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.

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FOR GENERAL INQUIRES

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A SCALABLE PARK PRESCRIPTION PROGRAM

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

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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.
Advantage

Organizations across the country are implementing the park prescription model to help patients manage their health. We have demonstrated scalability by replicating the park prescription model in diverse park agencies and health providers.

One-page Park Summaries:
Features:
- Searchable by location
- Thousands of parks and green spaces
- Park RX America has collected data on

Research

levels and blood pressure.
Studies have found that
- Time spent in nature
- The therapeutic benefits
- Substantial research has been conducted on the therapeutic benefits of time spent in nature.

Goals

- Make it easy for health care professionals to prescribe time in nature to patients during routine delivery of health care
- Reduce the effects of chronic disease and mental health issues
- Create the next generation of environmental stewards by prescribing time in local parks
- Evaluate the effects of park prescription on park utilization and measurable health outcomes
- Fund and publish research in peer-reviewed journals and publications on health and wellness