

What is Green Prescription?

Green Prescription began in 1998. The initiative was transferred from Sport and Recreation New Zealand in 2009 to the Ministry of Health with the expectation in future that funding would be more closely aligned with other services helping manage long term conditions. Sport Canterbury's Green Prescription service currently funded by the Canterbury District Health Board and Pegasus Health, and is one of eighteen providers contracted to deliver the initiative in New Zealand.

A Green Prescription is a health professional's written advice to a client to be physically active, as part of the client's health management. Many of the referrals for Green Prescription are to support prevention and management in clients with chronic disease and long term conditions such as cardiovascular disease and diabetes; there are also a number for referrals for conditions such as arthritis, depression and general weight management. Sport Canterbury's Green Prescription team will talk your client through their current activity level, and help them to set an activity plan and realistic goals suited to their individual needs, health and lifestyle.

Sport Canterbury's Green Prescription team currently includes graduates from the University of Otago's School of Physical Education, former physiotherapists, nurses and councillors. The Sport Canterbury Green Prescription team offers free consultations either over the phone or at one of our face to face clinics, which are available in certain locations around Christchurch. Our team is assigned to different wards around Christchurch so that the Green Prescription support person for the ward is an 'expert' on what physical activity is available locally.