

Most active nation-how walking
contributes to SPARC's goal of
NZ being the most active
nation

Walk 21

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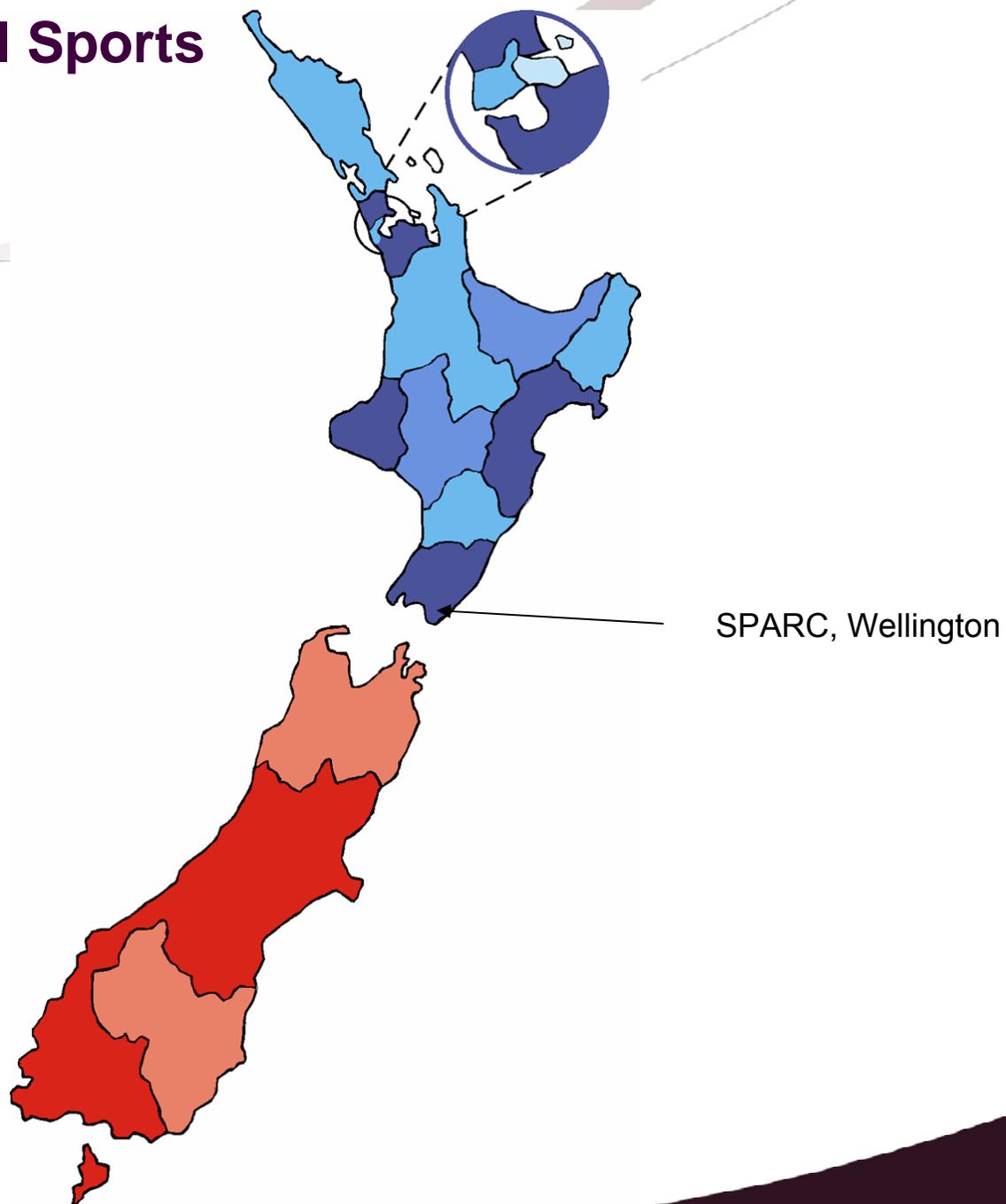
What is SPARC?

- ◆ **Sport and Recreation NZ**
- ◆ **Crown entity**
- ◆ **Established 2002**
 - **Policy**
 - **Investment**
 - **Services**
- ◆ **Supported by 17 Regional Sports Trusts (RSTs)**
- ◆ **Key goals**
 - **Most active nation**
 - **Winning in events that matter to New Zealanders**
 - **Effective sport and recreation systems**

