members that are more active as result of Active Families experience**

*Q24. Please list who else usually lives in the same household as the referred child. For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families programme.*

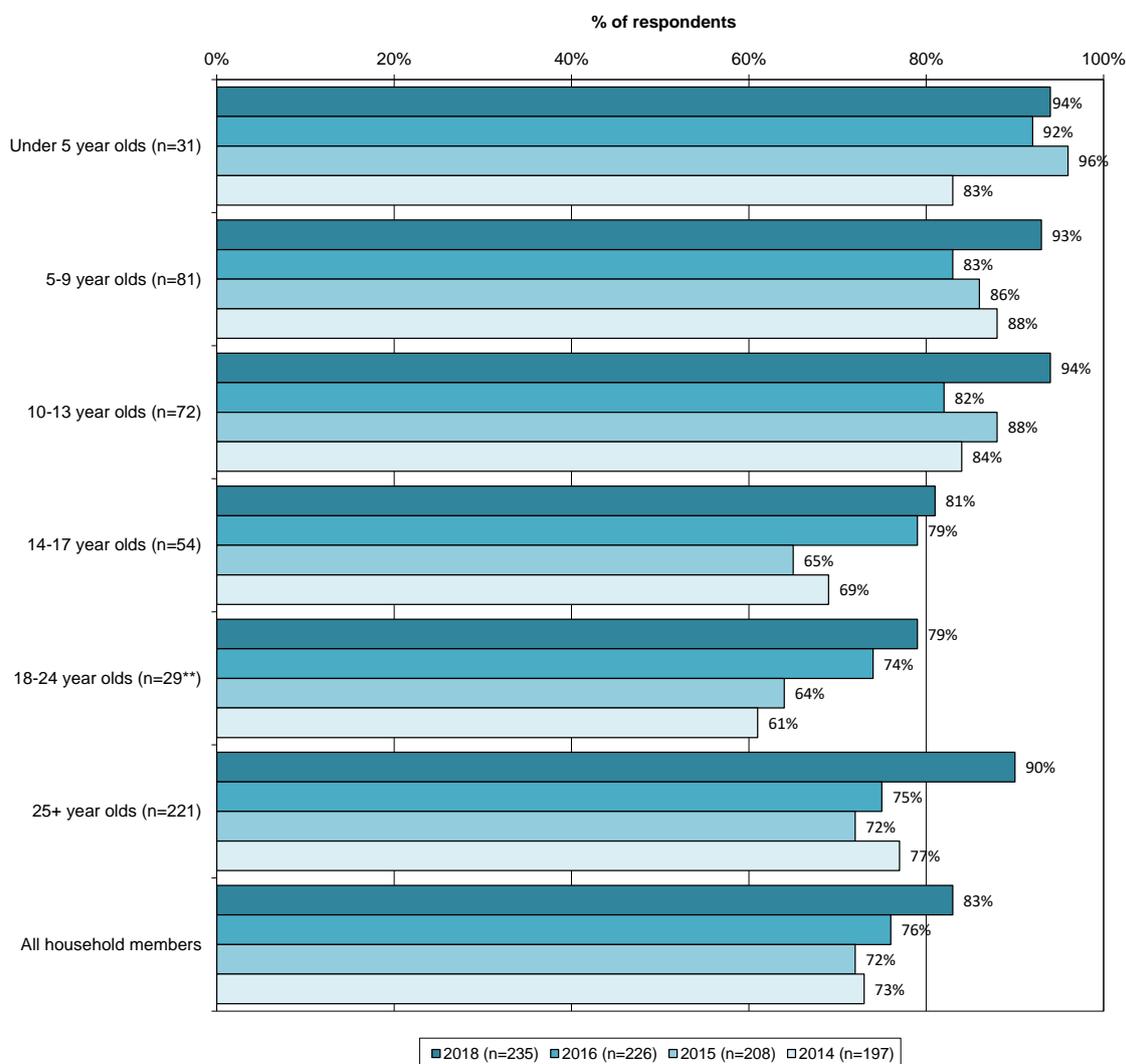


Total may exceed 100% because of multiple response.  
 2018 results exclude non-response (all 269 respondents were asked to answer this question).  
 \*\*Caution: small subsample – results are indicative only.



**Figure 12: Proportion of other household members of all ages that became more active**

*Q24. Please list who else usually lives in the same household as the referred child. For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families programme.*



Total may exceed 100% because of multiple response.  
 2018 results exclude non-response (all 269 respondents were asked to answer this question).  
 \*\*Caution: small subsample – results are indicative only.



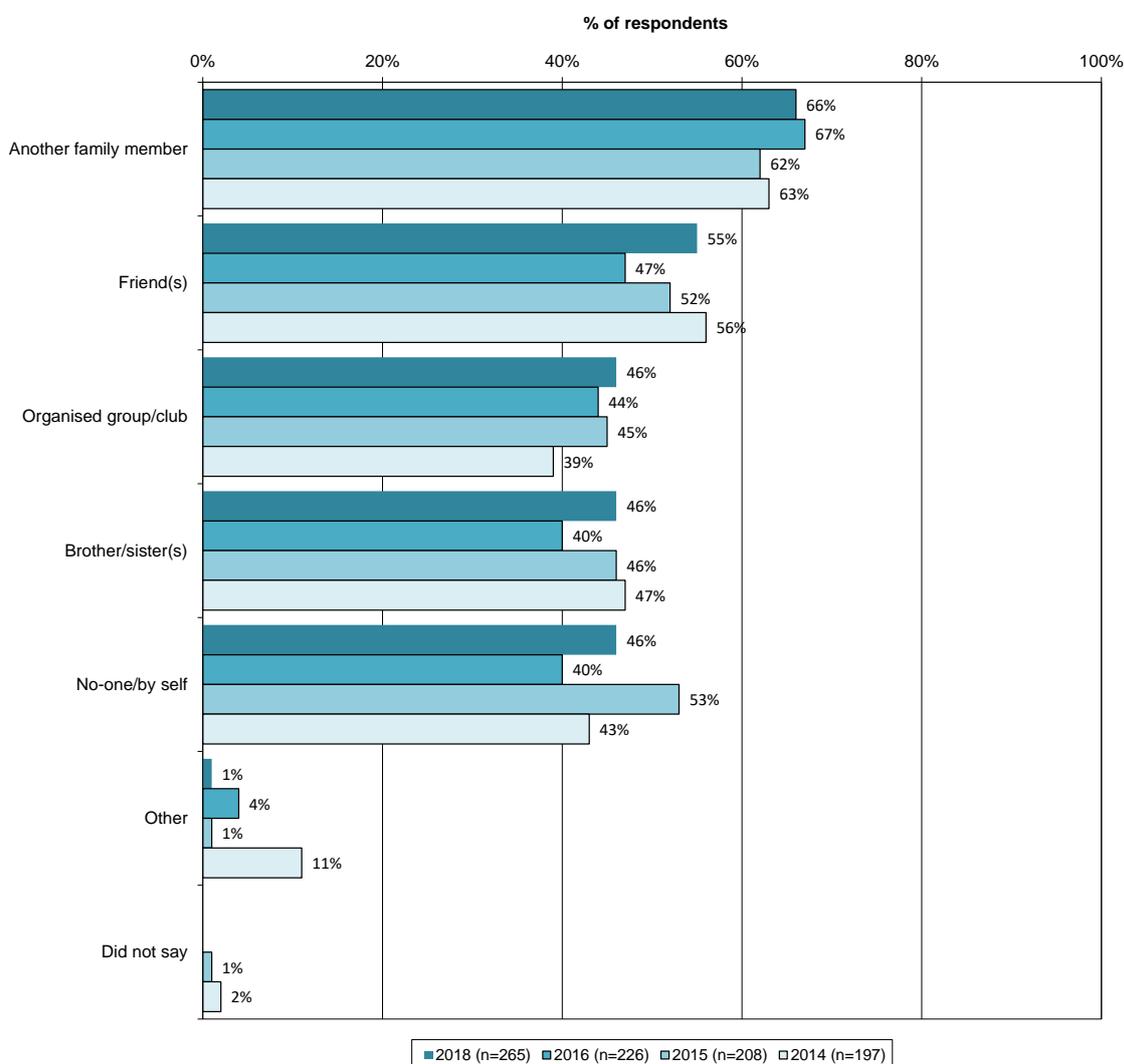
## 5.5 People that child is usually active with

Participants in the Active Families programme were asked to identify who their child is usually active with.

Most frequently, participants reported their child is usually active with another family member (other than their siblings) (66 percent) and/or with friends (55 percent). Under half are active with an organised group or club, a brother or sister or they tend to be active on their own (all 46 percent, respectively).

