

MISSION

To ease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare.

Over 100 million Americans currently suffer from a chronic disease (e.g., coronary heart disease, stroke, high blood pressure, Type 2 diabetes, and mental health conditions). More than two thirds of American adults currently suffer from overweight/obesity, which contributes to chronic disease. Chronic disease results in decreased quality of life, and ultimately, premature death.

Spending time in natural environments increases physical activity, hence decreasing the risk of developing chronic disease. Park Rx America is a low-cost intervention that utilizes a known, generally trusted, and accessible resource - parks - to influence positive health outcomes.



FOR GENERAL INQUIRES

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Park Rx America is a 501(c)(3) non-profit charitable organization.



Park Rx America

**A SCALABLE PARK
PRESCRIPTION PROGRAM**



GOALS

Make it easy for health professionals to prescribe time in nature to patients during the routine delivery of health care

Reduce the effects of chronic disease and mental health issues with a low-cost intervention

Create the next generation of environmental stewards by prescribing time in local parks

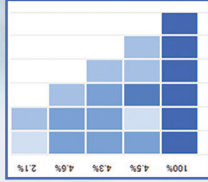
Evaluate the effects of park prescriptions on park utilization and measurable health outcomes

Fund and publish research in peer-reviewed journals and publications on health and wellness, public lands, outdoors, nature, and recreation

RESEARCH

Substantial research has been conducted on the therapeutic benefits of time spent in nature.

Studies have found that spending time in green spaces lowers cortisol levels and blood pressure.



PRESCRIPTION TRACKING MODEL

Doctor consults with the patient to find ideal park(s) using park search & filters, then generates unique park rx code to send via text or email to the patient. The prescription is copied into the appropriate EMR treatment window or diagnosis tab.

After receiving their prescription, the patient can visit recommended park(s) and click a link to record what park they visited. This action constitutes "filling" the prescription. Multiple visits can be recorded against a prescription.

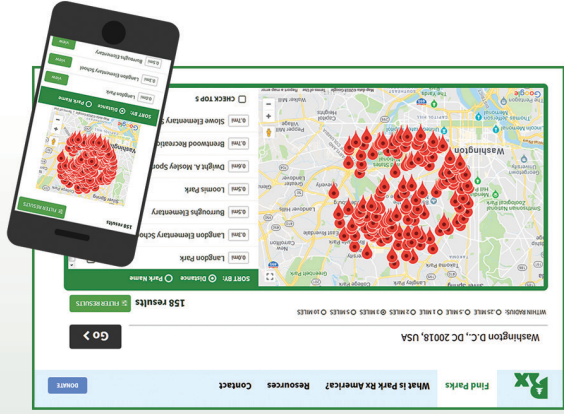
When the patient submits a response, we record which park was visited, the day and time of the visit, and other patient responses based on the type of prescription.

We can then analyze data by confirming when prescriptions were made, what parks were prescribed, how many prescriptions were filled, and changes to patient experience per visit over time.



ADVANTAGE

Park Rx America is the only park prescription program to integrate a searchable park formulary with Electronic Health Records to make it easier for providers to find suitable parks for their patients.



Park Rx America has collected data on thousands of parks and green spaces, searchable by location, with results filterable by standard park attributes and features, and viewable as printable one-page Park Summaries.

We have demonstrated scalability by replicating the park prescription model in diverse park agencies and health provider organizations across the country.