New Zealand physical activity statistics

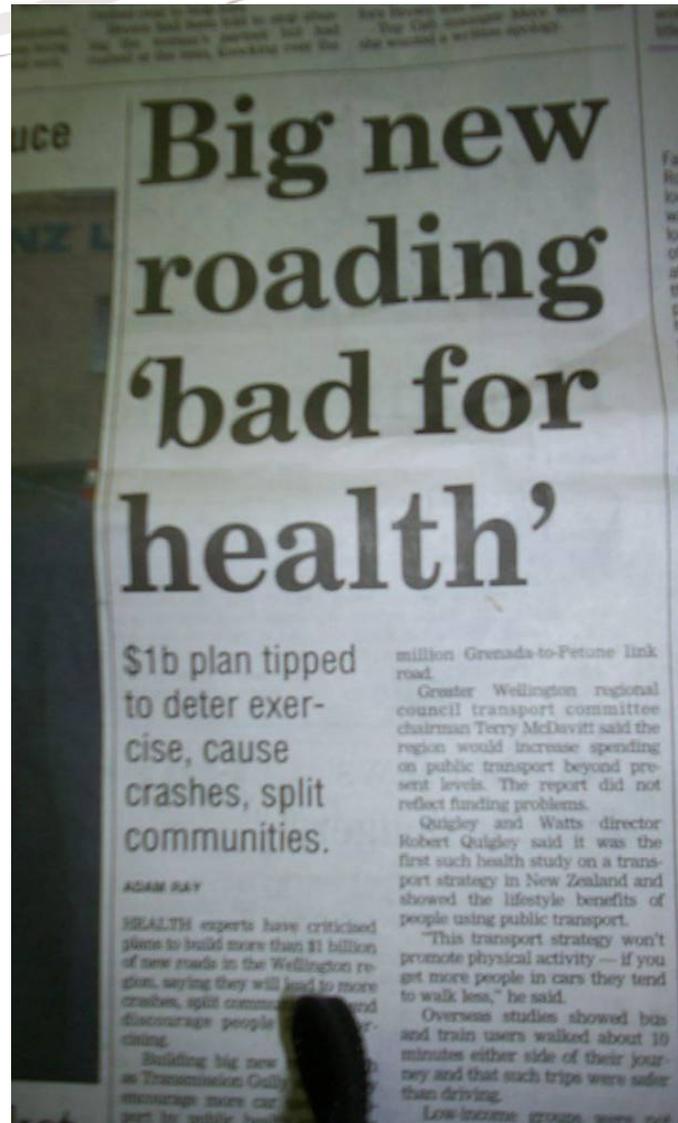
- ◆ 98% of New Zealanders (2.67 million) enjoy sport and active leisure per year
- ◆ 39% of adults are active for 30 minutes on 5 or more days per week
- ◆ **Walking**
 - main physical activity (61% men, 81% women)
 - more popular with European and Pacific peoples than Maori or other ethnic groups
 - dominates across age groups until 65 years then overtaken by gardening
- ◆ **Obstacles to Action research for barriers and motivators**

17 Regional Sports Trusts



0800 ACTIVE

How walking puts the “well” in Wellington



How walking puts the “well” in Wellington



How walking puts the “well” in Wellington



How walking puts the “well” in Wellington



What is a Green Prescription (GRx)?

- ◆ **Green Prescription is a tool to improve the overall health and well-being of New Zealanders which helps to increase levels of physical activity in a section of the population considered by General Practitioners to be 'inactive'.**

Inactive = less than 30 minutes of moderate physical activity on five or more days of the week

What is a GRx?

- ◆ Written advice for patient to be more active as part of health management
- ◆ GRx proven to be effective over 12 months and cost effective
- ◆ NZ's only GP referral scheme
- ◆ Nationwide since 1998

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

Te Rongoaa Kakariki **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 a 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)
Please Print
Signed (Doctor/Nurse)
Referrer's address
Phone
Fax
Date

GRx is a health initiative of
SPARC
ihi AOTEAROA
Sport & Recreation New Zealand

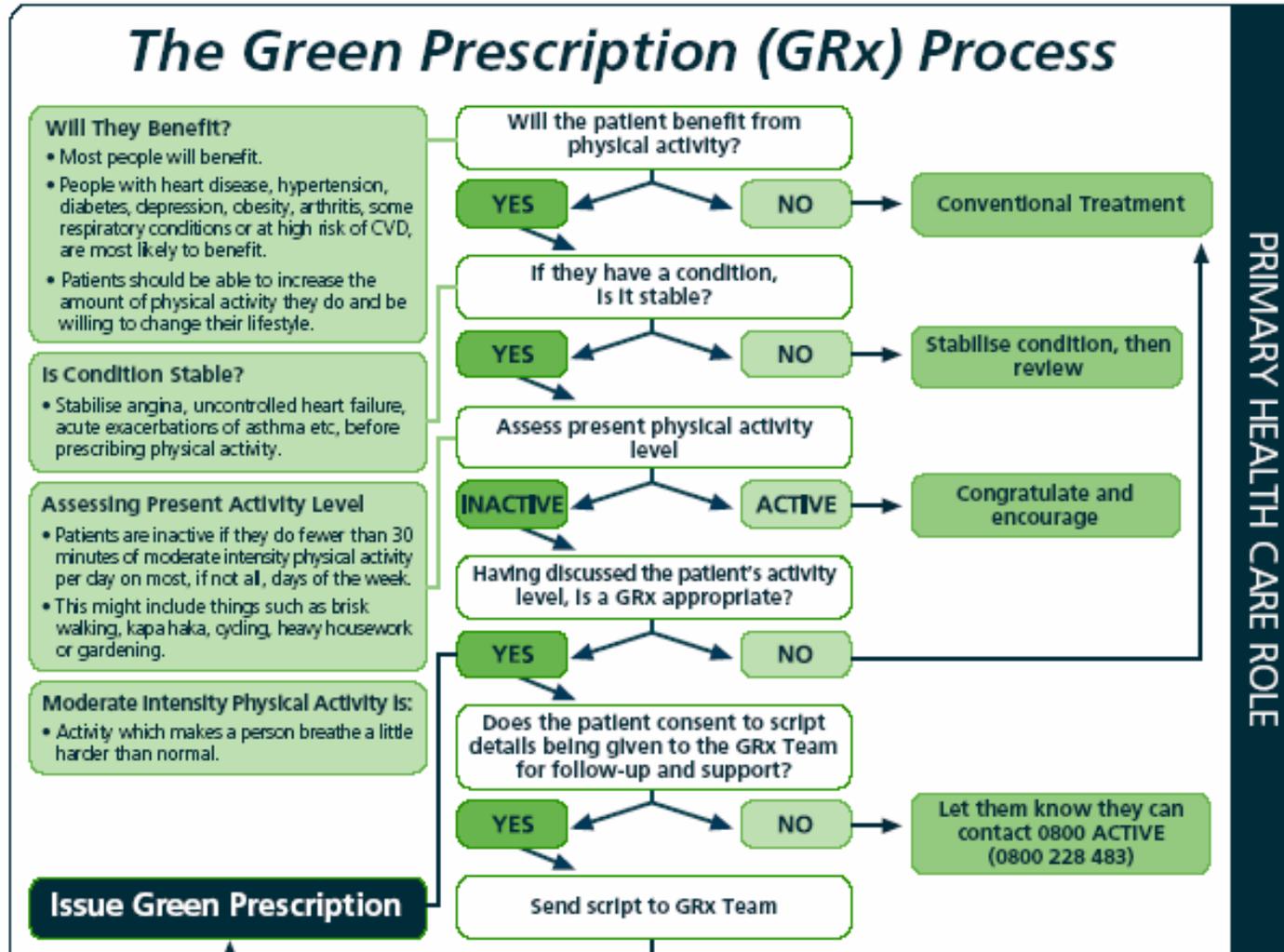
supported by
PHARMAC
Pharmaceutical Management Agency