**Figure 13: People that child is usually active with**

*Q15. When your child is active, who is this usually with?*



Total may exceed 100% because of multiple response.

2018 results exclude non-response (all 269 respondents were asked to answer this question).

\*\*Caution: small subsample – results are indicative only.



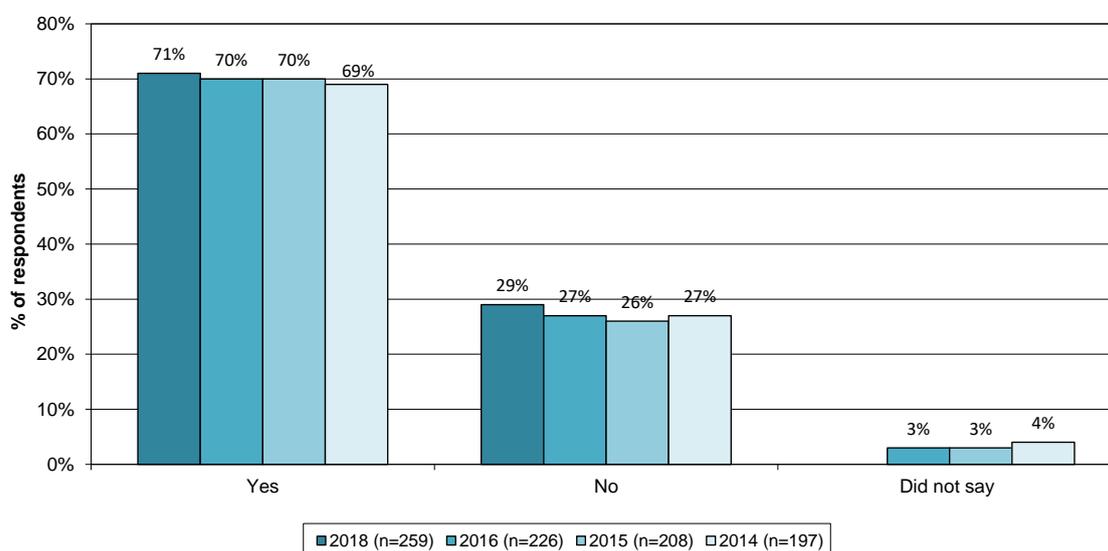
## 5.6 Encouraging others to be active as a result of participation

Participants were asked whether they have encouraged others to become more active as a result of their family's experience with the Active Families programme.

71 percent (183 participants) reported that they had encouraged others to become more active (Figure 14).

**Figure 14: Whether encouraged others to be more active as result of Active Families experience**

*Q18. As a result of your family's experience with the GRx Active Families programme, have you encouraged others to become more active?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).

Of the 127 participants who specified who they had encouraged to become more active (Table 5), 87 said they had encouraged other members of their family and extended family (69 percent), while 44 had encouraged friends and their children's friends (35 percent). 16 had encouraged other people to become more active (13 percent).

**Table 5: Encouraged others to be more active**

*Q18a. If yes, please say who*

	Base =	Total 127*	Total 127*
		n	%
Family and extended family		87	69
Friends and children's friends		44	35
Others		16	13

Total may exceed 100% because of multiple response.

\*Sub-sample based on those participants who said they had encouraged others to be more active. Results exclude non-response (183 respondents were asked to answer this question).



## 6.0 Opinions about the Active Families programme

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### **Key findings**

Almost all participants are satisfied overall with the service and support provided to them as part of the Active Families programme. 76 percent said they were very satisfied and 22 percent said they were satisfied.

- ◆ Only one percent reported they are dissatisfied.

Reflecting this high level of overall satisfaction, at least 90 percent of participants agreed or strongly agreed with each of the following statements about the Active Families programme:

- ◆ the advice the family was given was helpful (98 percent agree)
- ◆ the Active Families co-ordinator was understanding and supportive (98 percent agree)
- ◆ the physical activities suggested were appropriate for their child (96 percent agree)
- ◆ the person(s) running the activities was (were) appropriate for their child (95 percent agree)
- ◆ their child feels more confident about doing physical activity as a result of the support received (92 percent agree)
- ◆ the support their child received helped the family continue with the Active Families programme (90 percent agree)
- ◆ the Active Families programme motivated their child to get/stay physically active (90 percent agree).

**Participants say the most helpful part of the Active Families programme is the support available, the information, ideas and advice received and the activities/sessions.**

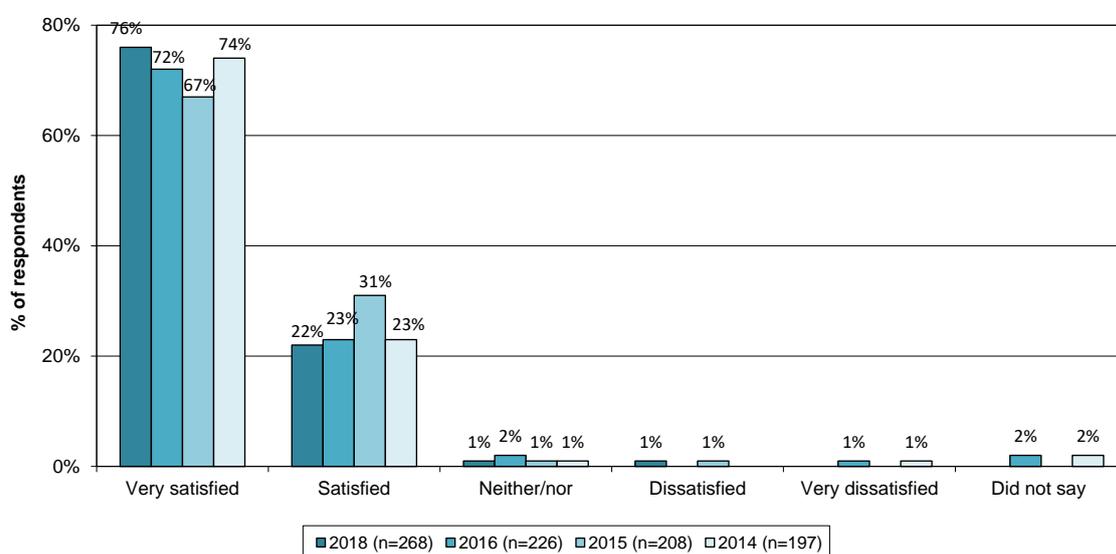


## 6.1 Overall satisfaction with the service and support they received

When asked how satisfied they were overall with the service and support provided to their family and child through the Active Families programme, three quarters said they were very satisfied (76 percent) and 22 percent said they were satisfied. This year, only one percent were dissatisfied, and one percent were neither satisfied nor dissatisfied.

**Figure 15: Overall satisfaction with service and support provided by Active Families programme**

*Q17. Overall, how satisfied are you with the service and support provided to your family and child through the GRx Active Families programme?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).

Table 6 shows that where an explanation for their level of satisfaction was provided, participants most commonly reported that their satisfaction was due to the Active Families programme (22 percent) and the impacts of the programme (28 percent). Participants were generally satisfied with the support they had received (32 percent) and the Active Families co-ordinator (16 percent). Comments reflecting these reasons include:

*Helps with the physical.*

*It has been effective.*

*It's helped me in changing my ways. Not doing much myself so now I am a bit more, which helps [name] do his. I know what it takes now with our health and it's helped me to change. Thanks [name].*

*Helped [name] get more confident in joining in and giving everything a go.*

*[Name] is learning to make healthier choices and it isn't just Mum telling her.*



*Well my children are interested in the fitness and weight.*

*It's really helped motivate [name].*

*She's a different person, confident, looks slimmer [and is] doing well in school. She enjoys this more than PE at school.*

*Very family friendly.*

*I achieved my goals.*

*Changed the way the Active Family eats and plays.*

*I can see a change in his behaviour and attitude towards his health.*

*I don't want to stop. Cooking element [is] awesome.*

*Rewarding.*

*It has been really great and very enjoyable, it has been a really good incentive to keep up our activity.*

*I've learnt a lot about eating healthy. The cooking demo and classes are fun and so are the people. My kids have heaps of fun and like the games they play.*

*My children are always happy and eager to be active.*

*It's a great learning environment.*

*It has changed perspective of my child who now sees food and physical activity differently.*

*I've noticed my child has got faster at bush walks.*

*We have tried lots of the activities out of Active Families time. We are more aware of what we eat.*

*We've made real lifestyle changes and I know we will continue to become a fitter, stronger and healthier family for it.*

*I now know how to stay healthy and active most of the time.*

*I have stayed on as we love doing stuff as a family.*

*It has set [name] up for success!*

*It's helping to make big change in his life.*

*A bit more motivated than before.*



*Much need the motivation and education. No pressure or judgement.*

*Contact has been good and representatives very nice.*

*Kind and caring.*

*Help and understanding.*

*Excellent support and giving us more knowledge than what we knew in the first place.*

