Whitewater State Park
19041 Highway 74
Altura, MN 55910

October 6, 2020

City Park and Recreation Colleagues,

I am writing to share information regarding the Park Rx effort we at the Minnesota Department of Natural Resources are working to expand across Minnesota. This nation-wide program has been very successful in many states and involves working with health care providers to educate them about the impact nature and outdoor recreation has on human health and wellbeing and to share tools and resources that allow providers to prescribe nature and outdoor time to their patients.

Enclosed you will find a packet of information about the Park Rx effort. I would also encourage you to visit the Park Rx America website (www.parkrxamerica.org) and explore the tools there. This effort is a two-step process that involves the park agencies uploading information about the amenities at their parks into the Park Rx America searchable database while at the same time working to train health care providers how to use that tool to prescribe outdoor time at local parks. If you search the parks map on the website, you will see that only a handful of Minnesota parks are listed in the database. That is because many municipalities have not yet uploaded the data for their parks.

To make this effort successful, we need your help! The more parks in the database, the more powerful the tool will be to health care providers. Please take a moment to review the information in the packet and consider how you can help. Each city/town must sign a Memorandum of Understanding with Park Rx America before accessing the on-line database to enter your local parks. We have a team of volunteers who are willing to assist with updating the database if your municipality does not have capacity to participate.

Please let me know if you have any questions or if you would like help in this process. Thank you so much for your time!

Sincerely,

Sara Holger

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