



A SCALABLE PARK PRESCRIPTION PROGRAM

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

DESCRIPTION:

Our MISSION is to ease the burden of chronic disease, increase health and happiness, and foster environmental stewardship by encouraging doctors to routinely prescribe time in nature to patients.

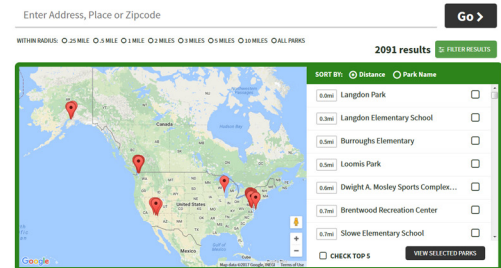


We provide physicians with scientific literature and user-friendly tools to make the prescription process an integrated fixture of clinical practice. We also work closely with managers of public lands to ensure patient access to therapeutic time in nature.

The GOALS of Park Rx America are to:

- Empower doctors and other 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 no-cost intervention that is supported by scientific research;
- Create the next generation of environmental stewards by prescribing time in local parks;
- Evaluate the effects of park prescriptions on park utilization, overall experience, and measurable health outcomes; and
- Fund and publish research in peer-reviewed journals and publications on health and wellness, public lands, outdoors, nature, and recreation.

OUR ADVANTAGE:



Park Rx America is the only Park Rx program to integrate a park formulary with the electronic health record (EHR) to allow providers the ability to prescribe specific parks to their patients. Park Rx America has demonstrated scalability by replicating the park prescription model in diverse park agencies and health provider organizations. Data in the parks formulary is provided directly by partner park agencies.

RESEARCH BASIS:

Substantial research has been conducted on the therapeutic benefits of time spent in nature. For example, studies have found that spending time in green spaces lowers cortisol levels and blood pressure. Park Rx America is collaborating with academic research centers to study the efficacy of the Park Rx America park prescription model.