*It worked with my child at his level and encouraged him to give it a try.*

*They are very helpful and [a] great support for my child.*

*[Name] is very supportive and encouraging.*

*I like the communication.*

*[Name] is very supportive.*

*Fantastic and very amazing support given.*

*They continually encourage my kids to be involved with the programme and games.*

*Support available when requested.*

*The support/advice given helps a lot.*

*Staff keep in touch and do follow ups which is great.*

*It's nice to have somewhere to take my child and get support and ideas with exercise.*

*Supportive, non-judgemental.*

*Very supportive, encouraging and motivating with getting both my children (and myself) involved. Have made my daughter feel valued and confident. Very accommodating with my sons allergies during food sessions.*

*Always catching up or contacts to encourage and remind.*

*Always checking to see how we are going home. Visit was always a bonus.*

*It's great support to have someone outside of the whanau to give advice about food and exercise.*

*Active Families have been fantastic in motivating my child.*



*[Name] is very supportive. She's so cool and we, as a family, have noticed difference in our son.*

*Listens to my needs and works accordingly.*

*Holiday get together is helpful and informative. Program allows child to be proactive in own decision making.*

*He's really opened up and not so shy with people. He receives great support and service.*

*Always been there if needed.*

*It was great to have someone ring/talk and ask if we need any information about stuff.*

*The support and encouragement is what kept us going.*

*[Name] is very helpful and easy to talk to.*

*Our co-ordinators are very supportive and encouraging, respectful and keeps us well informed.*

*Not able to attend local support group but the co-ordinator has kept in contact.*

*[Name] is fabulous.*

*[Name] has been very good with the kids and creates positive environment.*

*The support from [name] has been amazing.*

*Great staff.*

*Organiser is supportive and really positive. We have tried new activities.*

*[Name] has been awesome and very helpful and motivating.*

*Found Active Family co-ordinators to be approachable and understanding.*

*[Name] has been great. All the activities have been amazing.*

*[Name] is so supportive and encouraging, filled with enthusiasm.*

*[Name] was very helpful and kept up the motivation over a standard period of times.*

*Because [name] was very friendly and kind with us.*

*[Name] and [name] are fun and the activities are awesome. [Name] does interesting cooking suggestions.*



*Great friendly service.*

*Good activities.*

*Very satisfied, program was made fun [and] interesting. There was variety and healthy eating/nutrition classes.*

*This is a great family program.*

*Fantastic opportunity.*

*Taking part in this programme has been fantastic. Results have exceeded our expectations.*

*Great programme, well managed.*

*Wonderful all round program.*

*We felt heard and our concerns were acknowledged then given a plan of activities which was fantastic.*

*Loved the experience.*

*More aware now. A very excellent programme for the community.*

*Fantastic service and support. We look forward to it every week and love our AF family.*

*Excellent program run by enthusiastic people.*

*GRx Active Families has helped me to see what is possible.*

*Kids are always looking forward to attend the program.*

*This programme is invaluable for information and encouragement to become and stay healthy.*

*From the first time we arrived we were welcomed, satisfaction personified, our daughter fits in. Also helps provide support along with staff.*

*It is a fantastic programme and has helped me with direction and how to make change.*

*Well run, great communication and follow up with families. Very professional all round.*

*Fantastic. Wish more families would take advantage of program and expertise.*

*Excellent programme and very supportive.*

*So satisfied with the activities held during sessions even the people who held the program.*



*Great course. Information important.*

*Happy with it.*

*Not only to be active and learn new ideas and skills.*

*I really like the different ideas of activeness.*

*I like how they explain what I can do and all the ideas they have to help me get to our goals.*

*Heaps of encouragement [and] helpful advice.*

*We receive great advice.*

*I think they give good advice and keep children motivated.*

*Providing the information of the healthy food we should buy and the unhealthy food we should cut down.*

*Very informative on healthy living on a budget.*

**Table 6: Reasons for overall satisfaction**

*Q17a. Please explain below*

	Base =	Total 116* %
Support		32
Impacts of the programme		28
Active Families programme		22
Active Families co-ordinator		16
Information, advice, ideas and suggestions		12
Others reasons		8
Concern or suggestion		3

Total may exceed 100% because of multiple response.

\*Sub-sample based on those respondents who said they were satisfied/very satisfied with the service and support provided to their family and child through the GRx Active Families programme, and who opted to explain their ratings.



## 6.2 Views about the service and support they received

Participants were asked to rate their agreement/disagreement with a series of statements about the service and support they received whilst on the Active Families programme. The statements were as follows:

- ◆ the advice the family was given was helpful
- ◆ the physical activities suggested were appropriate for their child
- ◆ the Active Families programme motivated their child to get/stay physically active
- ◆ the Active Families co-ordinator was understanding and supportive
- ◆ their child feels more confident about doing physical activity as a result of the support received
- ◆ the support their child received helped the family continue with the Active Families programme
- ◆ the person(s) running the activities was (were) appropriate for their child.

High levels of agreement (90-98 percent agree or strongly agree combined) were identified for each of these aspects. Figure 16 shows the results for each statement, while Figure 17 shows the same results over time.

Overall, the strongest levels of agreement were in relation to the understanding and supportive nature of the Active Families co-ordinator (83 percent strongly agree and 15 percent agree) and the advice the family was given was helpful (68 percent strongly agree and 30 percent agree).

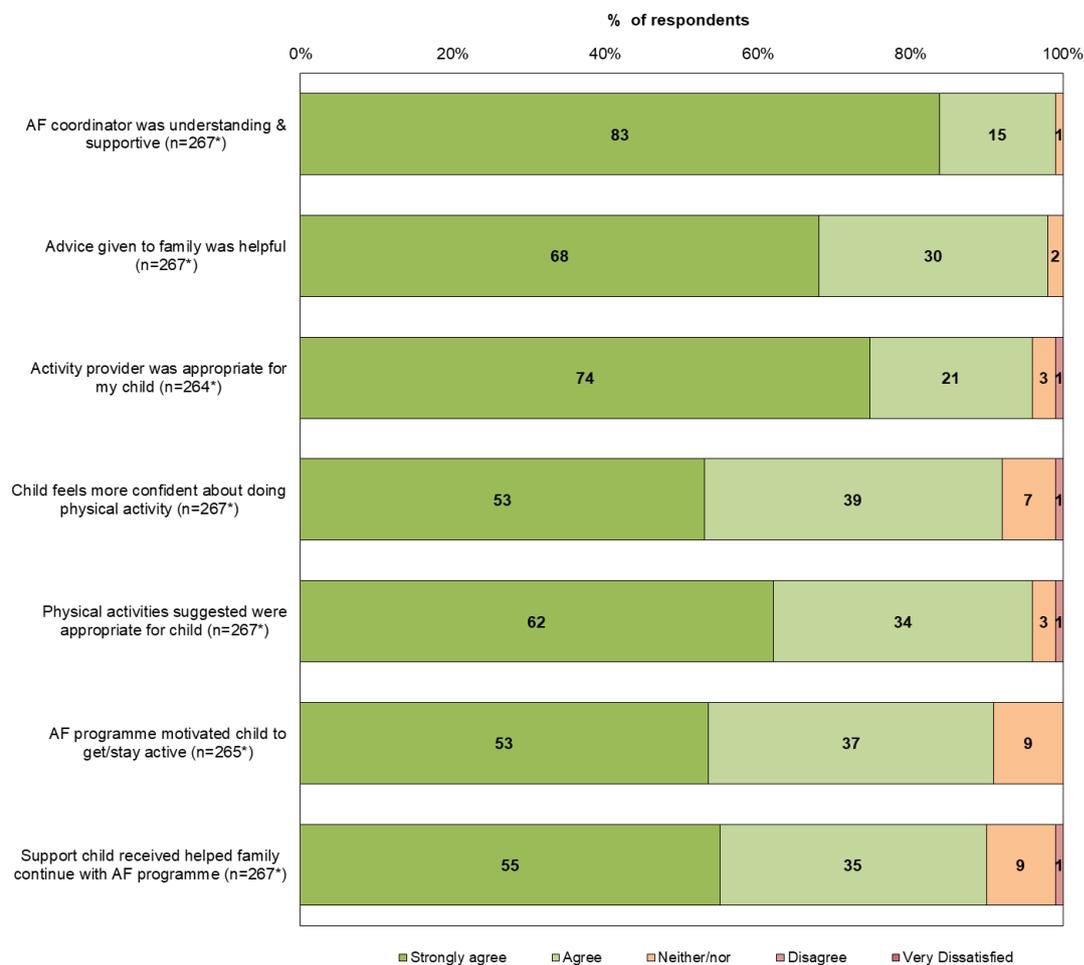
This is followed by the level of agreement that:

- ◆ the physical activities suggested were appropriate for their child (62 percent strongly agree and 34 percent agree)
- ◆ the appropriateness of the activity provider for their child (74 percent strongly agree and 21 percent agree)
- ◆ their child feels more confident about doing physical activity as a result of the support received (53 percent strongly agree and 39 percent agree)
- ◆ the support their child received helped the family continue with the Active Families programme (55 percent strongly agree and 35 percent agree)
- ◆ the Active Families programme motivated their child to get/stay physically active (53 percent strongly agree and 37 percent agree).



