

Epidemic of Chronic Disease

HYPERTENSION

70,000,000



DIABETES

29,000,000



MENTAL ILLNESS

10,000,000



OBESITY

90,000,000



Top 10 Causes of Death

(all age groups)

1. Heart disease
2. Cancer
3. Chronic lower respiratory diseases
4. Unintentional injuries
5. Stroke
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney disease
10. Suicide



Photo Credit: Dr. Jeff Gee



Photo credit: Community Health Center, Inc

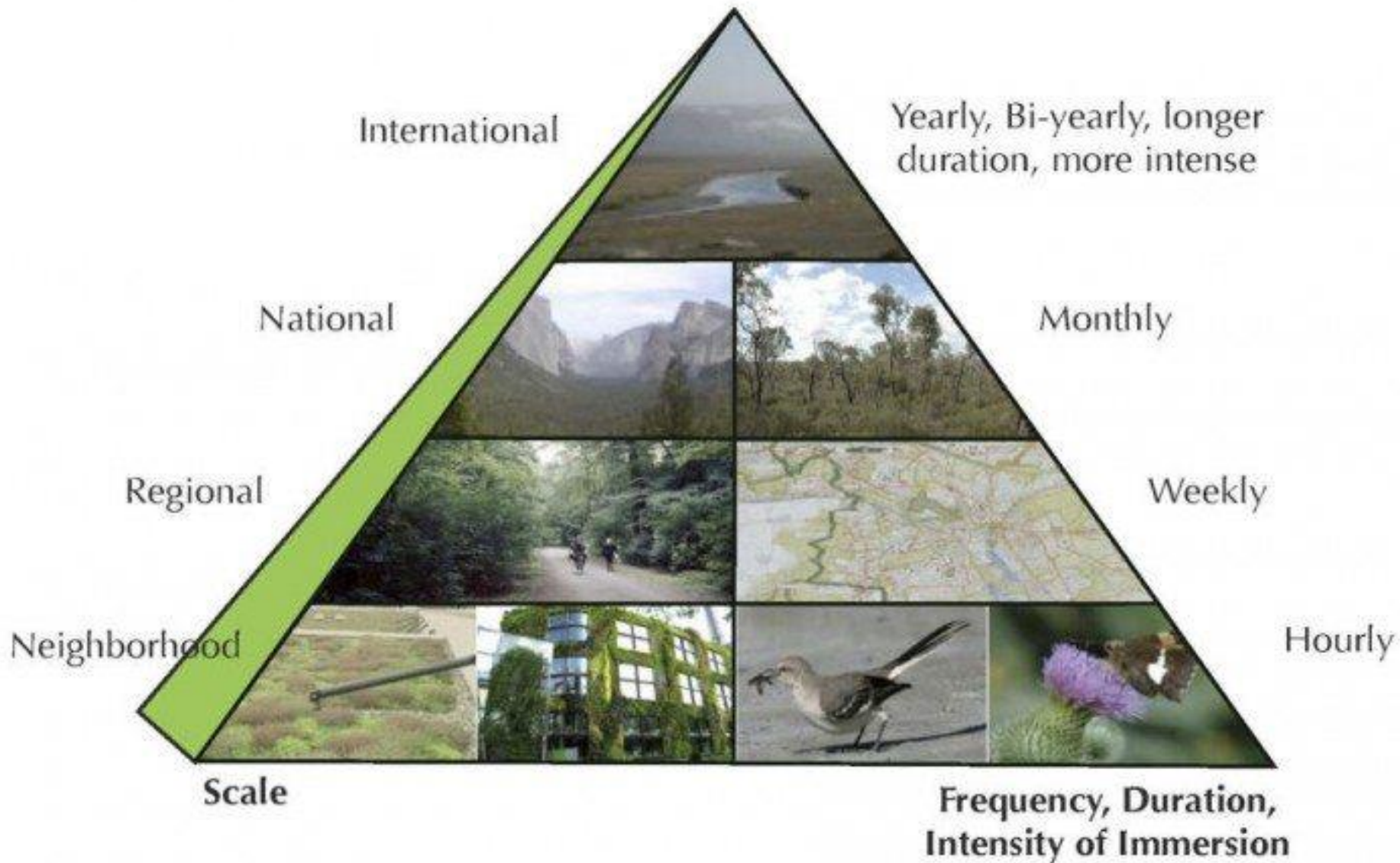


Photo credit: Amy Nazarov

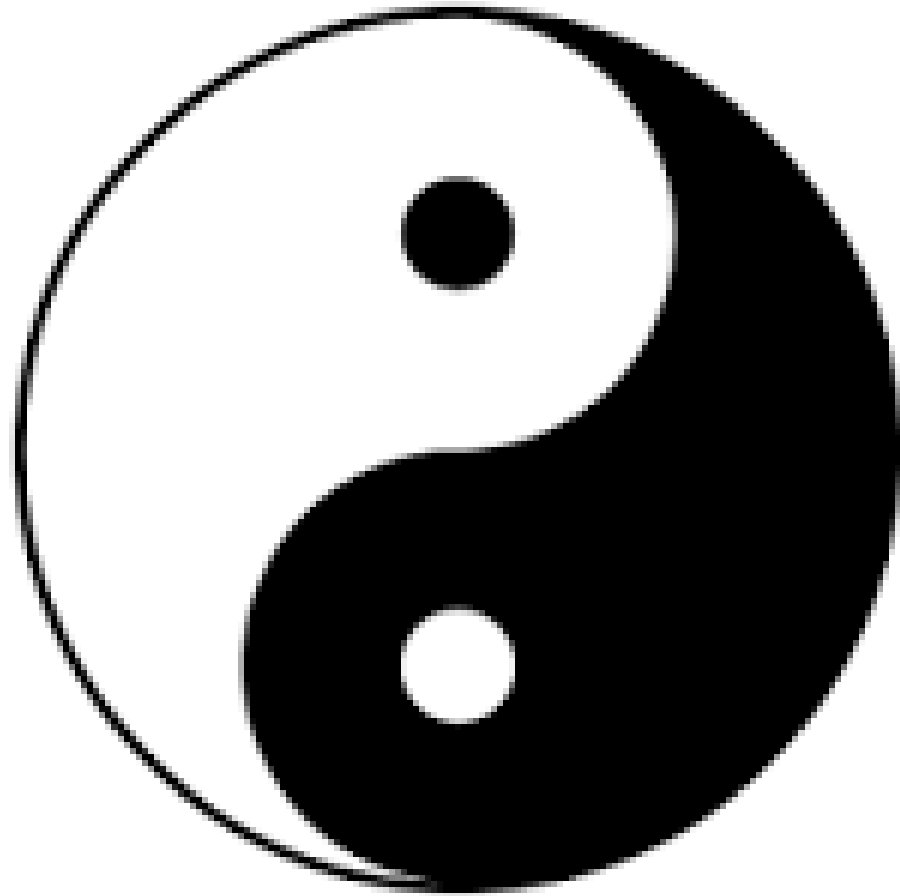


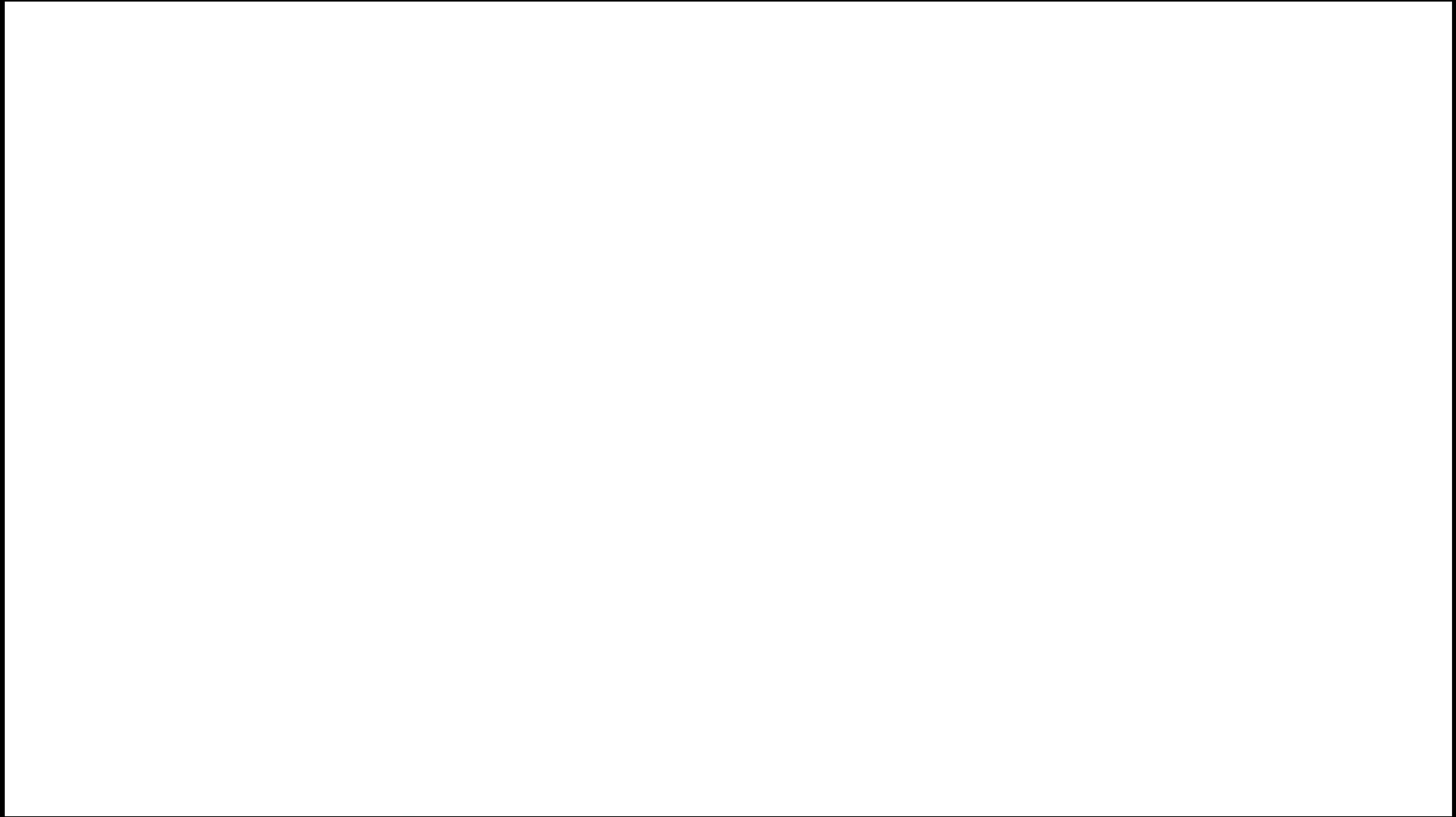
Photo credit: WaPo of Clare Kelley

