

Green Prescriptions - *a teenager already*

ANA conference

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Presentation overview

- What is a GRx?
- GRx pre-birth period
- The early years
- Pre-school years
- Growing up fast
- The middle years
- Becoming more independent
- A teenager at last
- What we have learned
- The future

What is a GRx?

- GRx has been nationwide since 1998 – NZ’s only GP referral scheme
- Written advice for patient to be more active as part of health management
- Phone, face to face and group support is provided by trained personnel
- GRx proven to be effective over 12 months and cost effective
- GRx is part funded by Ministry of Health

Referrer Reminder:
 Please fax this card to the number provided on the front of this card to ensure your patient is fully supported in their GRx.

Rongoā Kākāriki GREEN PRESCRIPTION

For help and advice call:
0800 ACTIVE 22 84 83

Patient's Name: _____
 Address: _____
 D.O.B: / /

Phone (0) _____
 Ethnicity: _____
 Preferred time to call: morning afternoon evening

I recommend that for your health and wellbeing, you should:
 — go for a brisk walk, or _____

Intensity: very light light moderate
 for at least _____ minutes, _____ times per week.

Medical conditions: (Tick all that apply)

Asthma/respiratory <input type="checkbox"/>	High cholesterol <input type="checkbox"/>	Stress <input type="checkbox"/>
Depression/anxiety <input type="checkbox"/>	Weight issues <input type="checkbox"/>	Diabetes <input type="checkbox"/>
High blood pressure <input type="checkbox"/>	Heart problems <input type="checkbox"/>	Arthritis <input type="checkbox"/>
Other: _____		

Name (Doctor/Nurse) _____
 Signed (Doctor/Nurse) _____
 Referrer's address: _____
 Phone: _____
 Fax: _____
 Date: _____

GRx is a health initiative of

 supported by


* By signing, I confirm that I have explained the GRx process to my patient and advised them that their doctor will be passed to their local GRx support person who will provide them with advice and support.

www.sparc.org.nz Referrer Copy

GRx - *pre-birth period*

1995-1996

- Clinical trials by National Heart Foundation under contract to Hillary Commission
- Focus groups with GPs asking how GRx should be implemented



The early years - *newborn* 1997-1998

- Consultation with health agencies
- Resource development
- GRx launch - Northland and Auckland
- Training of regional sports trust (RST) staff
- North Health evaluation started



The early years – *toddler*

1998 - 1999

- 1,960 referrals for support
- Seven GRx Area Managers (GRAMs)
- Nationwide rollout – telephone support
- 0800 ACTIVE line established
- First GP survey
- GRx Guidelines developed

Gaining confidence

1999-2000

- 1,083 referrals
- MOH funding secured
- MOUs developed with Independent Practitioners Associations (IPAs)

1999-2000 cont.

- GRx database developed
- Motivational interviewing training started
- GPs trained in role of physical activity in obesity and type 2 diabetes (Alan Bolton)



Growing up fast

2000-2001

- 3,031 referrals
- Eight GRAMs
- GRx strategic direction developed
- MOH contract transferred to Pharmac

2000-2001 cont.

- First patient survey
- Practice and patient quarterly newsletters
- Community Health Days with fourth year medical students
- GRx Maori health strategy developed

2001-2003

- 10,734 referrals over two years
- Nine GRAMs
- Dr Raina Elley's Heart, Health and Activity study started in Waikato
- Kim Sinclair research (Lincoln University) - activity 12 months after GRx



2001-2003 cont.

- Resources developed with Heart Foundation and Cancer Society
- Ngati and Healthy Diabetes project started using GRx
- GRx Active Families trial started (Auckland)
- SPARC established

The middle years **2003-2005**

- 8,145 referrals
- 11 GRAMs
- Te Wai O Rona diabetes project started (Waikato)
- Summer studentship - GRx from a health promotion perspective



2003-2004

- Group support started (Auckland)
- Active Practice promotion developed
- Heart Health RCT published in BMJ, cost effectiveness analysis in NZMJ
- GRx Active Families - 6 contract holders

2004-2005

- 14,500 referrals
- 12 GRAMs
- Pharmac funding increased and extended to June 2007
- Wellington School of Medicine Public Health students research

2004-2005 cont.