**Figure 16: Views about service and support provided by Active Families programme**

*Q16. Thinking about the service and support you received whilst on the GRx Active Families programme, please indicate how strongly you agree or disagree with each of these statements.*



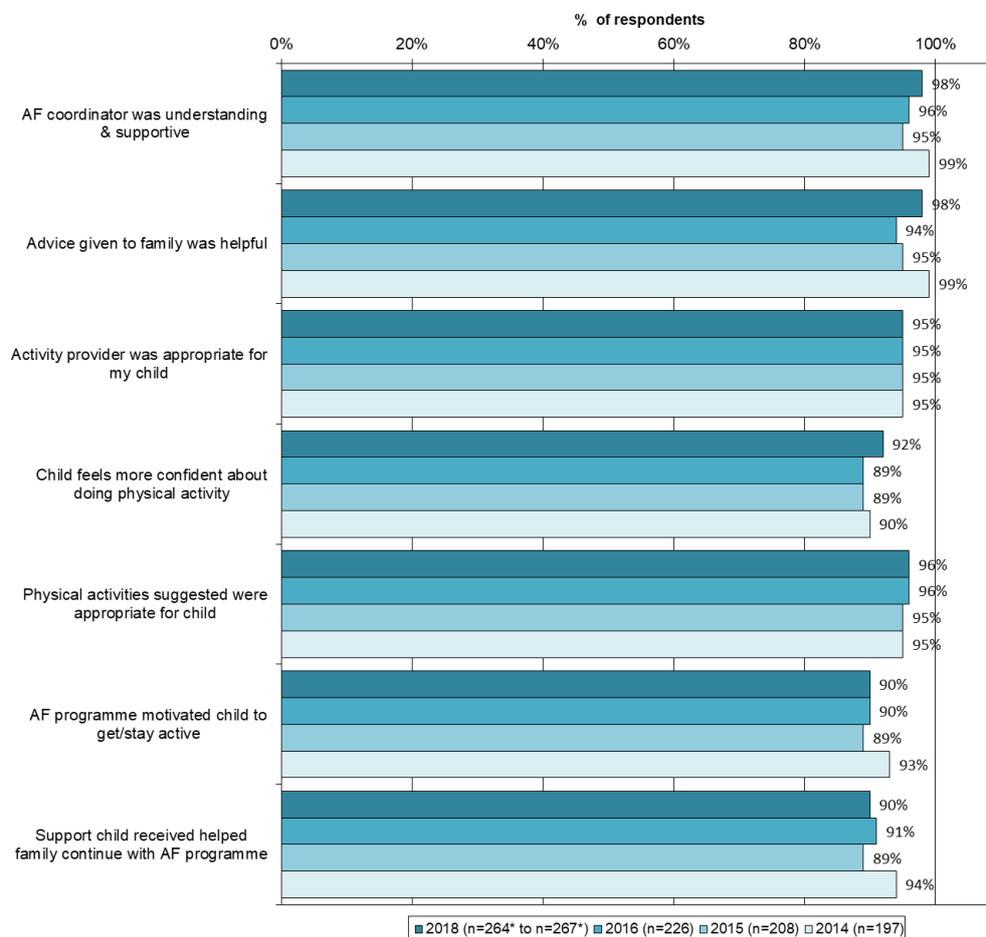
Total may not sum to 100% due to rounding.

\*Bases vary and exclude non-response (all 269 respondents were asked to rate how much they agreed with these statements).



**Figure 17: Views about service and support provided by Active Families programme over time (percentage that agree or strongly agree)**

*Q16. Thinking about the service and support you received whilst on the GRx Active Families programmes, please indicate how strongly you agree or disagree with each of these statements.*



\*2018 results exclude non-response (all 269 respondents were asked to rate how much they agreed with these statements).



## 6.3 Most helpful parts of the Active Families programme

Participants were asked to identify the most helpful parts of the Active Families programme. Table 7 shows that one quarter of those responding (26 percent) said the support available was the most helpful, followed by identifying the information, advice, ideas and suggestions they received (18 percent) and the activities/sessions (17 percent). Comments reflecting these themes about helpfulness include:

*The support and idea to be active.*

*Access to experienced personal trainer who has developed fantastic care/upper body program for our son. Highly motivated.*

*Positive support to get healthier. Great ideas for food [and] fitness.*

*Regular support, look forward to weighing and measuring.*

*Support and motivation.*

*Support and knowledge to improve lifestyle without being overwhelmed.*

*Communication excellent, variety great [and] very supportive.*

*Supportive in all areas.*

*Really supportive.*

*Being kept up to date with sessions and what's happening.*

*Initial visit - good for our son to hear from someone else (not family or doctors) the importance and benefits of diet and exercise and how this can affect how you feel.*

*Just interacting with others on the journey, same for me regarding adults. Support [and] encouragement, getting to try new activities (mum getting support). Knowing what's available.*

*Support including ideas, events and local programmes to join.*

*Support and financial benefits.*

*The support from the people that run Active Families, the talks, encouragement, the ideas for food [and] getting the kids moving.*

*Organising travel so he's able to go to each session.*

*Made us look at what we were doing [and] not doing. Made diet and activity changes, had support when need it and very helpful staff.*



*Contact.*

*The support [and] learning healthier options.*

*Knowing there is help and assistance available if needed.*

*The support and tips and ideas we've been given.*

*Positive information support.*

*The support and knowledge the team provides. It is fantastic to feel like we are not alone.*

*Reminders and support. Information regarding diets and foods.*

*[Name] comes to our house, she's reliable. Healthy food choices presented in a non-intimidating manner.*

*Working with [name], she has been totally amazing.*

*Helping my children to change their lifestyle.*

*Support and that they haven't given up on [name].*

*The support that we get.*

*That [name] helps [name] to think about how she chooses to eat and use her time. Helps [name] to also be responsible for her own health and wellbeing.*

*The constant support and encouragement. Knowing we had somebody to discuss and be open with about our lifestyle, helped me to navigate our way through making better choices for my family.*

*Having the extra support.*

*[Name] visiting to check the children's programs. Able to visit the gym at a way cheaper rate.*

*Keeping in contact with [name] and visits.*

*The boys knowing they have [name] coming to check on their progress.*

*How she explains and talks to my son, she is wonderful with him. He understands or tries, he is trying. I've started doing everything properly, now I understand more.*

*Monitoring. My son hates it but someone independent of his mother is reminding him to make good choices.*

*Having a support person. Kids listen more to outside person than parents.*



*Having personal support from mentor.*

*Communications has been great from the coordinator, [name]. Very detailed assessment also.*

*Catching up with [name]. A really great way of explaining the concepts to [name].*

*Guidance and education coupled with reinforcement from people with the appropriate knowledge.*

*The children hearing from other people about better choices.*

*Contact: Someone overseeing keeps all whanau members on track.*

*Knowing we have a friendly expert we can talk to for support and tips.*

*The support for [name] in keeping fit and healthy and monitoring his progress.*

*[Name] coming to see us and doing exercises together.*

*Having someone else tell the kids about nutrition - listening better than to us.*

*Support and encouragement.*

*Having someone to talk to, encouraging my child [and] great support. Having my children and family's best interest, motivation.*

*Positive feedback, helpful suggestions.*

*The lessons parents get while children are being active.*

*Food ideas, healthy eating options, cooking activities has allowed child to be eager to learn more about cooking at home.*

*The advice given.*

*Food ideas, encouraging activity [and] making the idea of exercising fun.*

*Advice and visits.*

*Clear information, advisor information and support.*

*The advice on ways to be active.*

*Information about eating healthy e.g. reading food labels. It's free, helpful people [and] fun games.*

*Information [and] education.*



*Healthy food advice [and] getting [name] more active.*

*Healthier food options/ideas.*

*Information about sugar in food and drink and different food ideas.*

*Advice and giving choices regarding various activities to pursue.*

*Ideas on activities for exercise.*

*Information, nutrition, support [and] encouragement. Having another person that my son listens to and talks with.*