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

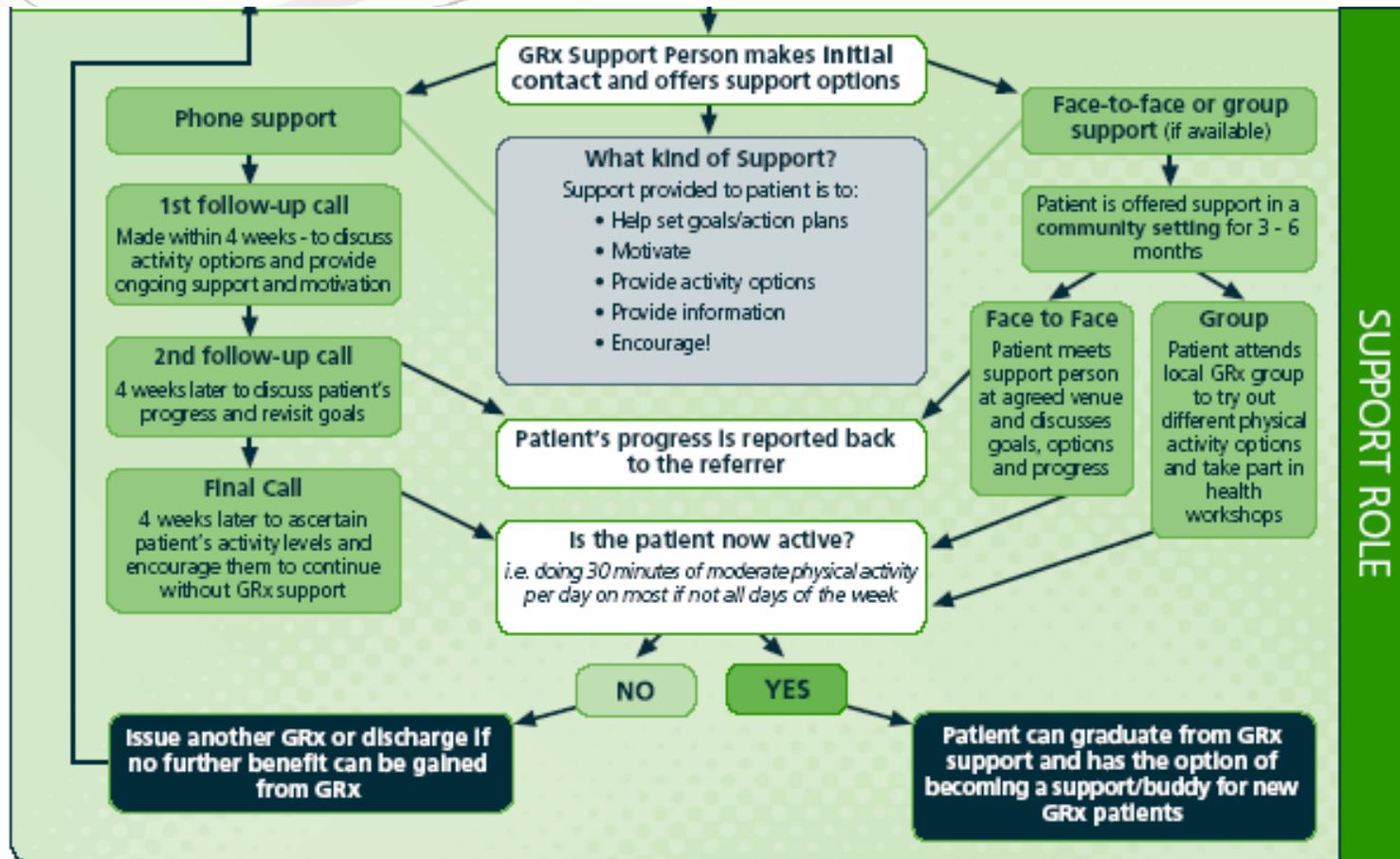
www.sparc.org.nz Referrer Copy

- ◆ 16 GRx Area Managers in RSTs and PHOs
- ◆ Phone, face to face and group support is provided by trained personnel
- ◆ Part funded by Pharmac