THE NATURE PYRAMID



Concept by: Tanya Denckla-Cobb





Park Rx America



A Scalable Park Prescription Model

Enter Address, Place or Zipcode Go >

WITHIN RADIUS: 0.25 MILE 0.5 MILE 1 MILE 2 MILES 3 MILES 5 MILES 10 MILES

160 results FILTER RESULTS

Sort By: Distance Park Name

0.0mi	Langdon Park	<input type="checkbox"/>
0.3mi	Langdon Elementary School	<input type="checkbox"/>
0.5mi	Burroughs Elementary	<input type="checkbox"/>
0.5mi	Loomis Park	<input type="checkbox"/>
0.6mi	Dwight A. Mosley Sports Complex...	<input type="checkbox"/>
0.7mi	Brentwood Recreation Center	<input type="checkbox"/>
0.7mi	Slowe Elementary School	<input type="checkbox"/>

CHECK TOP 5 PRINT PRESCRIBE

powered by Park Rx America

For Park Agencies

We work closely with managers of public lands to ensure patient access to therapeutic time in nature.

Park Rx America has collected data on thousands of parks and green spaces, searchable by location, with results filterable by standard park attributes and features, and viewable as printable one-page Park Summaries.

We have demonstrated scalability by replicating the park prescription model in diverse park agencies and health provider organizations across the country.