*Ideas for events to take part in. Encouragement and guidance.*

*Food information.*

*Gives me more ideas with what to do and make with the kids and me.*

*Tips on healthy eating.*

*Ideas for active lifestyle and eating. Being with other children and parents who have similar needs.*

*Talking to my child about healthy food and good ideas or fitness.*

*Advice about eating and exercise.*

*Ideas for food and exercise.*

*Children getting aware of healthy eating and the importance of it.*

*Him hearing advice from someone else. He has listened to them.*

*Great advice and support.*

*Hearing great advice [and] meeting other families.*

*Information on diet and measuring weight progress.*

*The advice [and] encouragement that co-ordinators gives.*

*Doing a planned activity ever week.*

*Easy access, fun activities, child friendly [and] enjoyable.*

*Food awareness and sports activities.*



*The cooking classes as my daughter learnt how to make tasty healthy meals which they could then sample and decide which ones to make again at home.*

*Consultation sessions, it helps us understand [name] progress. Child is confident speaking.*

*Variety of sports and how to eat properly. Trying out events that would never have done.*

*Introducing families to different activities.*

*Variety of activities, great facilitators, fun and enjoyable [and] informative.*

*Having an activity to go to.*

*Participating in sport [and] tips on cooking.*

*Learning activities that are accessible and cheap to use.*

*Trying different things like Frisbee golf, trying new indoor games.*

*The one on ones.*

*Being able to do different activities each week opening up a world of possibilities for future sports etc.*

*For him to have somewhere active to go.*

*Games and exercises and healthy eating.*

*Sessions with [name].*

*The sessions as a caregiver.*

*Gym.*

*Visual video and activities and talk with the parents.*

*Trying new sports [and] working with new people.*

*Group activities.*

*Activities and games. Trying other sports not generally exposed to. Healthy eating options and food choices.*

*Sports.*

*Activities learnt, where we were able to encourage at home.*

*The activities the children are in. The health tips each week.*



*The variety of activities, expectation to participate, different age groups and abilities.*

*Getting involved in physical activities.*

*They help educate/inform about our food choices and the physical activities are fantastic, which we also try to implement as well.*

*Getting her involved in more activities.*

*Cooking sessions and variety of sports.*

*Take part in big event, activities.*

*New fun ideas for activities.*

*Active Families programmes. Meeting the dietician and the Active Families co-ordinator. Talking to [name].*

*Activities.*

*It was really great getting to try out different sports and activities and having fun with a nice bunch of people. We liked doing the cooking sessions.*

*Learning activities I can do at home with my son.*

*Joining in the program each week, the correct foods, fitness test, games, keep on the move.*

*Variety of sports. Nutrition advice in a fun friendly way.*

Other most helpful areas included being motivated (16 percent), the interaction with other families and children (eight percent), and getting active (seven percent).



**Table 7: Most helpful aspect of the GRx Active Families programme**

*Q13. What is the most helpful part of the GRx Active Families programme?*

	Base =	Total 252* %
Support available		26
Information, ideas, advice		18
Activities		17
Motivation		16
Interaction with other families and children		8
Getting active		7
Whole family involvement		6
Greater awareness		3
Belonging and connectedness		2
Monitoring		2
Fun		2
Independent advice		0
Results achieved		0
Others		18

Total may exceed 100 because of multiple response.

\*Sub-sample excludes non-response (all 269 respondents were asked to answer this question).



## 6.4 Suggestions for improving the Active Families programme

28 percent of all participants offered a suggestion as to how the Active Families programme could be improved (Table 8). The remaining participants said that they did not have any particular suggestions.

The most common suggestion was in relation to offering more sessions and/or a greater frequency of sessions (six percent).

Comments illustrating this theme include:

*More frequency during the week.*

*Need more time for exercises.*

*Longer sessions, maybe GRx Active Families sports days.*

*The only thing I would like ask, if it could be one and half to two hours longer or more days a week i.e. twice each week.*

*Two sessions per week.*

*More than once a week and the sessions are longer, one and a half to two hours would be great.*

*If you can [be] available two days per week.*

*More time to spend in more exercise. Bike riding programme.*

*Longer than six months.*

*Longer sessions i.e. one and a half hours.*

*Twice a week sessions.*

*Have an option of different days so we/others can attend more classes.*

*Travel pick-ups or Saturday active sessions.*

*Better more suitable session times. Tuesday 3pm, 4.30pm time my son is at S.K.I.D.S after school care. Most other days would be more flexible.*

*Maybe longer times.*

*Think children need longer with the program where there are medical problems. Also, when graduated a helpful fitness program given to the children to follow.*



**Table 8: Suggested improvements to the GRx Active Families programme**

*Q14. What improvement/s can you suggest for the GRx Active Families programme?*

	Unweighted base =	Total 269 %
More sessions/greater frequency/longer program/regular monitoring		6
Activities to better cater for different needs, abilities, locations, time		4
Opportunities for group interactions/family		2
More information re: food and nutrition		2
Other information		0
Other		16
No particular reason/none/nothing		21
Don't know		0
No suggestion made		51

Total may exceed 100 because of multiple response.



## 6.5 General comments

30 percent of all participants provided general comments about the programme near the end of the survey (Table 9). The majority of these comments were positive and reflected the gratitude participants had for the programme and thanking coordinators for their help and support. Some participants also commented on the programme benefiting the whole family and being both fun and enjoyable.

A selection of their comments includes the following:

*My kids love it.*

*It's been a great chance to introduce more activities and healthy eating in our family.*

*The people that take these are really supportive. Keep up the good work.*

*Thank you.*

*Great job guys.*

*Better believe that without our GP, we wouldn't have known about this very helpful programme, may it last.*

*Keep up the great work.*

*Amazing programme, highly recommended.*

*Great programme [and] great meeting new people.*

*Thank you for being a part of this.*

*Such an awesome programme and very beneficial for families.*

*You guys are amazing at what you do. Thank you.*

*Awesome programme.*

*It's a great group combination. Always happy to come together weekly.*

*Keep funding the programme. My kids love it.*

*Great programme, I hope funding continues.*

*Grateful for [name], always bubbly!!*

*Awesome. Thanks for help and cheaper access to gym for our son.*

*Awesome opportunity for kids of all ages to engage.*



*Wish it was for more than 12 months.*

*[Name] is great, brings it to the kids' level and is friendly and easy going.*

*Can't say enough about how good it is.*

*It's great. It's a great group of people. There are lots of others in it that would benefit though.*

*Very grateful that this programme exist as we are more active as a family which is great.*

*Great job, keep it up. Thank you.*

*General service. So glad service is available for people.*

*Love this programme and will continue to refer friends.*

*This is an excellent programme to have in UH.*

*Excellent programme. Great tutors, [name] and [name].*

*Loved the practical sessions like gardening. We are still eating the lettuce.*

*Awesome, awesome, awesome.*

*Fantastic programme. Amazing staff.*

*Keep up the awesome mahi.*

*I am very thankful for all the help and support.*

*[Name] is fabulous. Very supportive and non-judgemental.*

*Great programme to get kids off screens and having fun with exercise.*

*Wonderful enthusiastic team, a much appreciated opportunity.*

*Great programme.*

*Thank you for the support.*

*Keep up the good work.*

*Recommend and support the programme.*

*It's woken me up on what we are doing to our bodies and me to help my son.*

*My son has disabilities which make sport difficult, not on this programme.*

*It's great.*



*Awesome service for [name]. Will recommend to other parents.*

*Have been really impressed with how motivated Liz has been even when we drag the chain.*

*Doing a fantastic job. Glad to be a part of it.*

*Keep up the amazing work that you do! You guys have changed our lives for the better and I can't thank you enough.*

*Keep on going and continue the programme.*

*Thank you for all the help and effort, you guys are doing great.*

*Good course.*

*Awesome [and] helpful.*

*We support the programme for other families to participate in.*

*Need to do it again.*

*I really hope it continues. It is such a great programme and very beneficial.*

*This has been a very positive experience for all of us. We are really grateful to have this service.*

*It's wonderful.*

*Very good support.*

*Great support and motivation.*

*It is a very good programme. Covering a wide variety of aspects.*

*Good and giving healthy options.*

*For this to work, it needs to be a family change. It has been so successful for our family, we are so grateful for the opportunity.*

Eleven participants offered a suggestion or concern about the programme:

*Need more updates of any programmes provided by GRx Active Families programme.*

*Although a child improves over 12 months, I feel it should go longer where it's a medical referral.*

*It would be great to have this service in Mangere.*



*If it could be one and half to two hours longer or more days a week i.e. twice each week.*

*A teenage organised exercise programme weekly.*

*Would re-join if time permitted.*

*We would love longer terms/yearly and longer time classes, two to one and a half hours.*

*Could perhaps be split more according to age.*

*The 5.00PM start is sometimes difficult to make as I only finish work at 5.00PM in the city.*

*Have sports people speakers to encourage my son.*

**Table 9: General comments about the GRx Active Families programme**

*Q19. Please feel free to make any other comments about the GRx Active Families programme.*

	Base =	Total 80* %
Generally favourable		88
Concerns and suggestions		14

Total may exceed 100% because of multiple response.

