

Title of Intervention and Website: The Green Prescription

Intervention Strategies: Supportive Relationships, Provider Education

Purpose of the Intervention: To increase physical activity in sedentary people

Population: Physically inactive adults

Setting: Physicians' offices in two urban areas in New Zealand; health care facility-based

Partners: Health care facilities

Intervention Description:

- Supportive Relationships: Based on baseline activity levels, individualized goals were established for all participants. Health care providers gave verbal advice for increasing physical activity. At that point, patients were given prescriptions on which the health care providers wrote their specific goal.
- Provider Education: Health care provider went through trainings on assessing and prescribing physical activity.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: health care providers
- Training: health care provider training
- Technology: not mentioned
- Space: not mentioned
- Budget: not mentioned
- Intervention: prescription pads
- Evaluation: questionnaire

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures: Questionnaire administered at baseline and follow-up measured time spent in physical activity over past two weeks.

Outcomes:

- Short Term Impact: not mentioned
- Long Term Impact: The number of people engaging any recreational physical activity at 6 weeks increased substantially, but significantly more in the prescription group.

Maintenance: Not mentioned

Lessons Learned: Prescriptions are a powerful motivator due to the symbolic nature of the health care providers' orders.

Citation(s):

Swinburn, B. A., L. G. Walter, et al. (1998). "The green prescription study: a randomized controlled trial of written exercise advice provided by general practitioners." *Am J Public Health* 88(2): 288-91.