
MEMO

To: Board Members
From: Andrew Goodger, Sector Relationships & Contract Manager, Strategy Primary & Community
Date: 23 January 2019
Subject: **UPDATE – GREEN PRESCRIPTION (GRx) ACTIVITY**

Status

This report contains:

For decision

Update

Regular report

For information

Background

A Green prescription (GRx) is a health professional's written advice to a patient to be physically active as part of the patient's health management. In mobilising people who are currently inactive, General Practitioners (GPs) and other health professionals can prescribe physical activity in order to encourage positive health outcomes. The prescription is effectively a referral to a programme which supports people to increase their level of activity for the benefit of their health.

The programme will:

1. Help a person identify the changes in lifestyle they need
2. Supports development of realistic goals and creation of a plan of action
3. Builds motivation to make lifestyle changes
4. Guides a person to become self-sufficient in managing long-term health.

GRx was launched by the Hillary Commission nationally in 1998. The management of the GRx initiative was transferred from Sport and Recreation New Zealand (SPARC, now Sport NZ) to the Ministry of Health (MoH) in July 2009. Management and funding for GRx has since been devolved to DHBs, with an obligation to continue to fund the programme under the Service Coverage Schedule.

GRx is for those over 18 years of age, but some areas are also required to provide a service building healthy eating and physical activity habits for children and their whānau, known as Active Families. Active Families was piloted by the MoH in several areas of the country but was never rolled out to all areas. Nelson Marlborough Health is required to provide Active Families in Marlborough (but not Nelson/Tasman). Nelson Marlborough Health does fund a similar programme in Nelson/Tasman called 'Eat Move Grow'.

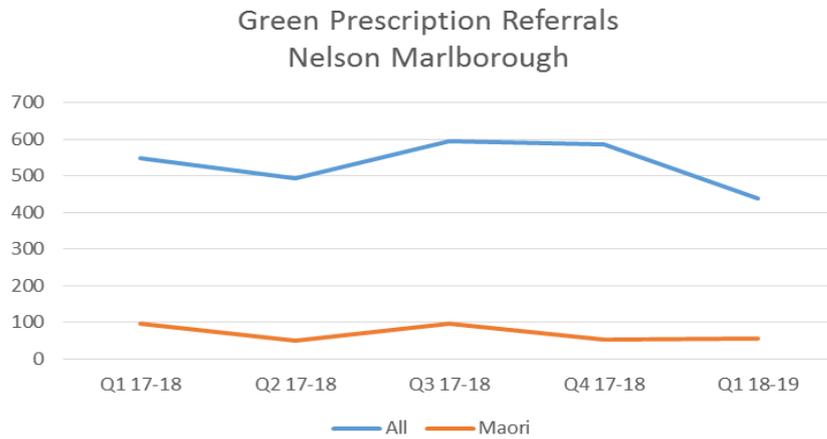
Allied with the GRx programme are the nutrition services that both PHOs operate.

The following provides some information about utilisation of the GRx, Active Families and Eat Move Grow programmes.

1. Green Prescription

The graph below shows the number of referrals to the GRx programme. The numbers vary from quarter to quarter due to staffing, holidays and other factors but in general over 500 people are referred every quarter to GRx.

Referrals for Maori are just over 13% for the period. This is higher than the proportion of the population that is Maori, but it is difficult to determine how this equates to the level of need.



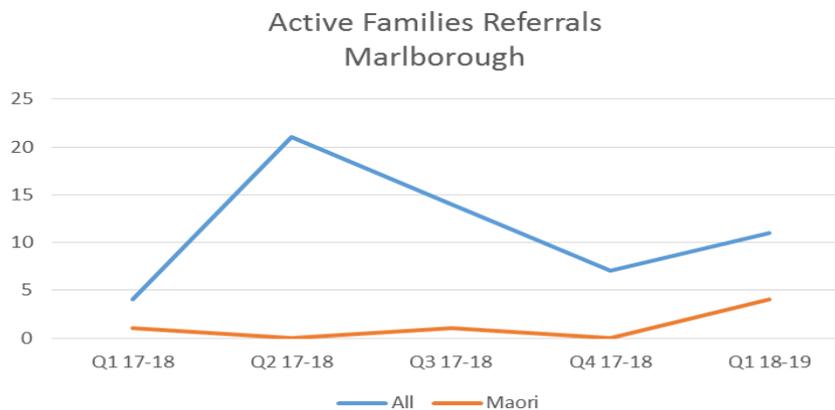
The majority of referrals come from General Practice, but PHO health services (such as the pain service) also refer as do secondary services and other NGOs. Some self referrals are received, although these are subsequently checked with General Practice.