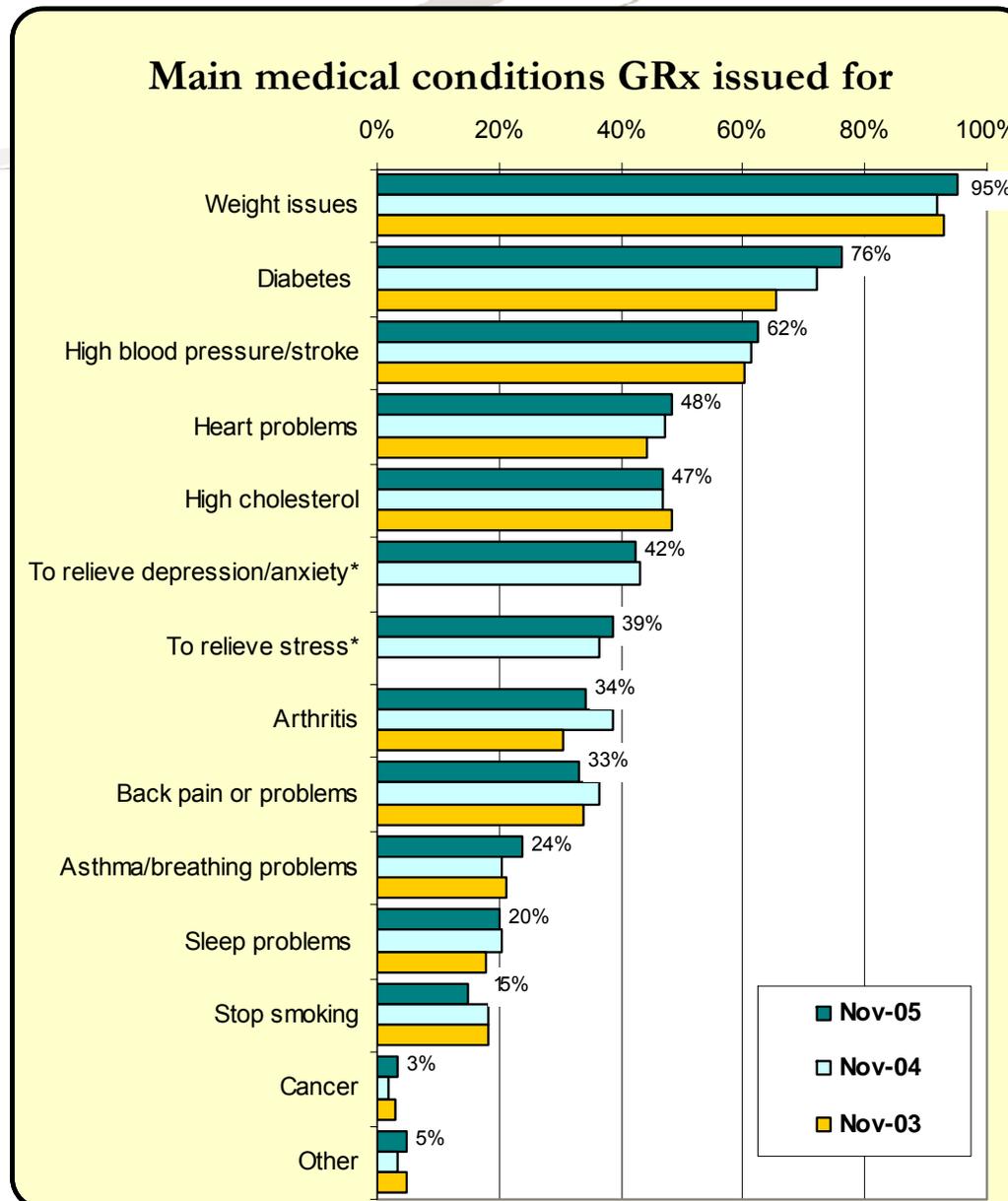
The GRx Process



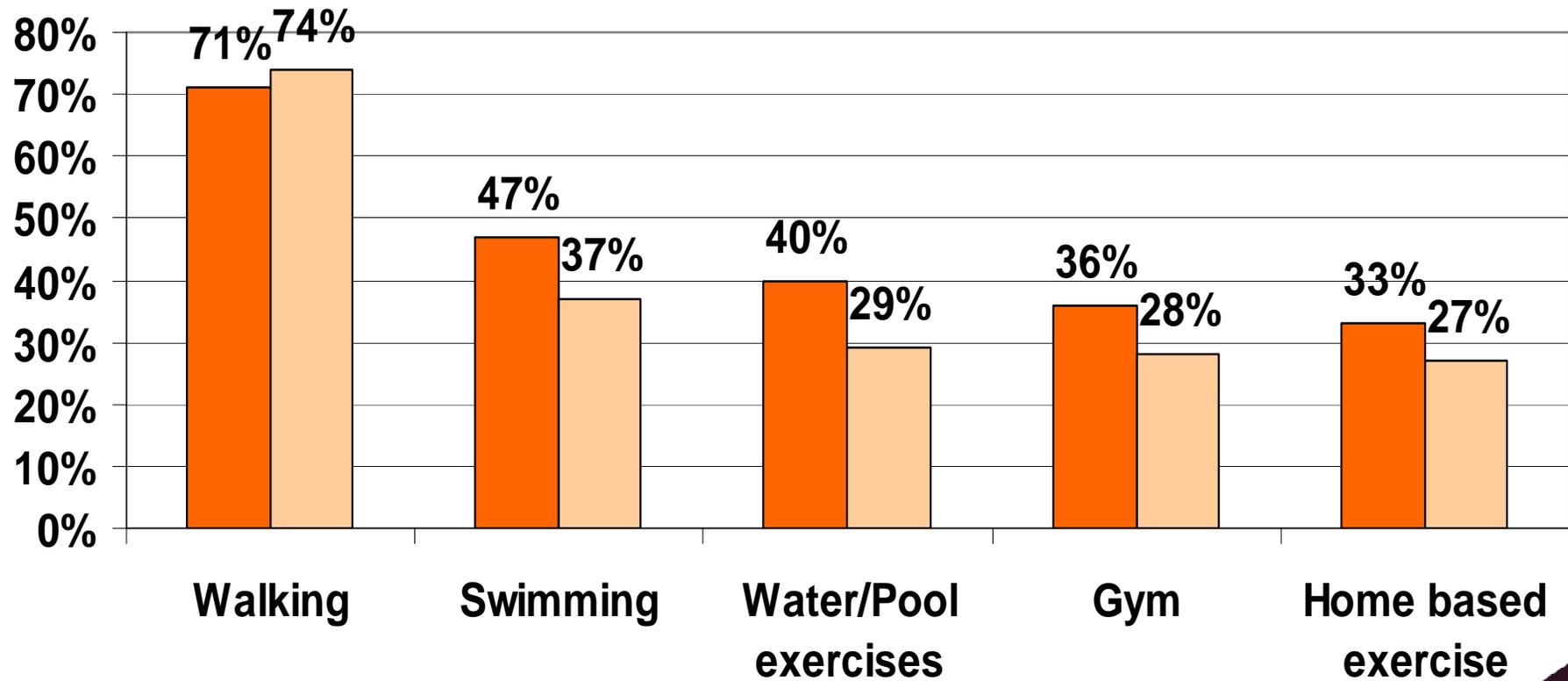
The GRx Process



Main medical conditions GRx issued for

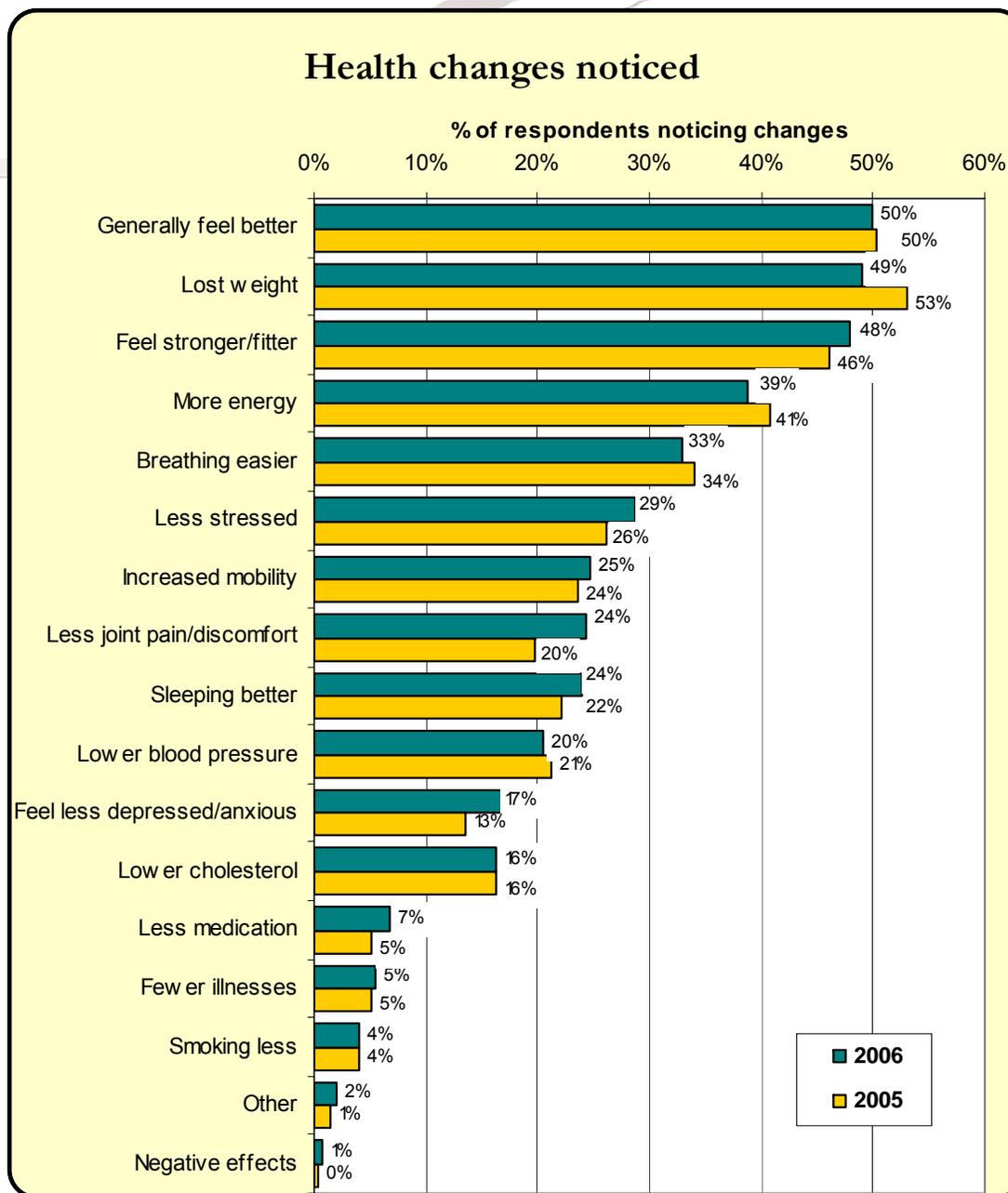


Main activity prescribed



