

Celebrating Earth Day in 2026

Earth Day, as always, is April 22nd. For those who don't already know, Earth Day was [founded](#) in the U.S. in 1970 by Wisconsin Senator Gaylord Nelson to raise awareness of environmental issues. The goal was to turn "public outrage against pollution" into political action for environmental protection. Amazingly, over 20 million Americans participated in this first event, which was 10% of the population at that time! This incredible achievement led to the creation of the EPA and important environmental legislation. Earth Day has been celebrated worldwide since 1990 and today it is estimated that about [1 billion people](#) participate in Earth Day activities.

Importantly, spending time in nature is associated with [increased pro-environmental attitudes](#) and behaviors. Individuals who show greater connectedness with the Earth are more likely to participate in pro-environmental activities, such as Earth Day. According to [Change is Simple](#), this can start at a young age. We can teach children to become environmental stewards in many ways, such as by educating them at home and in school about recycling and conserving energy and water, helping them start a garden and pick up litter, biking or walking when possible, and participating in Earth Day events!

In fact, [one study](#) showed that nature-based environmental education of children was related to environmental knowledge and

connectedness to nature which, in turn, was associated with ecological behavior. If you have children, acting as a role model is another great way to help your children become environmental stewards.



Want to get involved in Earth Day but don't know where to look?

Here are just a few places to start your search...

- Check out [earth day activities](#) around the globe
- Learn how to [organize an activity](#), such as a cleanup or how to contact your elected official about environmental issues
- Check out your knowledge about the connection between [Nature and Happiness](#)
- Learn about [what type of tree you would want](#) to be and many other facts about the Earth and [your role in it](#)
- Use a [free guide](#) from [The Nature Conservancy](#) that is filled with ideas of how you can explore nature close to your home. The first line of this guide is “When we connect with nature, nature connects with us.”
- Take a look at events the [Audobon Society](#) is offering in 15 states

News about the US Forest Service



[Agriculture Secretary Brooke Rollins ordered the closure](#) of every U.S. Forest Service regional office in the country. The headquarters is moving to Salt Lake City. More than fifty research facilities across thirty-one states are being shuttered. The regional structure that has governed 193 million acres of your national forests [since 1908](#) is being replaced by fifteen political appointees called “state directors.”

[Sign a petition](#) to save America’s public Lands!

Sign the Petition!

Employee Spotlight



Marcie Mir, LCSW

CEO, El Centro de Corazón

I am the chief executive officer at [El Centro de Corazón](#). El Centro has been serving Houston’s East End community since 1994, and is an

accomplished Federally Qualified Health Center (FQHC) with three health center locations. I have been employed here for 27 years and have served in numerous leadership positions since 2003.

My goal, as El Centro's Chief Executive Officer is to focus on strategic growth and success of El Centro becoming a fully integrated health care service organization, including serving more patients year after year and providing high quality services with operational excellence and optimal outcomes.

I am also a senior fellow of Houston's American Leadership Forum-Community Development Class I and serve on the Mayor's Hispanic Advisory Board, HCC-Southeast President's Advisory Committee, and Wellness on Wheels Board. I also sit on numerous committees, including the American Heart Association's Culture and Engagement Leadership Committee.



I have been working with [Park Rx America](#) since 2023, first on a nature enhancement project with our healthcare providers and currently on a USFS grant with our staff of over 100 employees, which includes nature prescription and tree planting and tending. The grant also includes prizes and rewards for filling nature prescriptions and organized nature therapy walks for staff. The impact of the tree planting and tending, Nature Rx, and guided nature therapy walks has been profound. Staff feedback has been overwhelmingly positive, with many expressing gratitude for the opportunity to step away from work to relax and recharge.

Nature Prescription Program Survey



If you are involved in a nature/park prescription program (not just nature and health but nature/park prescriptions), we want to learn from you!

We are curious about other existing park/nature prescription programs throughout the country and want to hear how each program works, successes and failures, funding sources, etc. Thus, we developed a [survey](#) as a first step.

We hope to compile this information and disseminate. If there is interest, we will schedule a call to discuss these programs and ways to increase their success throughout the country.

Thank you in advance for completing the survey. We would appreciate your returning the completed questionnaire within 2 weeks.

[Take the Survey](#)

We want to hear from you!

With over 1,800 registered providers across the country, we know there are a lot of stories out there of prescribing nature for the first time and patient successes. Take a moment to [Share Your Story](#) and get a chance to be showcased on our [Provider Spotlight](#) page.

Share Your Story

PRA is grateful for your donation to help us keep our website and platform accessible to all!

**Support our
Work**

Park Rx America is a 501(c)(3) charitable organization.
All donations are tax deductible.
Our EIN is **82-0856734**.

Keeping in mind the secondary trauma of caring for others, please take the time you need to recover and consider a dose of nature for yourself.

Stacy Beller Stryer, MD
Chief Health Officer

Robert Zarr, MD, MPH
Founder & Chief Executive Officer



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