The referrals are generally for those with long term conditions, but falls or fall risk are another reason for referrals.

Of the referrals, about 70% are actually engaging with the programmes.

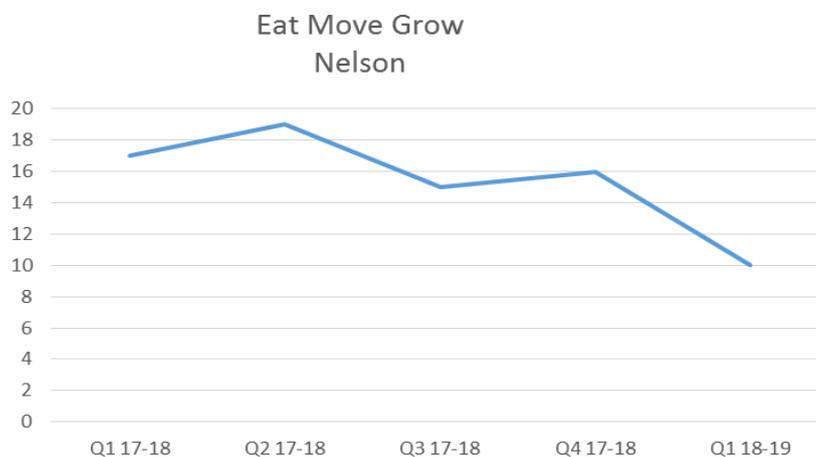
2. Active Families

Active Families works with whole families, with the graph below showing the number of families engaged with the programme each quarter. Maori participation is just over 10%.



3. Eat Move Grow

The graph below shows the number of families engaged with Eat Move Grow.



4. GRx Outcomes

Outcomes for Green Prescription have to date been around self-reported lifestyle changes and programme support. The following table shows the latest national survey results.

Goal <i>Participants...</i>	Indicator	National result %	Nelson PH result %	Malborough PH result %	Achieved ?
1... <i>Are more active since receiving their GRx.</i>	Minimum of 48% of GRx participants are more active after 6-8 months of receiving their GRx	61	69	67	Achieved
2... <i>Adopt better nutritional habits.</i>	Minimum of 55% of GRx participants have made changes to their diet since receiving their GRx.	65	71	68	Achieved
3... <i>Receive effective support to maintain activity.</i>	Minimum of 65% of GRx participants feel more confident about doing physical activity.	73	80	87	Achieved
4... <i>Have a choice of activities that are relevant and appropriate for them.</i>	Minimum of 80% of GRx participants felt the physical activity suggested was appropriate for them.	83	91	90	Achieved
5... <i>Have a choice of activity providers that are relevant and appropriate for them.</i>	Minimum of 80% of GRx participants felt the suggested physical activity provider was appropriate for them.	83	93	96	Achieved
6... <i>Are motivated to participate in and follow their GRx.</i>	Minimum of 75% of GRx participants are motivated to get/stay physically active.	77	83	95	Achieved
7... <i>Are aware of and understand the benefits of physical activity.</i>	Minimum of 85% of GRx participants are aware of and understand the benefits of physical activity.	77	89	89	Achieved
8... <i>Have noticed positive health changes since being more active.</i>	Minimum of 65% of GRx participants have noticed positive health changes.	71	81	79	Achieved
9... <i>Receive consistent high quality services and support.</i>	Minimum of 80% of GRx participants are satisfied with the overall service and support provided.	80	89	94	Achieved

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RECOMMENDATIONS:

THAT THE BOARD NOTE THE UPDATE ON GREEN PRESCRIPTION ACTIVITY.