



Sport Bay of Plenty

SBOP Maternal Health programmes



more people, more active, more often

www.sportbop.co.nz

What is a Green Prescription?



Sport Bay of Plenty
more people, more active, more often

- Help set goals/action plans
- Motivation
- Provide sustainable activity and healthy eating options
- Provide information
- Encourage!

Rongoā Kākāriki
GREEN
PRESCRIPTION



Green Prescription in action

Purpose is to develop and sustain a healthy lifestyle through regular physical activity and good nutrition.



Rongoā Kākāriki
GREEN
PRESCRIPTION

Who would benefit from a Green Prescription?

- Women who are inactive, fewer than 30 minutes of moderate activity 5 days a week
- Women with gestational diabetes, type 2 diabetes, obesity or depression are most likely to benefit
- Women should be able to increase the amount of physical activity they do, improve their nutrition and be willing to change their lifestyle

Rongoā Kākāriki
GREEN
PRESCRIPTION



How can I get a Green Prescription

- Talk to your LMC or your GP practice
- All pre-existing conditions need to be stabilised before prescribing physical activity/GRx

Green Prescription
MATERNAL 
Arohaina ki a koe anō, Arohaina ki tāu pēpi



The Bump Club

Funded by EBPFA Community Health Initiative Fund

Started March 2016 until May 2017

4 x 15 week programmes to run concurrently

Aimed at supporting healthy pregnancies

Only available in the Eastern Bay of Plenty (based in Whakatane)





The Bump Club



Pregnant women offered advice/information on pregnancy/child nutrition, links between physical activity and child development.

Suitable participants identified in collaboration with midwives , GP practices and hauora

Rolling format allows participants to participate almost immediately; maximising opportunity to influence early pregnancy.

Child nutrition and child development education aims to influence behaviour post birth.

The Bump Club has flexibility to link with other organisations. I.e. immunisation

The Lactation consultant promotes breastfeeding.

By introducing participants to local physical activity providers (i.e. aquatic centre) we hope to encourage facilities to continue offering pregnancy classes as part of their regular programmes. This will ensure pregnant women have opportunities to participate in the future.

Midwives and other health professionals able to attend education classes enabling them to share information with other clients.



The Bump Club

Programme 1 finished on 2nd May 2016

20 participants – 35 % Maori
25% NZ European
40% European/other

Average age – 30.9

Average attendance 15 per session

Surveys taken before and after to gauge knowledge and health benefits gained – (self reporting)



The Bump Club

Feedback received

- *More confidence to move/ be active while pregnant; helped with back pain*
- *Very knowledgeable presenters/instructors*
- *All good information for first time mum*
- *I try and do a bit of yoga every day*
- *Learnt how to read label!*
- *I have changed my portion eating and added more fruit and veggies; I can really feel the difference physically and mentally*

Thank you for giving me the opportunity to better myself and my child's life I enjoyed every session!



The Bump Club

Programme 2 and 3 start VERY SOON!

We have places available ; this is all about supporting a healthy pregnancy so please refer any women you feel will benefit





Sport Bay of Plenty

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