- Women's Lifestyle Study (diabetes) started in Wellington (Dr Bev Lawton)
- GRx used in ACC fall prevention programmes
- Patient support training video produced

2004-2005 cont.

- GRx Advisory Group established
- Five GRx Active Families
Co-ordinators
- GRx Active Families Guidelines
developed
- GRx presentation in Denmark



Becoming more independent **2005-2006**

- 16,180 referrals
- Early Community Contact Week - second year medical students
- Further cost effectiveness analysis published (ANZJPH)
- 31 Primary Health Organisations (PHOs) have GRx in policies, plans and programmes and 17 invest in GRx
- Seven GRx Active Families Co-ordinators

2006-2007

- 20,211 referrals
- 17 GRAMs
- 45 PHOs include GRx in GP and nurse training
- 26 PHOs and 4 DHBs invest in GRx
- GRx presentation at International Obesity Congress (Sydney)

2006-2007 cont.

- Closer links with self management and decision support tools
- *Mission-On* initiative launched including GRx expansion
- 15 GRx Active Families Co-ordinators
- Healthy Steps Study started (AUT)



2007-2008

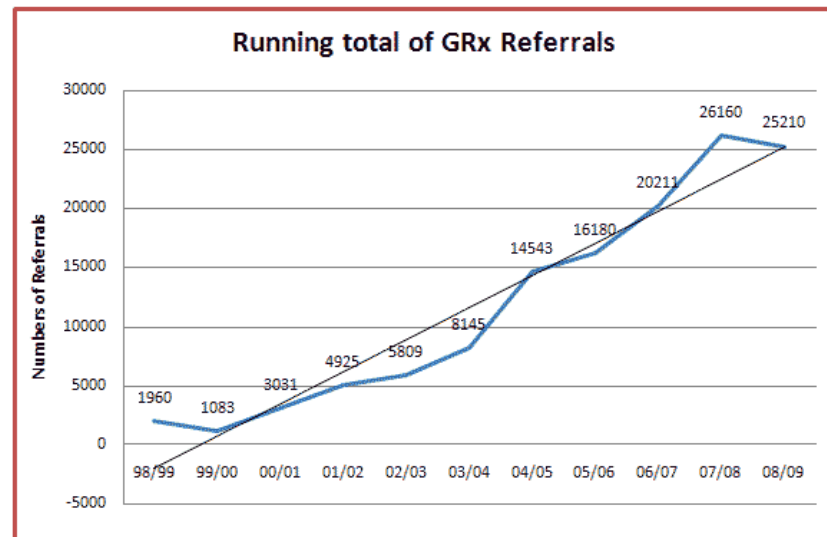
- 26,160 referrals
- GRx expansion project manager appointed and work streams developed
- Resources “refreshed”
- Pharmac contract transferred back to MOH

2007-2008 cont.

- Most contract holders have group support programmes – partnership with Councils
- GRx Active Families evaluation started

A teenager at last **2008-2009**

- Target of 30,000 referrals
(26,000 to date)
- Women's Lifestyle Study
published in BMJ
- Cost effectiveness of
Women's Lifestyle Study
started
- 100% awareness of GRx
by GPs



2008-2009 cont.

- Healthy Steps research completed
- 16 GRx Active Families Co-ordinators
- Integration into MOH guidelines - depression and obesity
- Change of government

What we have learned along the way

- Treat family members well - feed with professional development and positive feedback
- Keep all lines of communication open
- Record milestones with pride
- Conduct qualitative and quantitative evaluations



What we have learned along the way cont.

- Don't be afraid to admit mistakes
- Encourage innovation
- Celebrate successes
- Be careful not to outgrow strength
- Stay positive, keep faith and have fun

The Future – *GRx leaving home*

- GRx transferring to MOH
- New opportunities for integration
- GRx expansion continues
- An exciting new beginning





For more information:

[http://www.sparc.org.nz/active living](http://www.sparc.org.nz/active_living)

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