



*Sport Bay of Plenty*

# Sport Bay of Plenty Maternal Health



more people, more active, more often

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# What is a Green Prescription?

- Help to set goals/action plans to improve lifestyle
- Provide sustainable activity and healthy eating options
- Provide information
- Links to activity options within the community
- Motivate and 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



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# Who would benefit from a Green Prescription?



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- Women who are medically stable and able to exercise
- Women who are inactive, fewer than 30 minutes of moderate activity 5 days a week, and would benefit from increasing activity
- Women with gestational diabetes, type 2 diabetes, depression or other lifestyle induced
- Women should be willing to change their lifestyle
  - be able to increase the amount of physical activity they do, and improve their nutrition

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# Success Story



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- **Maori woman aged 30 years, referred to the Green Prescription programme when she was 5 months pregnant in her fourth pregnancy.** She was referred to GRx for assistance in keeping active during pregnancy to help with healthy weight management strategies. Her BMI was 39.7 at 5 months pregnant so recommended weight gain for her during pregnancy was at the lower end of 11-19kg. She was advised to walk and also use the pool for water walking. She maintained a good walking routine throughout her pregnancy with walking her children to and from school most days. She also made dietary changes including increasing vegetables and reducing portion sizes and takeaways. At a GRx appointment, 3 weeks after her baby was born, her BMI was 39.4, which indicates she didn't put on any unnecessary weight during the last four months of her pregnancy which is positive. She continued with GRx for another 2 – 3 months and maintained the activity she was doing





# Future plans

- To grow and develop further links with activity and exercise providers for antenatal and postnatal exercise groups
- To assure the quality of the providers and classes, and make sure they are suitable for Green Prescription clients to participate





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