[Learn More »](#)





[Find Parks](#)

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[Leaderboard](#)

[Resources](#)

[Media](#)

[Contact](#)

Add Park

[add park](#) | [cancel](#)



- active
- temporarily closed

Locale

Coconino County, AZ

Park Name

Secondary/Trail Name (displays at top of page under main park name)

Address w/Zip Code (address is not required but lat/long are)

*latitude: [set lat/long from address](#)

*longitude:

Access Points (add up to 8 access points, ie. addresses, cross-streets, etc.)

[+ add access point](#)

(empty fields will be ignored on submit)



PRESCRIBING THE FOLLOWING PARKS:

Langdon Park

Loomis Park

Generate Prescription Text?

NAME: [YNRDHO] Park Rx America - Langdon Park, Loomis Park

TAKE: Activity, ie. walk dog, play basketball, etc

FREQUENCY: How often, ie. Q Saturday and Sunday

DURATION: Length of Activity, ie. for 30 minutes

Note: Prescription text will not be sent to the patient, but instead should be copied into your EMR diagnosis/treatment window.

Send by Text

Send by Email

Just Print

Patient Mobile Number

555-293-0229

Set Reminder: none every day once every 3 days once every week

For: 1 month 2 months 3 months

Send to Patient



Reports

[export to CSV](#)

Providers Prescribing:	Unique Parks Prescribed:	Prescriptions Made:	Prescriptions Filled:	Response Rate:
102	35	62	15	24.2%

State: Date Range:

Show: All Only Filled

STATE	LOCALE	PARK	PRESCRIBER	PRESCRIBED	FILLED
DC	Washington	Logan Circle	Unity Health Care Upper Cardozo	Aug 27, 2018 @ 7:20 am	--
DC	Washington	Powell Recreation Center	Unity Health Care Upper Cardozo	Aug 27, 2018 @ 8:03 am	--
DC	Washington	Powell Recreation Center	Unity Health Care Upper Cardozo	Aug 27, 2018 @ 8:08 am	--
DC	Washington	Fort Stevens Recreation Center	Unity Health Care Upper Cardozo	Aug 28, 2018 @ 6:03 am	--
DC	Washington	Marie Reed Field and Recreation Center	71.34.26.15	Aug 28, 2018 @ 10:23 am	Aug 28, 2018 @ 1:24 pm

For Health Professionals

**Have you ever prescribed Nature before?
As a provider, are you ready to try
something new?**

How much time do you spend outside in a
natural setting during YOUR free time?

Take the opportunity to capitalize on the
provider burnout that has to do with
prescribing the same medications and doing
the same things we do every day without
considerable change in our patients' lives.

[Learn More »](#)



CREDIT: National Park Service

Getting Started

Tell us a little bit about yourself, and start prescribing parks today!

First name*

Last name*

Email*

City*

State/Region*

Please Select



Hospital, Clinic, Practice Name*

Specialty*

NPI Number

EMR

Please Select



Comments or Questions?

Submit

Powered by HubSpot

Video Toolkit

See how easy it is to actually prescribe nature in a clinical setting.



Scientific Research

Substantial research has been conducted on the therapeutic benefits of time spent in nature. For example, studies have found that spending time in green spaces lowers cortisol levels and blood pressure.

HYPERTENSION



[View](#) | [Download](#)

BRAIN HEALTH



[View](#) | [Download](#)

OBESITY



[View](#) | [Download](#)

PHYS. ACTIVITY



[View](#) | [Download](#)

MINORITIES



[View](#) | [Download](#)

www.PRxA.org



1
Find a Park
search by address,
filter by amenity

2
Prescribe
write Park Rx,
send via text or email

3
Document
copy & paste into your
EHR treatment window
under specific diagnosis

PRESCRIBING THE FOLLOWING PARKS:

[Langdon Park](#)
[Loomis Park](#)

Generate Prescription Text?

NAME: [YNRDHO] Park Rx America - Langdon Park, Loomis Park

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Find a Park
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Prescribe
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send via text or email

3
Document
copy & paste into your
EHR treatment window
under specific diagnosis

YOU ARE PRESCRIBING THE FOLLOWING PARKS:

Van Dyck Park

That was easy!