\*Sub-sample based on those respondents who provided additional comments at the end of the survey.



## 7.0 Profile of child and family

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This section summarises the profile of the children referred to the Active Families programme and their families.

- ◆ 47 percent of the children referred were aged 10-13 years old with 35 percent aged 5-9 years old and 13 percent aged 14-17 years old (Figure 18).
- ◆ 53 percent of the children referred to the programme were male and 47 percent were female (Figure 19).
- ◆ 80 percent of the survey participants were the mother of the referred child, while nine percent were the father and five percent were the grandmother of the referred child. Another five percent said they had another relationship with the referred child such as being the child's aunty (Figure 20).
- ◆ 63 percent of the participants identified their family as being European, while 40 percent identified as Māori, 21 percent as Pacific (12 percent Samoan, five percent Cook Island Māori and five percent other Pacific) and five percent as Asian. Another six percent specified some other ethnicity. Note that more than one ethnic group may apply (Table 10 and Table 11).
- ◆ In terms of household composition, 78 percent of the referred children live with their mother and 53 percent live with their father (Figure 21).
  - ◆ 14 percent of participants have a grandmother and five percent have a grandfather residing in their household.
  - ◆ 38 percent of the referred children have at least one brother and 32 percent at least one sister. Four percent had an uncle and three percent had an aunt and/or their cousins residing in their household.
- ◆ Table 12 shows that participants are most commonly from the Wellington catchments (20 percent), and Sport Bay of Plenty (17 percent).
- ◆ 50 percent of participants came from lower socio economic neighbourhoods including 25 percent who live in the highest deprivation decile (Figure 22). Note that this figure is for the population of Active Families programme participants, where contract holders could provide this information, rather than the n=269 participants in the survey.<sup>5</sup>

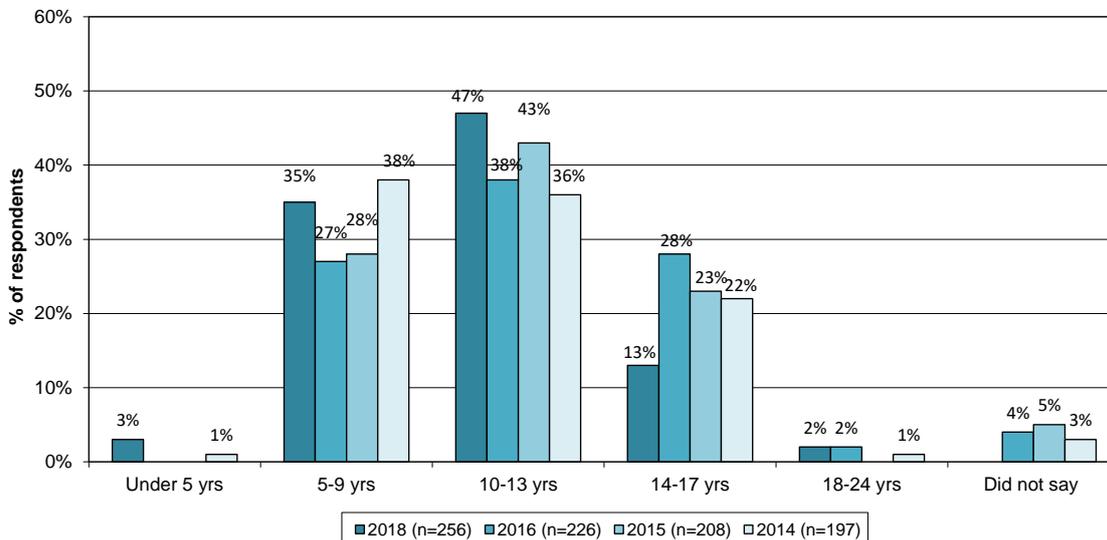
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<sup>5</sup> Due to privacy concerns, some contract holders chose not to provide the contact details of their Active Family participants. Therefore the deprivation index distribution in Figure 22 should be treated as indicative only.



**Figure 18: Age of referred child**

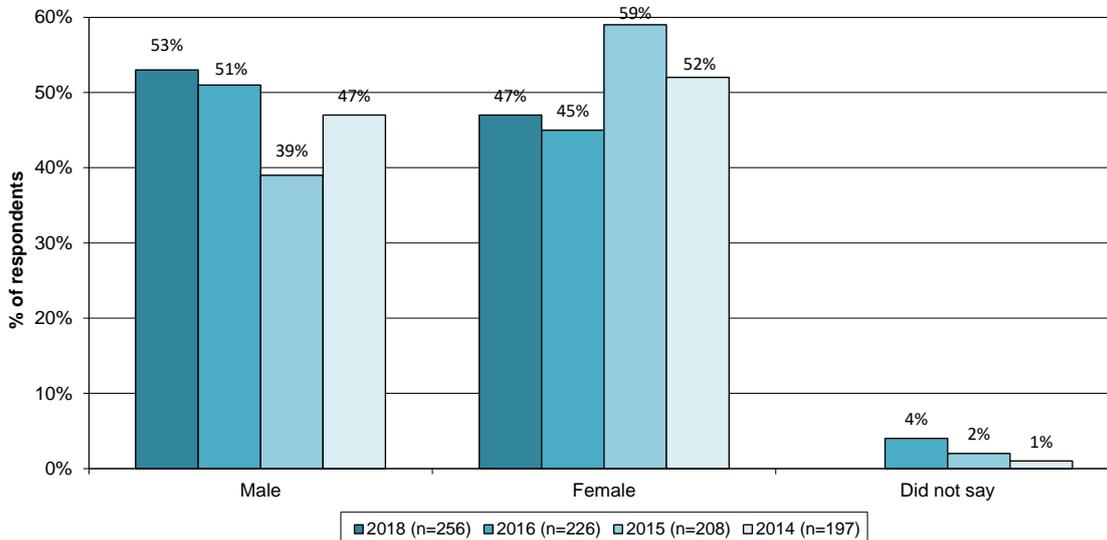
*Q20. What is the current age of the child referred to the programme?*



Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).

**Figure 19: Gender of referred child**

*Q21. What is the gender of the child referred to the programme?*

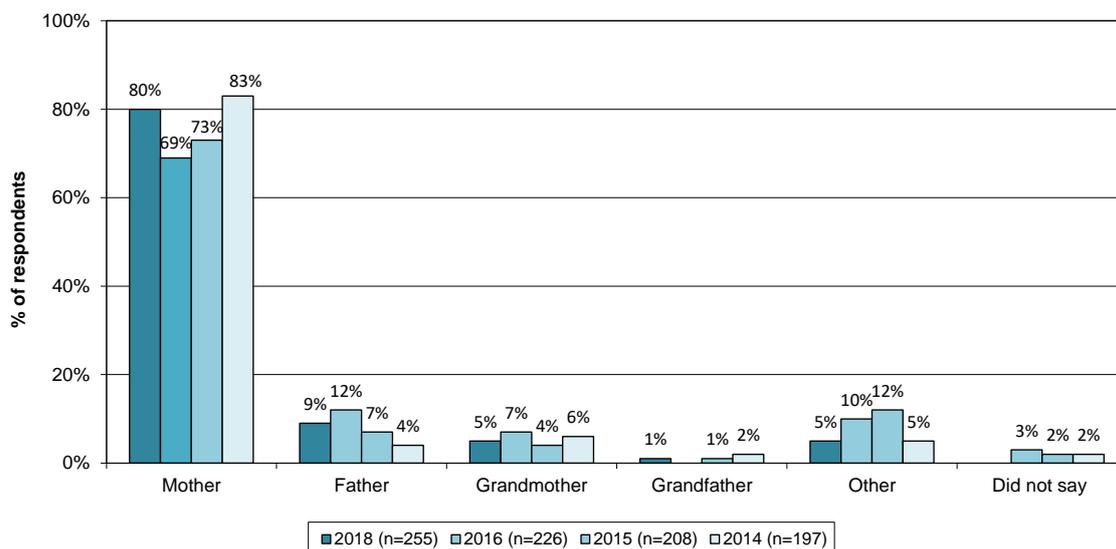


Total may not sum to 100% due to rounding.  
2018 results exclude non-response (all 269 respondents were asked to answer this question).



**Figure 20: Relationship to child of respondent**

Q22. What is your relationship to the referred child?



Total may not sum to 100% due to rounding.

2018 results exclude non-response (all 269 respondents were asked to answer this question).

