

The Effect of a Written Prescription on Physical Activity: A Systematic Review of New Zealand's Green Prescription

Kathryn Thompson

The Green Prescription

Primary Care Clinic



Local Sports Foundation



Primary Care Clinic



- Simple
- Safe
- Effective
- Low-Cost

Methodology

- Navigation Guide (Lam et al.)
- Risk of Bias
- Overall Quality
- Overall Strength

P: Adults in New Zealand
I: Green Prescription
C: Control Group or Before/After GRx
O: Physical Activity

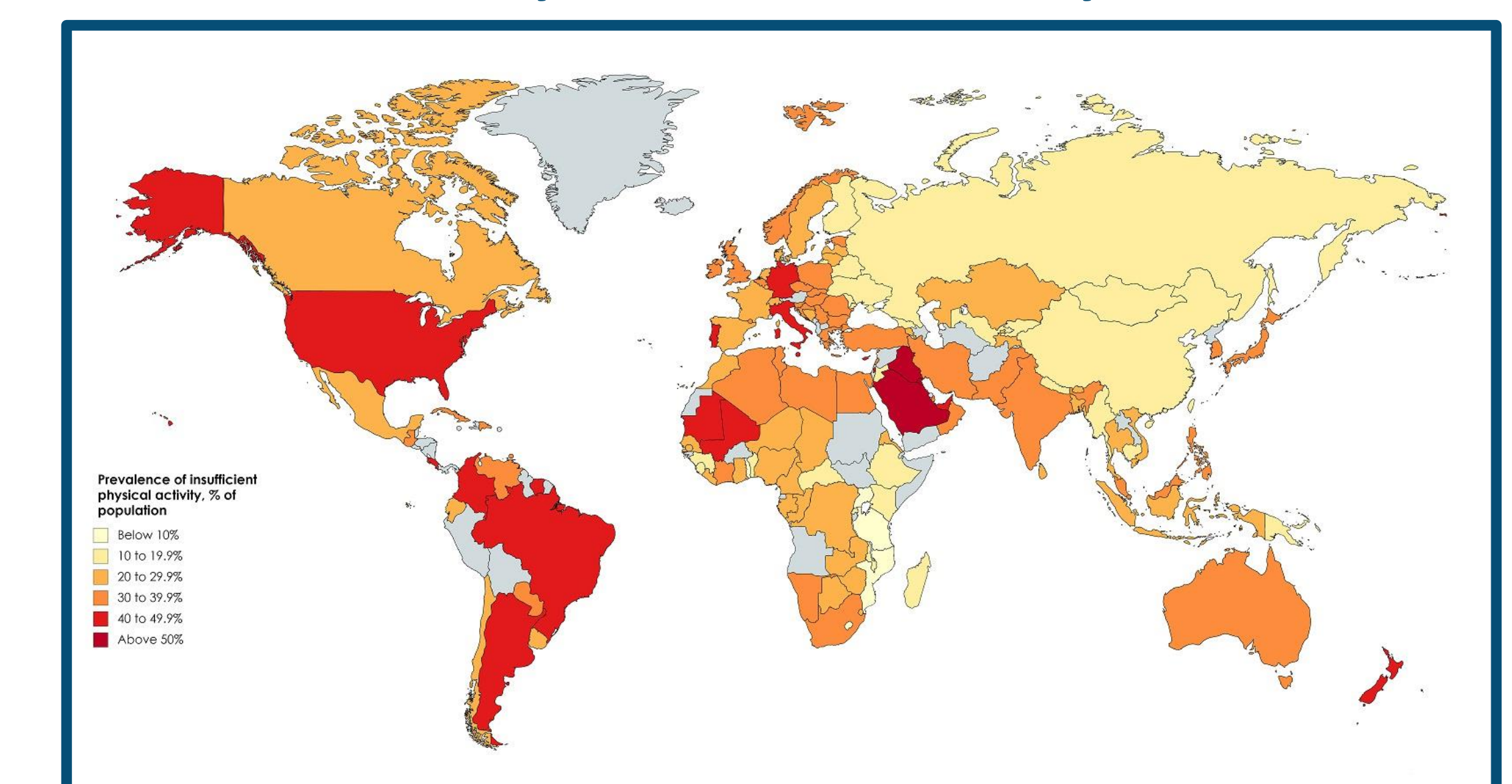
Results

- 8 studies
- Over 4,000 participants
- Length: 6 weeks – 3 years post GRx
- Significant increases in physical activity
- Activity sustained over time
- Number needed to treat: 10.3
- Cost: NZ 170/patient
- Average 47.8 min/week more physical activity than controls across all studies

Conclusions

- Limited but significant
- The rise of chronic disease is a global crisis
- Effective on a national scale
- Programs around the world
 - Park Rx
 - Exercise is Medicine

Physical Inactivity



(WHO, 2019)