



Park Rx America



A Scalable Park Prescription Model

Our MISSION is to ease the burden of chronic disease, increase health and happiness, and foster environmental stewardship by encouraging doctors to routinely prescribe time in nature to patients.



DR ROBERT ZARR, PHD
*Founder and
Medical Director*

Dr. Robert Zarr is a board-certified pediatrician at Unity Health Care, located in Washington, DC, where he cares for low-income and immigrant populations. He previously served as advisor to the National Park Service on park prescriptions. You will often find him riding his recumbent trike on the Capital Crescent Trail.



JOHN HENDERSON
Executive Director

John is a Certified Parks and Recreation Executive, city planner, public participation practitioner, arbitrator, and mediator. He is also an attorney licensed to practice law in Illinois and the District of Columbia. He enjoys hiking and biking and is passionate about finding opportunities to bring nature into city neighborhoods.



MATTHEW SCRIBNER
Chief Technology Officer

Matthew is a DC native “full-stack” developer with knowledge in both front-end to back-end software development. He believes in coding for a cause and finding ways to make technology easy and accessible and has been developing custom web-based applications since 2001.



PATRICK LUNSFORD
*Director of
Communications*

Patrick manages public outreach and funding efforts. Previously, he was a public affairs manager for a financial regulatory agency and a journalist for more than a decade. His love of the outdoors and commitment to accessible public lands brought him to Park Rx America.



Healthy Parks Healthy People

Healthy Parks Healthy People connects people to parks through health promotion by:



Forging new partnerships that establish the health and medical care community's use of parks as a healing tool and a vital component of healthy living;



Providing access to parks and healthy visitor experiences;



Enhancing and protecting park programs, facilities, and environments as places for people to have fun, learn something and derive health benefits;

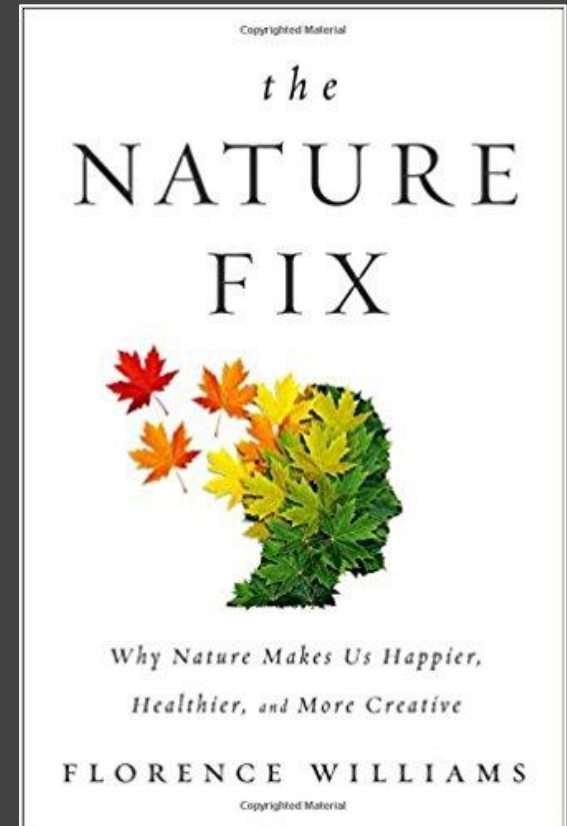
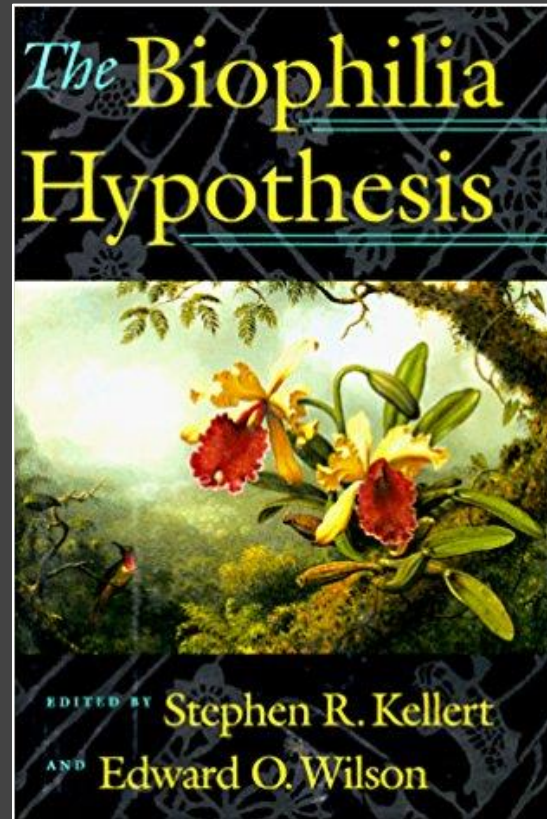
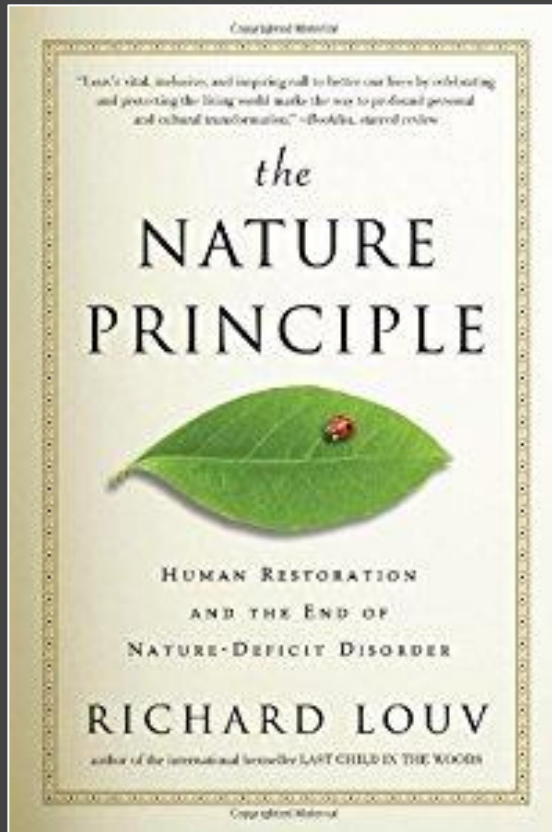


