

## GREEN PRESCRIPTION NEWSLETTER AUG 2010

**Welcome** to the fourth Green Prescription newsletter for 2010.

This issue covers:

- GRx Patient Survey Results for Southland
- July's Top GRx Referrers
- ACC Movement for Health Update

The aim of our newsletter is to keep medical practices in Southland and Wakatipu up-to-date with latest news regarding the free Green Prescription service, and also to remind you to *prescribe "Green"* at any time it may be beneficial for a patient. We hope you find this issue interesting and useful.

For any further information please contact us at the details provided below:

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### SOUTHLAND'S TOP GRx REFERRERS: JULY

Thank you to all doctors, nurses and specialists who have referred 'Green' in July. Sport Southland continues to provide referred patients with a high-quality service to help them become more physically active. (For more detail on Green Prescription outcomes in Southland, see overleaf).

Thank you especially to our top referrers in July:

- Dr Roger Deacon  
Queens Park Medical Centre
- Isobel Blanks  
Riverton Medical Centre
- Dr Emma MacCallum  
Riverton Medical Centre
- Many other doctors and nurses tied for '4th Place' on 2 referrals

Well done to Dr Roger Deacon who receives a \$20 sports voucher for referring 6 patients to Green Prescription in July.



### ACC FUNDED 'MOVEMENT FOR HEALTH'

UPDATE ON TERM 2: WE REQUIRE MORE PEOPLE IN...

OTATARA

RIVERTON

GORE

OTAUTAU

'Movement for Health' is a falls prevention programme developed for those at risk of falls. ACC funds a weekly programme for 16 weeks, for those at risk of a fall aged 65+ years (or 55yrs+ for Maori or Pacific people). Movement for Health Modified Tai improves balance and strength through standing and seated exercises including modified Tai Chi. Classes are fun, social and FREE.

**Patients can call Sport Southland to register, or please refer the patient via Green Prescription. Thank you for your assistance in promoting this valuable opportunity to patients in need of help with preventing falls.**

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

## Patient Survey Results Southland: 2010



### Green Prescription the right medicine

Over 900 Southlanders annually are leading more active lifestyles after embarking on a Green Prescription (GRx) programme.

A Ministry of Health initiative run by Sport Southland, a recent Green Prescription survey showed 67 percent of Southland patients had noticed a change in their health since they “went Green” and 60 percent were more active after six to eight months.

Aimed at helping people whose health would benefit from increased physical activity, the programme involved GP’s and practice nurses giving a Green Prescription to patients, who were then eligible for specialised support, advice and activities.

“Sport Southland is currently helping 248 Green Prescription patients to reap the health benefits of activities such as walking or swimming,” Green Prescription area manager Yvette McKenzie, of Sport Southland, said.

“The patients that benefit most are those with conditions such as heart disease, hypertension, diabetes and obesity. It is fantastic to see the difference that the programme can make to people’s quality and enjoyment of life.

“And we’re delighted to hear that 83 percent of people are satisfied with the service we provide.”

A Green Prescription patient since January, Te Anau’s Allan Youldon is enjoying the improvement to his general health.

“I feel better about myself, my hip joints don’t hurt as much when I walk and I enjoy my activity,” he said.

“I have made some small changes to my eating habits – increasing the water and fruit consumption. And I now have my wife walking with me and using our exercycle so we are both benefiting from the whole programme.”

Over 30,000 people throughout New Zealand are currently following a Green Prescription. To complement the programme, Sport Southland plan to launch community-based physical activity initiatives for those on Green Prescription and wanting to make lifestyle changes.

For further information on Green Prescription, talk to your GP or practice nurse, call 0800 ACTIVE (0800 228 483) or visit [www.moh.govt.nz/greenprescription](http://www.moh.govt.nz/greenprescription)