

Green Prescription in Northland – On the Mark!

The latest Green Prescription Patient survey undertaken on patients in Northland showed that the Sport Northland Green Prescription programme is indeed making a difference to Northlanders. The latest results show that Northland was above the national average with:

- 75% of patients noticing health changes since being more active
- 86% of patients are motivated to participate in and follow their GRx
- 92% of patients are supported to sustain their behaviour changes
- 81% of patients agree that they have greater confidence as a result of the support

A Green Prescription is written advice from general practitioners and practice nurses. Patients receiving a Green Prescription are then eligible for support and advice through face to face clinics or phone calls. The patient is contacted by a Green Prescription Patient Support Person, and is then encouraged to take up suitable activity and diet changes specific to them. The patient is supported over a period of four months, and is able to take advantage of trial gym passes, discount rates and community activity sessions.

People with heart disease, hypertension, diabetes, depression, obesity, arthritis, cancer and some respiratory conditions or at risk cardiovascular disease (CVD) are most likely to benefit from a Green Prescription, however any patient that does not exercise regularly would also benefit. Green Prescription is a Ministry of Health funded programme aimed to help those who would benefit from more physical activity and nutrition changes.

In the year from July 2009, Sport Northland received 1,368 Green Prescriptions from Medical Professionals across Northland. This year Sport Northland aims to increase the number of people assisted by the Green Prescription Programme to over 1,700. The programme is continually evolving, with more and more exercise facilities such as gyms and pools coming on board, offering GRx patients special benefits to make it easier to get active.

The programme can make a huge difference to a person's quality and enjoyment of life. If you would like to know more about the programme, phone 0800 ACTIVE or speak to your Doctor about it.

About Sport Northland

Sport Northland is the Northland's Regional Sports Trust – a charitable trust with a core purpose of 'Getting Northlanders More Active' and a vision for the region of 'Northland – The Most Active Region in the World!'