**Table 10: Ethnicity**

Q23. Which ethnic group does your family belong to?

	2018	2018	2016	2016	2015	2015
Base =	263	263	226	226	208	208
	n	%	n	%	n	%
NZ European	163	62	138	61	134	64
Maori	105	40	85	38	85	41
Cook Island Maori	14	5	14	6	7	3
Niuean	1	0	3	1	1	0
Indian	8	3	1	0	1	0
Samoan	31	12	15	7	9	4
British/European	6	2	7	3	5	2
Chinese	6	2	4	2	5	2
Other Pacific	13	5	9	4	7	3
Other	16	6	19	8	18	9
Did not say	-	-	8	4	4	2

Total may exceed 100% because of multiple response.

2018 results exclude non-response (all 269 respondents were asked to answer this question).



**Table 11: Ethnicity (summary groups)**

*Q23. Which ethnic group does your family belong to?*

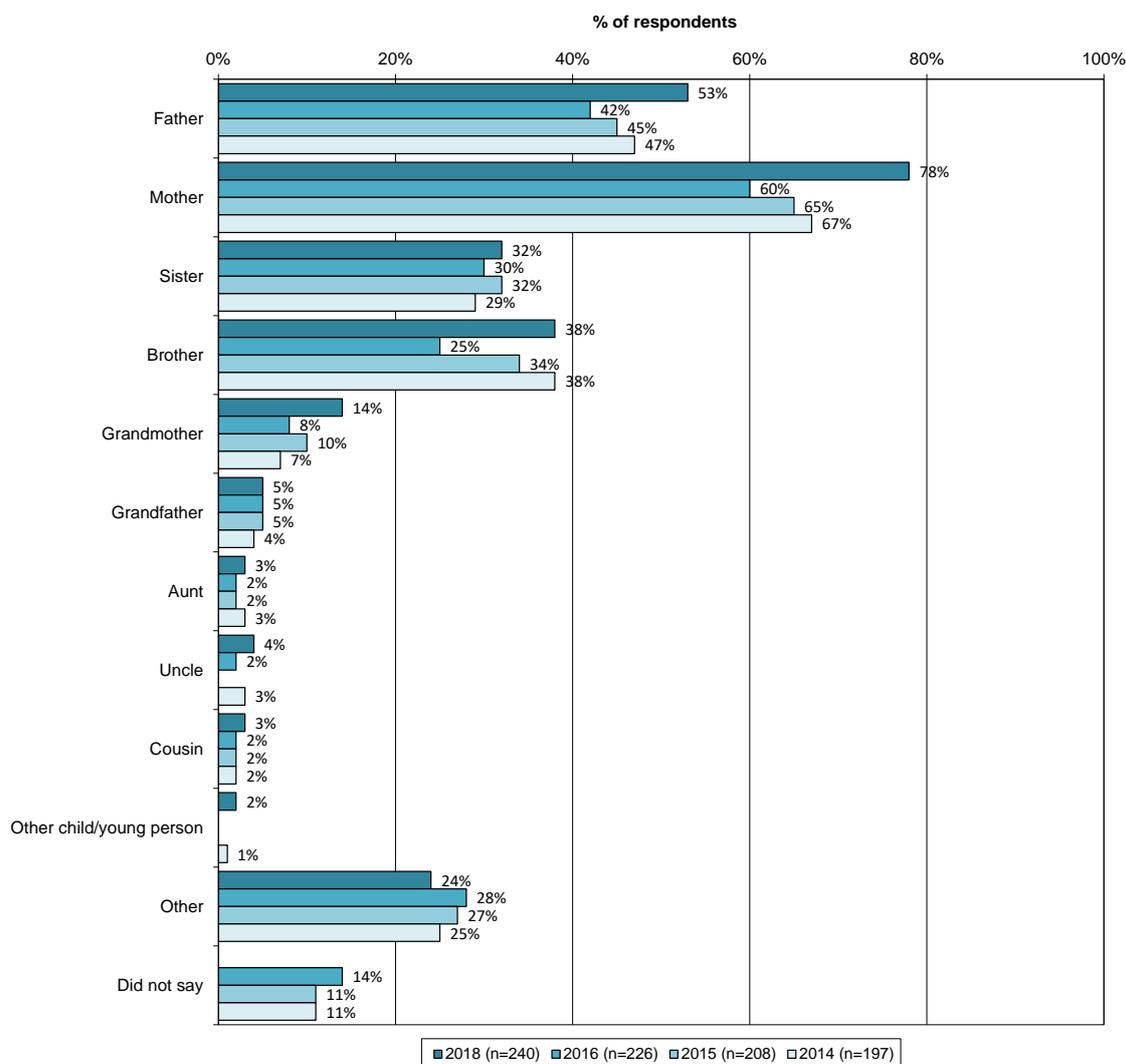
	2018		2016		2015	
	Base =	263	263	226	226	208
	n	%	n	%	n	%
European	166	63	142	63	139	67
Maori	105	40	85	38	85	41
Pacific	56	21	37	16	23	11
Asian	13	5	5	2	6	3
Other	16	6	19	8	18	9
Did not say	-	-	8	4	4	2

Total may exceed 100% because of multiple response.

2018 results exclude non-response (all 269 respondents were asked to answer this question).

**Figure 21: Others living in the household**

*Q24. Please list who else usually lives in the same household as the referred child.*



Total may exceed 100 because of multiple response.

2018 results exclude non-response (all 269 respondents were asked to answer this question).

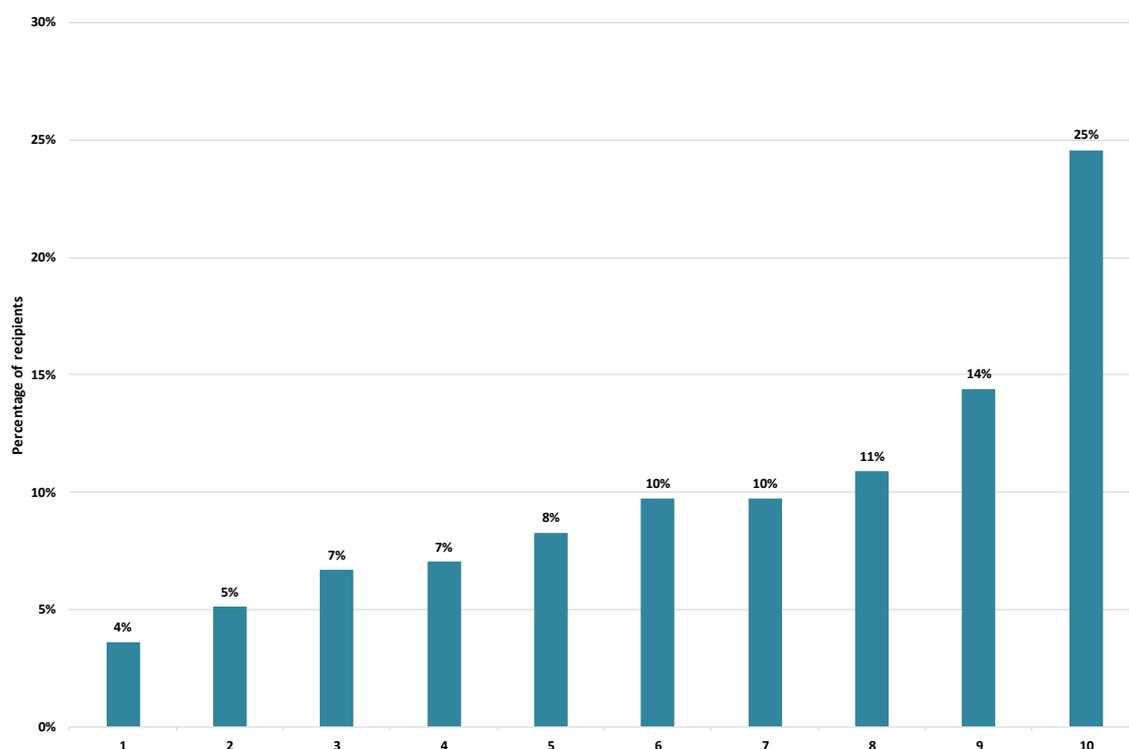


**Table 12: Surveys received from each contract holder (from sample)**

	2018	2018	2016	2016	2015	2015
Base =	269	269	226	226	208	208
	N	%	n	%	n	%
Otara Health Charitable Trust	20	7	18	8	3	1
Harbour Sport	28	10	25	11	29	14
Marlborough PHO	5	2	11	5	5	2
Sport Taranaki	15	6	9	4	16	8
Sport Southland	18	7	10	4	13	6
Sport Bay of Plenty	45	17	55	24	28	13
Sport Gisborne	13	5	3	1	3	1
Sport Hawkes Bay	-	-	12	5	13	6
Sport Manawatu	6	2	16	7	5	2
Sport Northland	18	7	15	7	37	18
Sport Otago	27	10	15	7	14	7
Sport Waikato	18	7	18	8	12	6
Sport Whanganui	2	1	5	2	6	3
Sport Wellington	54	20	14	6	24	12

Total may not sum to 100% due to rounding.