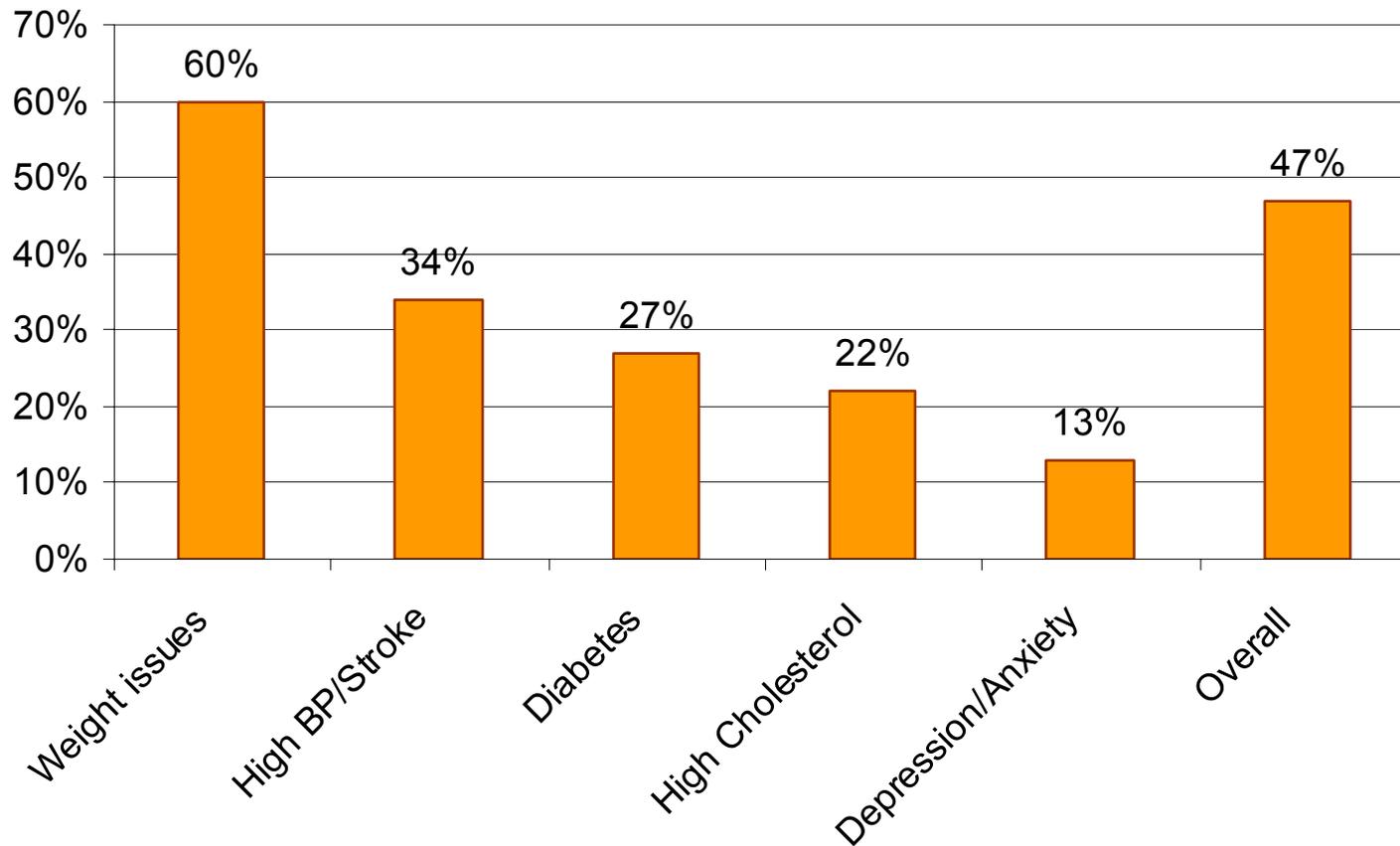
Weight Issues GRx issued overall

Health outcomes



Health outcomes

More active after receiving a GRx



Getting New Zealanders Pushing Play

- ◆ **Push Play physical activity social marketing campaign now in sixth year**
- ◆ **Push Play Nation during month of October**
- ◆ **Push Play Day Friday 3 November**
- ◆ **Celebrities used to promote the messages**
- ◆ **Enrolment through SPARC website**
- ◆ **Walking one of the activities promoted**



**GET
ACTIVE
WITH
ME!**

**MAGGIE'S
WALKING
PROGRAMME**

Call 0800 ACTIVE (228 483)
or go to www.sparc.org.nz

PUSH  **PLAY** *Nation*





MAGGIE'S WALKING PROGRAMME

Maggie Barry is best known for her work in radio and television as Presenter and Associate Producer of the well-loved Maggie's Garden Show. Maggie's services to broadcasting earned her the NZ Order of Merit in 1997.

MAGGIE'S WALKING PROGRAMME

- Sign up
- Programmes
- TV ads
- Disclaimer

Day 1

Walk 1 km

Day 1 - you're off! Walking is essential to human health - it helps burn calories, uses oxygen and increases enzyme activity - all good things!

Day 2

Walk 2 km

Double the distance. To be doing your body good, you need to be walking strongly enough to get nice and warm. If you're walking with a friend, you should still be able to have a conversation without too much difficulty.

Day 3

Rest

Do a few stretches for the muscles (or maybe get a yoga book or tape from the library).

www.sparc.org.nz

Resource development

Walking



Getting started
on the active way
to health

Human beings were made to walk

It is the most basic of all physical activities. It is also convenient, enjoyable, safe and healthy. You can enjoy the sights, sounds and fresh air — and your need for fitness will take care of itself.

Walking is ideal for people who have been inactive or prefer less vigorous activity. It offers multiple health benefits. It is relatively easy on muscles and joints, and carries a low risk of injury.

Remember the Golden Rule of any physical activity. Go at your own pace, particularly at the beginning. With walking you can go as slow or as fast as you like - but a brisk pace produces better results.

www.sparc.org.nz



Resource development

Progressive Walking Guide



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
LEVEL ONE	5 mins out 5 mins back = 10 minutes	6 mins out 6 mins back = 12 minutes	7 mins out 8 mins back = 15 minutes	8 mins out 7 mins back = 15 minutes <i>walk faster back</i>	10 mins out 10 mins back = 20 minutes	10 mins out 10 mins back = 20 minutes <i>walk further each day</i>
LEVEL TWO	10 mins out 10 mins back = 20 minutes	10 mins out 10 mins back = 20 minutes <i>walk further each day</i>	12 mins out 13 mins back = 25 minutes	13 mins out 12 mins back = 25 minutes <i>walk faster back</i>	15 mins out 15 mins back = 30 minutes	15 mins out 15 mins back = 30 minutes <i>walk further each day</i>
LEVEL THREE	15 mins out 15 mins back = 30 minutes	15 mins out 15 mins back = 30 minutes <i>walk further each day</i>	17 mins out 18 mins back = 35 minutes	18 mins out 17 mins back = 35 minutes <i>walk faster back</i>	20 mins out 20 mins back = 40 minutes	20 mins out 20 mins back = 40 minutes <i>walk further each day</i>
LEVEL FOUR	20 mins out 20 mins back = 40 minutes	20 mins out 20 mins back = 40 minutes <i>walk further each day</i>	21 mins out 19 mins back = 40 minutes <i>walk faster back</i>	22 mins out 23 mins back = 45 minutes	23 mins out 22 mins back = 45 minutes <i>walk faster back</i>	find a pleasant loop rather than an out and back path = 45 minutes

www.sparc.org.nz

Te Rongoaa Kakariki **Green Prescription**
0800 ACTIVE (0800 228483)

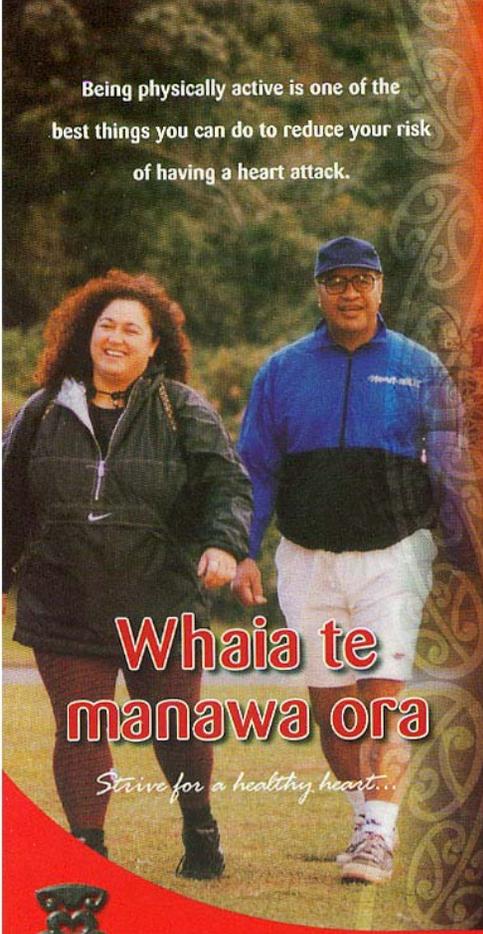
Supported by
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Pharmaceutical Management Agency

SPARC **PUSH PLAY**
ihi AOTEAROA

SPARC
ihi AOTEAROA
Sport & Recreation New Zealand

Walking resources

Being physically active is one of the best things you can do to reduce your risk of having a heart attack.