Reaching diverse, multicultural audiences and engaging the next generation of national park stewards;



Contributing to the advancement of science by implementing the Healthy Parks Healthy People Science Plan.

Books on the Nature - Health Connection





Epidemic Levels of Chronic Disease

133 million Americans currently live with chronic disease

- 70 million American adults have high blood pressure.
- 29 million Americans live with diabetes.
- 10 million adults suffer from serious mental illness.

For every dollar spent on healthcare in the U.S., \$0.86 is spent on patients with chronic disease.



12 million Children and 78 million Adults are Obese

People suffering from obesity are at increased risk of:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea
- Cancer
- Mental illness



Health Benefits of Spending Time in Nature

- Spending time in nature is linked with **decreased anxiety**, rumination, and negative affect.
- **Green spaces are restorative** and boost attention, while viewing concrete inhibits attention during tasks.
- Walking in parks improved **focus in children** with attention deficits.
- Group walks in nature are associated with **lower levels of stress** and negative affect.



Photo credit:
Laura Anderko

More Health Benefits...

- Forest environments are shown to **decrease cortisol levels**, blood pressure, and sympathetic nervous system activity.
- Access to parks **reduces the risk of obesity**.
- Living in a neighborhood with more opportunities for physical activity is associated with **lower risks of Type 2 diabetes**.
- Living near green spaces **reduces mortality**, even when adjusted for sociodemographic factors.



Photo credit:
Claudia Cinquegrana

Even more Health Benefits!

- Physical activity in a natural environment is more beneficial on **mental wellbeing** than physical activity indoors.
- Nature helps to lessen to the negative impact of **stressful life events**.
- Living near green spaces is associated with **lower rates of respiratory disease and asthma**.
- Forest bathing **increases Natural killer cell activity**; these cells kill tumors and virus-infected cells.