**Figure 22: Deprivation index distribution of all recipients (1 = least deprived, 10 = most deprived)\***



Total may not sum to 100% due to rounding.

\*Due to privacy concerns, some contract holders chose not to provide contact details of their Active Family participants. Therefore the deprivation index distribution should be treated as indicative only.



# **Appendix A: Questionnaire**

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# GRx Active Families Survey

This survey is to help the Ministry of Health find out how effective its Green Prescription (GRx) Active Families programme is. The Ministry provides some funding towards the delivery of this programme in your region so we want to know how well it is working for you and welcome feedback on the support and advice provided.

You have been selected for the survey because your child/family are part of a GRx Active Families programme. The survey should take you around 15 minutes to fill out. All surveys completed and returned in the self-addressed envelope provided will go into an annual draw to win one of four prizes of \$100 worth of either petrol, book or gardening vouchers.

All survey responses will be treated confidentially in accordance with the Privacy Act and you will not be identified in any reporting on the survey. Your information will not be used in any other way than for this report and for the draw of prize winners. An independent professional research organisation will analyse and report on the responses to the Ministry.

Please read each question carefully and follow the directions where applicable.

Thank you for taking the time to complete it.

## BE IN TO

## WIN WIN WIN!!!

You can win one of four gift vouchers, to the value of \$100 each simply by completing this survey and returning it to us. See the back page for details on how to enter.

### 1 Who referred your child to the GRx Active Families programme? (please tick ALL that apply)

- |   |  |
|---|--|
| 1 <input type="checkbox"/> Doctor/GP      | 4 <input type="checkbox"/> Paediatrician                 |
| 2 <input type="checkbox"/> Doctor's Nurse | 5 <input type="checkbox"/> Public Health Nurse           |
| 3 <input type="checkbox"/> Dietitian      | 6 <input type="checkbox"/> Other (please write in) _____ |

### 2 When did your child start the programme?

- 1  Less than 6 months ago  
 2  6–8 months ago  
 3  8–12 months ago  
 4  More than 12 months ago

### 3 What were the main reasons your child was referred to the programme? (please tick ALL that apply)

- |  |  |
|--|--|
| 1 <input type="checkbox"/> Asthma/breathing problems | 4 <input type="checkbox"/> To get more active            |
| 2 <input type="checkbox"/> Sore back or joints       | 5 <input type="checkbox"/> Weight problems               |
| 3 <input type="checkbox"/> Diabetes                  | 6 <input type="checkbox"/> To reduce stress/anxiety      |
|  | 7 <input type="checkbox"/> Other (please write in) _____ |

### 4 What physical activities did the GRx Active Families Co-ordinator recommend for your child to do outside of the group/family session? (please tick ALL that apply)

- |                                     |   |
|-------------------------------------|---|
| 1 <input type="checkbox"/> None     | 5 <input type="checkbox"/> Water/pool exercises                           |
| 2 <input type="checkbox"/> Walking  | 6 <input type="checkbox"/> Home-based exercise (eg, trampoline, skipping) |
| 3 <input type="checkbox"/> Swimming | 7 <input type="checkbox"/> Sport  |
| 4 <input type="checkbox"/> Biking   | 8 <input type="checkbox"/> Other (please write in) _____                  |



**5** Is your child . . . ? (please tick ONE only)

- 1  Still taking part in the GRx Active Families programme – Go to Q7
- 2  Temporarily out of the GRx Active Families programme but means to start again – Go to Q6
- 3  No longer taking part in the GRx Active Families programme – Go to Q6

**6** If your child is temporarily off or no longer taking part in the GRx Active Families programme, why is this? (please tick ALL that apply)

- 1  Child has injury/health problems
- 2  Child didn't enjoy it
- 3  Lack of transport
- 4  Not enough time
- 5  It costs too much
- 6  Location of sessions
- 7  Timing of sessions
- 8  Lost interest
- 9  Other family members didn't enjoy it
- 10  Family not ready to change yet
- 11  Family has made positive changes and no longer needs support
- 12  Other (please write in)

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**7** Have you noticed any change in your child's health and fitness since taking part in the GRx Active Families programme?

- 1  Yes – Go to Q8
- 2  No – Go to Q9
- 3  Don't know – Go to Q9

**8** If yes, what changes have you noticed in your child? (please tick ALL that apply)

- 1  Breathing easier
- 2  Sleeping better
- 3  Less back or joint pain
- 4  More energy
- 5  More willing to try new activities
- 6  Low weight/clothes looser
- 7  Feels stronger/fitter
- 8  Is active without being reminded
- 9  Fewer illnesses
- 10  Generally feels better
- 11  Feels less stressed/anxious
- 12  Not bullied as much
- 13  More confident
- 14  Less medication
- 15  Other (please write in)

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**9** Compared to the time before your child started the GRx Active families programme is he/she spending . . .

- 1  More time being active now?
- 2  About the same amount of time being active now?
- 3  Less time being active now?

If about the same time or less, why is this?

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**10** Since taking part in the GRx Active Families programme does your child now understand the benefits of:

- a) Being physically active 1  Yes 2  No
- a) Eating healthy foods 1  Yes 2  No



**11** Does your family now know how to choose healthy food and drink options as a result of being part of the GRx Active Families programme?

1  Yes    2  No

**12** Has your family made any changes to its diet (food and/or drink) since being part of the GRx Active Families programme?

1  Yes    2  No

If YES, what changes have you made? (please write in)

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**13** What is the most helpful part of the GRx Active Families programme?

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**14** What improvement/s can you suggest for the GRx Active Families programme?

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**15** When your child is active, who is this usually with? (please tick ALL that apply)

- 1  By him/herself    4  With another family member(s)  
2  With brother/sister    5  Organised group eg. sports club  
3  With friend(s)    6  Other (please write in)

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**16** Thinking about the service and support you received whilst on the GRx Active Families programme, please indicate how strongly you agree or disagree with each of these statements.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
A. The advice our family was given is helpful	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
B. The physical activities suggested were appropriate for my child	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
C. The GRx Active Families programme motivates my child to get/stay physically active	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
D. The GRx Active Families co-ordinator is understanding and supportive	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
E. As the result of the support my child receives, he/she feels more confident about doing physical activity	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
F. The support my child receives helps my family continue with the GRx Active Families programme	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
G. The person(s) running the activities is appropriate for my child	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>

If you disagreed or strongly disagreed with any of the above please explain why:

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**17** Overall, how satisfied are you with the service and support provided to your family and child through the GRx Active Families programme?

Very Satisfied    Satisfied    Neutral/Not    Dissatisfied    Very Dissatisfied  
 1     2     3     4     5

please explain below:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### About You

(this information will not be used to identify you individually)

**20** What is the current age of the child who was referred to the programme?

1

**21** What is the gender of the child referred to the programme?

1  Male    2  Female

**22** What is your relationship to the referred child?

1  Mother    4  Grandfather  
 2  Father    5  Other (please write in)  
 3  Grandmother    \_\_\_\_\_

**23** Which ethnic group does your family belong to? (please tick the box or boxes that apply to you)

1  NZ European    7  British European  
 2  Māori    8  Chinese  
 3  Cook Island Maori    11  Other Pacific (Fijian, Tongan)  
 4  Niuean  
 5  Indian    12  Other (please write in)  
 6  Samoan    \_\_\_\_\_

**18** As a result of your family's experience with the GRx Active Families programme, have you encouraged others to become more active?

1  Yes    2  No

IF YES, please say who \_\_\_\_\_

**19** Please feel free to make any other comments about the GRx Active Families programme.

\_\_\_\_\_

\_\_\_\_\_

**24** Please list who else usually lives in the same household as the referred child (eg. mother, father, brother, sister, uncle, grandmother). For each person, please write in their age and whether they are more active now than before the family took part in the GRx Active Families Programme.

	Age	More active now?	
		Yes	No
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>
_____	<input type="text"/>	1 <input type="radio"/>	2 <input type="radio"/>

### BE IN TO WIN!!!

Thank you for your time! Please return your completed survey to your CRx Active Families Co-ordinator in the freepost envelope provided or post it yourself in that envelope.

If you would like to go into an annual prize draw to win one of four gift vouchers, to the value of \$100 each, please write in your name and phone number so we can contact you, if you win.

Name:

Phone: (0 )

Preferred vouchers: 1  Gardening    2  Book    3  Petrol