

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 INQUIRIES

John Henderson

Executive Director

202 549-8233

john@parkrxamerica.org

OR VISIT US ONLINE
parkrxamerica.org



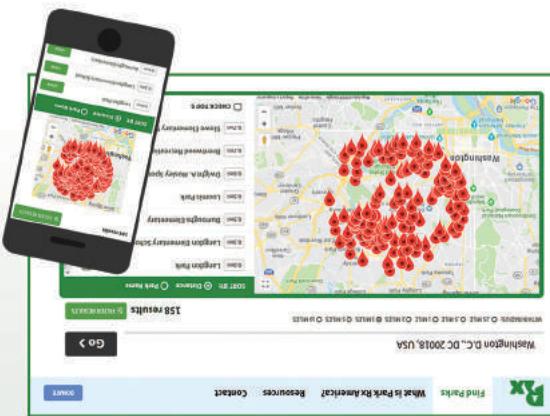
Park Rx America is a 501(c)(3)
non-profit charitable organization.



A SCALABLE PARK
PRESCRIPTION PROGRAM

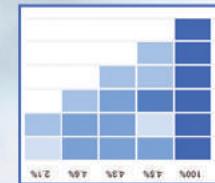
ADVANTAGE

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, filterable by location, with results searchable by location, with results filterable by standard park attributes, such as size, amenities, and accessibility. Park Rx America has collected data on thousands of parks and green spaces, filterable by standard park attributes, such as size, amenities, and accessibility.



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.



Make it easy for health professionals to prescribe time in nature to patients during the routine delivery of health care with a low-cost intervention that reduce the effects of chronic diseases and mental health issues. Create the next generation of prescriptions in local parks environmental stewardship by prescribing time in local parks and measurable health outcomes. Evaluate the effects of park prescriptions on park utilization and demonstrate the effects of park use on health and well-being. Fund and publish research in peer-reviewed journals and publications on health and wellness, public lands, outdoors, nature, and recreation.

Goals

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