Photo credit: Dr. Jeff Gee

Prescribing parks increases park time and physical activity, and reduces stress

“Average weekly physical activity increased from 150 to 172 minutes, and number of days per month spent in a park for 30 or more minutes increased from 7 to 8 days.”

Source: Park Prescription (DC Park Rx): A New Strategy to Combat Chronic Disease in Children." *Journal of Physical Activity and Health*, 14(1), pp. 1-2

“Overall decrease in parental stress both overall and as a function of numbers of park visits per week. Paradoxically the park prescription without group park visits led to a greater increase in weekly park visits than the group visits.”

Source: Razani N, Morshed S, Kohn MA, Wells NM, Thompson D, et al. (2018) Effect of park prescriptions with and without group visits to parks on stress reduction in low-income parents: SHINE randomized trial. *PLOS ONE* 13(2): e0192921.



How a Park Prescription Works





Come to work **happy, rested, centered,**
and focused.



Recognize **one or more chronic disease factors** in patient/family.



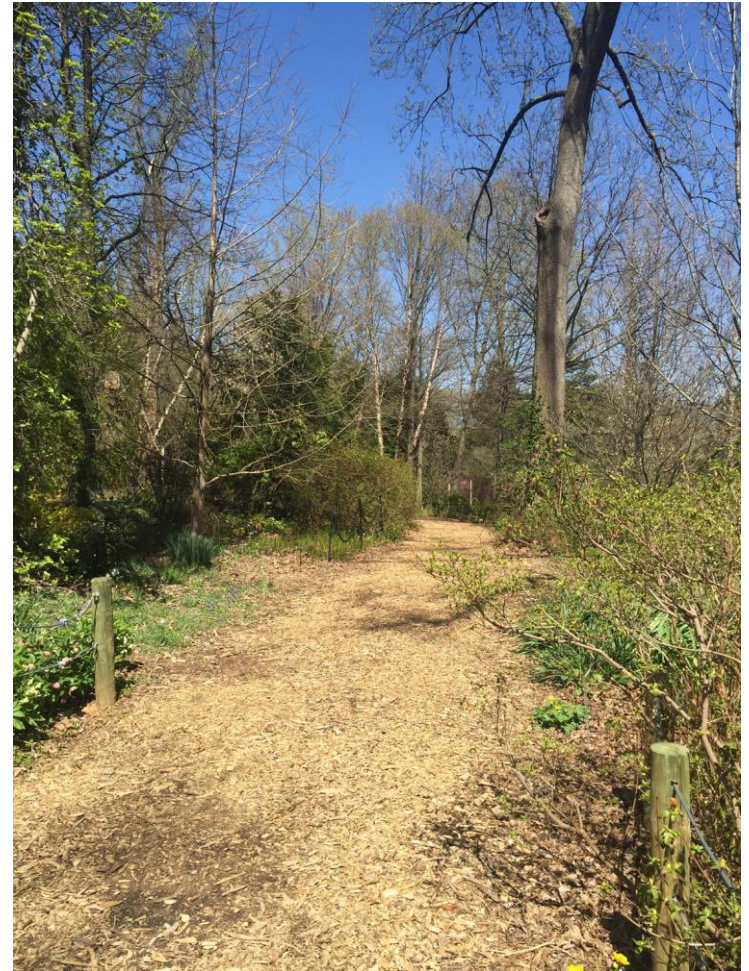
Review daily routine of your patient/family in terms of activity in green space, and assess Nature deficit.



Assess readiness and willingness of patient to spend more time in green space.



Discuss and agree on **frequency** of visits to park per week, **duration** of time to be spent in park, and **activities** to engage while at the park.



Document the specifics of the park prescription in the electronic health record.



Agree on **date and time** of next appointment.



