

Park Rx America



Advantage

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

Goals

Make it easy for health professionals to prescribe time in nature to patients during delivery of healthcare.

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.



Park Rx Is On A Mission

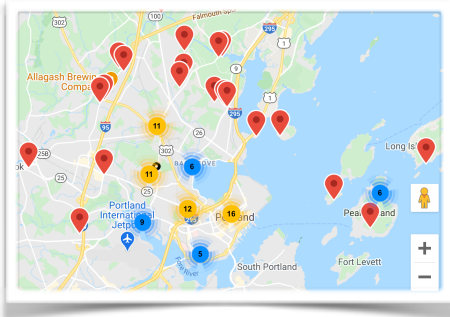
To ease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare.

Why?

Over 100 million Americans currently suffer from chronic disease. 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.

What Can Be Done

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, trusted, and accessible resource to influence positive health outcomes.



How to Use Park Rx

1. Create a prescriber account
 - visit <https://parkrxamerica.org/providers/>
 - create prescriber account
 - watch short "how to prescribe nature" tutorial
2. Find a park
 - search by address, filter by amenity
3. Prescribe
 - write Park Rx, send via text or email
4. Document
 - copy and paste into your EHR treatment window under specific diagnosis.

southern maine
CONSERVATION
COLLABORATIVE

SMCC is partnering with Park Rx to launch the program in Maine. To contact us, send an email to conservationme@gmail.com

How You Can Help

Portland, Maine

There are currently over 100 different outdoor spaces for people to enjoy throughout Portland, ME. Southern Maine Conservation Collaborative has gathered information about where these parks, trails, and playgrounds are located. The information has been uploaded to the Park Rx website, and can now be easily accessed by health care providers to prescribe time in nature to patients.

Get In Touch & Learn More

Please scan the QR code to take our quick one minute survey to help us evaluate if you are planning to use Park Rx in your practice.



For general inquiries contact John Henderson, Executive Director of Park Rx America, at (202) 549-8233 or john@parkrxamerica.org

Park Rx America. (2020). *Park Rx America - Resources*. <https://parkrxamerica.org/resources.php>