Whaia te manawa ora
Strive for a healthy heart...

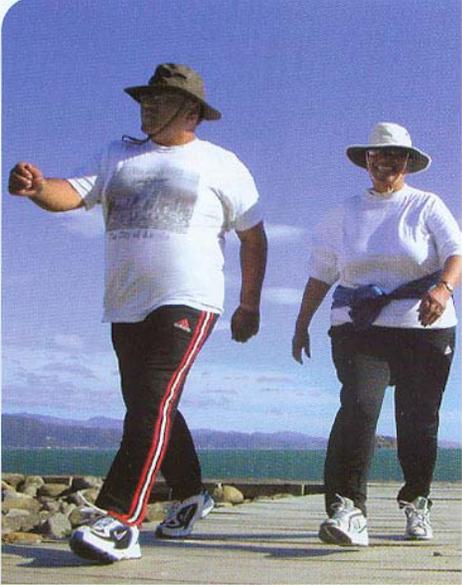


Te Hotu Manawa Māori



Living with Cancer

Being Active When You Have Cancer



SPARC
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Sport & Recreation New Zealand

NZ Masters Games Push Play walks



- ◆ SPARC sponsors Push Play 5km ,10km and half marathon walk in annual NZ Masters Games
- ◆ Table 1 Push Play walks

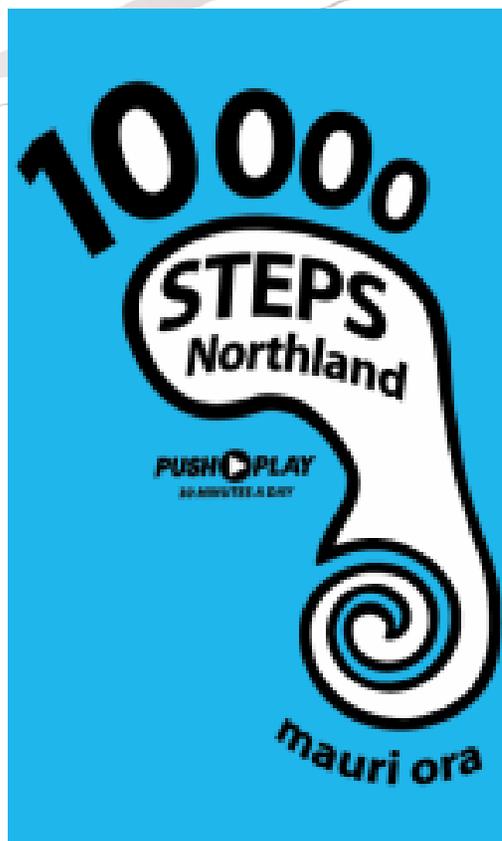
Event	Total Entries	Male	Female	Age Range
5km Walk	379	67	312	F- 30-91yrs M- 31-83yrs
10km Walk	412	66	346	F- 30-89yrs M- 32-83yrs
½ Marathon Walk	149	35	114	F- 30-76yrs M- 31-72yrs
Totals	940	168	772	



www.nzmg.com

SPARC Active Communities investment Stepping Out-Northland

- ◆ **Based on 10,000 steps project**
- ◆ **Funding for two years \$225,000**
- ◆ **Partners include District Councils, health agencies, AUT (research), led by Sport Northland**
- ◆ **Launched November 2005 in five areas**
- ◆ **Resources include stickers, posters, T shirts, drink bottles, caps**
- ◆ **Website for maps, newsletters, activity tips, step logs, events, pedometers and walking club contacts**
- ◆ **Link with Green Prescriptions through GPs and practice nurses**



◆ www.10000stepsnorthland.co.nz

SPARC Active Communities investment-City on Its Feet

- ◆ **Three year project through Tauranga City Council (\$430,000)**
- ◆ **Partnership between City Council, ACC, District Health Board, Sport Bay of Plenty and SPARC**
- ◆ **Two walking coordinators work with community volunteers and local agencies to promote and coordinate**
- ◆ **Supports Green Prescription by connecting patients to accessible walking groups**

Government Walking the Talk

- ◆ **Mission On package announced by NZ Government 24 September**
- ◆ **10 initiatives to address rates of overweight and obesity in New Zealanders, particularly children and young people and families**
- ◆ **Package includes expansion of Green Prescriptions**
- ◆ **Government Walking the Talk to encourage state sector to make responsible decisions about work environment with regard to nutrition and physical activity**
- ◆ **Workplace walking groups and active transport likely activities**
- ◆ **Capital and Coast District Health Board “ Get Lost at Lunchtime” walking group**

Getting there-on foot, by cycle

- ◆ **New Zealand's strategy to advance walking and cycling**
- ◆ **Launched February 2005**
- ◆ **SPARC involved in development and implementation-four focus groups over 10 topic areas including school travel plans**
- ◆ **Included as specific action in Healthy Eating Healthy Action-NZ's strategy to improve nutrition, increase physical activity and reduce obesity**

www.transport.govt.nz/getting_there_index/



For more information about SPARC

www.sparc.org.nz