Find Parks

Search results for "cci health and wellness" on the Park Rx America website. The page shows a map of the Washington, DC area with numerous red location pins indicating parks. A list of 72 results is displayed, sorted by distance. The top results are:

Distance	Park Name	Select
0.4mi	Pleasant View Local Park	<input type="checkbox"/>
0.4mi	Wheaton Veteran's Urban Park	<input type="checkbox"/>
0.7mi	Newport Mill Local Park	<input type="checkbox"/>
0.7mi	Wheaton Community Building Pr...	<input type="checkbox"/>
0.8mi	Kensington Heights Neighborhoo...	<input type="checkbox"/>
0.8mi	Wheaton Forest Local Park	<input type="checkbox"/>
0.9mi	Arcola Local Park	<input type="checkbox"/>

Additional features include a "Go" button, radius selection (0.25 to 10 miles), a "Filter Results" button, and a "View Selected Parks" button. The footer features logos for Parks & Recreation, United States Botanic Garden, Smithsonian National Zoological Park, children & nature network, and NRPA.

33 results

Sports Facilities/Activities

- Recreation/Fitness Center
- Gymnasium
- Baseball/Softball Field
- Football/Soccer Field
- Cricket Field
- Mixed Use Field
- Open Space
- Trails
- Athletic Track
- Outdoor Basketball Court
- Outdoor Fitness Stations
- Tennis Court
- Outdoor Practice Wall
- Indoor Racket Sports
- Volleyball
- Pickleball
- Four Square Courts
- Rollerskating
- Ice Skating
- Inline Hockey
- Skateboard Park
- Horse Stables
- Equestrian Rings

General Park Amenities

- Playground
- Water/Spray Fountain
- Restrooms
- Drinking Fountains
- Seating
- Picnic Tables
- Grills
- Food for Sale

Swimming

- Indoor Pool
- Outdoor Pool

Pets

- Allowed On-Leash
- Allowed Off-Leash
- Dog Park
- Bags Provided

Additional Features

- Community Gardens
- Ornamental Gardens
- Visitor Center
- Nature Center
- Historic Site

Park Filters

Narrow down results by choosing **activities**, **amenities**, and other **park services** that interest your patient.

Wheaton Regional Park

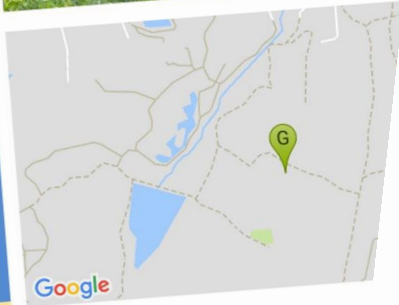
11710 Orebaugh Avenue, Wheaton, MD 20902



OWNER: The Maryland-National Capital Park and Planning Commission

Website | Events

CONTACT: (301) 495-2595



GENERAL INFO:

Park Type: Regional Park

Overall Size: Larger than a football field

GETTING THERE:

Parking

Parking Instructions: From I270: Head north on Georgia Ave toward Forest Glen Rd. Turn right onto Shorefield Rd. At the traffic circle, take the 1st exit, turn left, Park Entrance is on the right.

SPORTS:

Sports Facilities/Activities: Trails

AMENITIES:

General Park Amenities: Drinking Fountains, Picnic Tables, Playground

TRAILS:

Trail Surface: Paved & Unpaved

Trail Layout: Loop & Linear (network)

OTHER:

Staffing & Safety: Police Patrol



One-Page Park Summaries

Saddlebrook Local Park

12751 Layhill Road, Silver Spring, MD 20906



OWNER: The Maryland-National Capital Park and Planning Commission

Website | Events

CONTACT: (301) 495-2595



GENERAL INFO:

Park Type: Neighborhood Park

Overall Size: Larger than a football field

Special Features/Comments: Fields require a Permit for Organized Play

GETTING THERE:

Parking

Parking Instructions: From I270: Head north on Georgia Ave toward Bonywood Ln/Tilton Dr. Slight right onto Layhill Rd. Turn right, turn left, Park Entrance is on the right.

SPORTS:

Sports Facilities/Activities: Football/Soccer Field, Gymnasium, Outdoor Basketball Court

AMENITIES:

General Park Amenities: Drinking Fountains, Playground, Restrooms

Additional Features: Gift Shop

OTHER:

Staffing & Safety: Police Patrol, