

Green Prescription SUCCESS STORIES

Rongoā Kākāriki
GREEN
PRESCRIPTION

Recent GRx graduate takes things to the next level!

Margaret Boyce was given a Green Prescription (GRx) by her doctor in October 2014 after being diagnosed with Type 2 diabetes. Before Margaret joined the Sport Auckland GRx her health needed a turnaround. Margaret weighed 109kg and felt lethargic after years of being sedentary and eating the wrong kinds of food. After her initial kick starter session with Brooke Mitchell (GRx healthy lifestyle advisor), Margaret was soon walking for up to 40 minutes at a time, attending the gym regularly and she began to feel a “real difference” in her health in only a matter of weeks.

Over the six months while on a GRx, Margaret lost 27kg. She modified her eating patterns and meal size portions, developed control of her blood glucose levels and says she feels ‘awesome’.

Brooke's enthusiasm and passion to help others has been inspirational in my journey to where I am now. Having a knowledgeable support person to ask health related questions, helped motivate me and give me accurate advice has been invaluable.

One of Margaret's family members was so blown away by her weight reduction and new-found energy levels that she too has adopted healthy habits.

The Manurewa GRx programme includes weekly sessions such as food label reading, meal planning, supermarket tours, healthy cooking sessions and goal setting for success. Guest speakers from organisations such as Diabetes NZ, the Heart Foundation and Arthritis NZ also lead workshops on this programme. Sport Auckland's GRx team put a real emphasis on nutrition education for their clients.

Free community health sessions

Over the past two years the Auckland DHB Nutrition services team and dietitian, Reishma Edward, have been delivering free community health sessions which are practical, hands-on and proving to be a real hit. We have had up to 30 people engage and contribute to give it a real community feel. Two of the great success stories coming from these sessions are Davina Collins and Keron Pritchard, who both shed



Reishma, dietitian in action in the community

considerable amounts of weight (and have kept it off) and made sizeable lifestyle changes not just for themselves, but for their families. Keron has lost over 60kg and attributes much of that to learning more about healthy eating and making physical activity a priority in his daily routine. Keron now mentors his sister Maylene on her journey to help her to get down to her ideal weight; Maylene has already lost 20kg. Davina Collins lost over 23kg, quit smoking, stopped drinking, attends the gym, plays badminton and is no longer classified as having pre-diabetes. Her two daughters and son are now regulars at the gym, one of them, Shontelle, having recently lost 16kg.

New pilot: East Tamaki Healthcare



Brooke's practical healthy cooking session in Manurewa.

Our new pilot programme with East Tamaki Healthcare has been both very well attended and received by the Otara community. The pilot involves a 30 minute physical activity session, 20 minute nutrition workshop and a hands-on cooking session for clients. Another positive sign that GRx is making a real impact in the community is that we are receiving an increasing number of referrals from dietitians and nutritionists.

14.6% of the patients referred to Sport Auckland (Auckland DHB and Counties Manukau DHB) have either pre-diabetes or Type 2 diabetes (2014 data).

‘Although physical activity is very important in helping to manage blood glucose levels, good nutrition is essential.’ says Michael McCormack. ‘People can self-refer to Green Prescription online at www.sportauckland.co.nz



For more information please get in touch with Michael McCormack, Sport Auckland GRx promotions advisor (09) 623 7956 or michaelm@sportauckland.co.nz