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.

FOR GENERAL INQUIRES
John Henderson
Executive Director
202 549-8233
john@parkrxamerica.org

OR VISIT US ONLINE
parkrxamerica.org

A SCALABLE PARK PRESCRIPTION PROGRAM

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

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.
Organizations across the country are demonstrating that parks and green spaces can improve patient outcomes. parkRx America’s innovative platform makes it easier to prescribe park time, ensuring patients access to natural environments.

**Advantages**
- Park Rx America is the only park prescription program to integrate a prescription program into the care delivery of health and wellness providers.
- parkRx America’s platform allows providers to prescribe park time easily, streamlining care delivery and improving patient outcomes.

**Research**
- Studies have found that spending time in green spaces lowers cortisol levels and blood pressure.
- A study conducted on the therapeutic benefits of time spent in nature concluded that the natural environment has been shown to improve mood, reduce stress, and enhance cognitive function.

**Goals**
- Fund and publish research in peer-reviewed journals to demonstrate the effectiveness of park prescriptions on patient health outcomes.
- Evaluate the effects of park prescriptions on park utilization and measurable health outcomes.
- Create the next generation of health care delivery with a low-cost intervention that can improve patient outcomes.
- Make it easy for health care professionals to prescribe park time in the practice setting.
- Advocate for increased access to green spaces and public lands, emphasizing the importance of nature for health and wellness.

**Park Prescription Model**
- A user-friendly platform for prescribing park time, with features such as location-based recommendations, personalized options, and social sharing capabilities.
- The parkRx platform is designed to improve patient outcomes by integrating nature into routine care delivery.

**Prescription Tracking Model**
- A data-driven approach to tracking patient adherence and use of park prescriptions, providing insights into the effectiveness of the program.
- The prescription tracking model allows for continuous improvement and optimization of the park prescription service.