[R1NLZX] Park Rx America - Van Dyck Park, Work out at Outdoor fitness station,
Q Wed and Sat, 45 min

Copy Text



Close Window



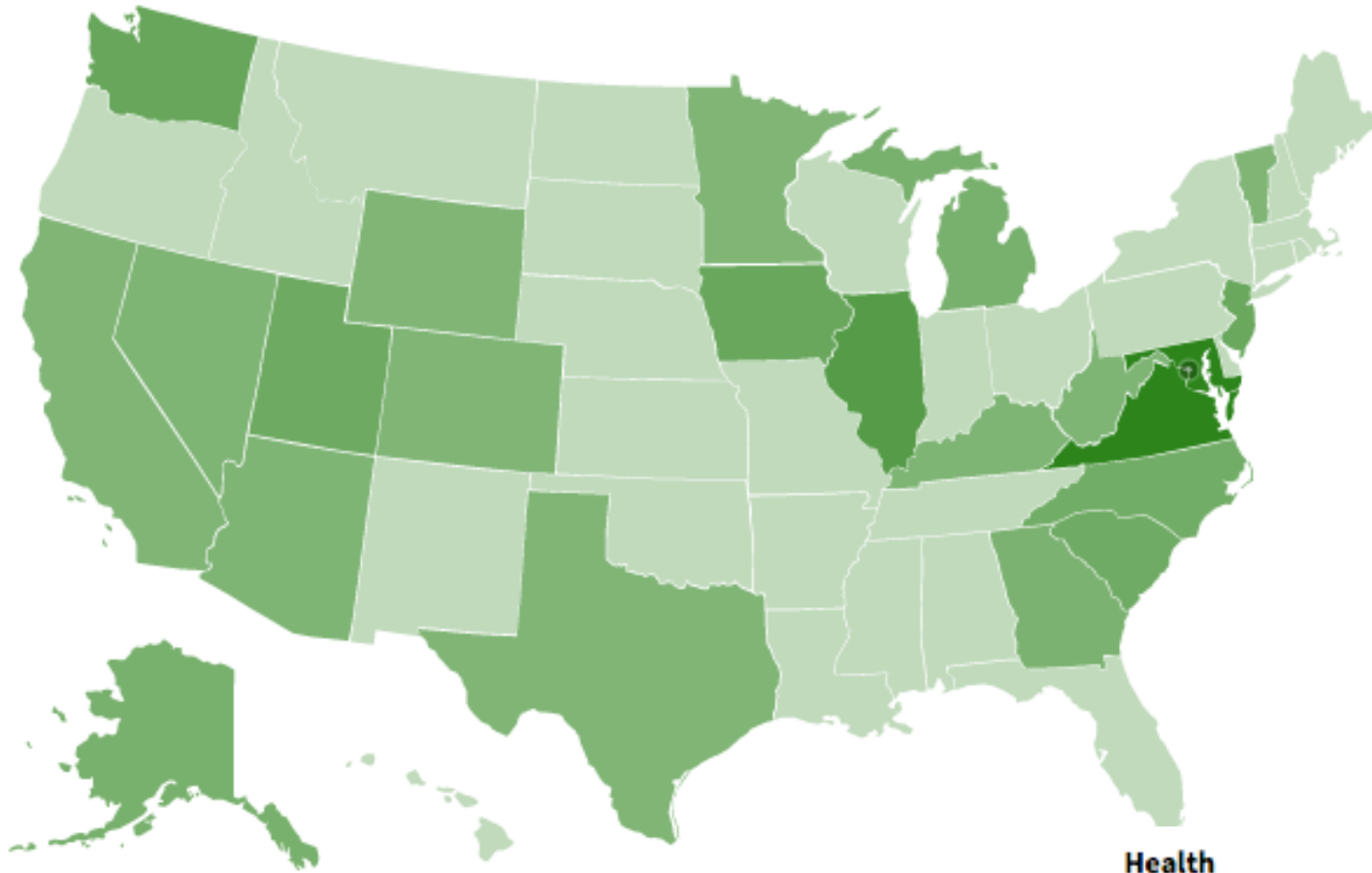


Virginia

PARKS:
669

PRESCRIPTIONS:
29

VISITS:
6



Health
Professionals
prescribing
across the
country...

#102
(since April 2018)

Health Professionals are joining the movement every day - it's easy to get started! [Learn more »](#)

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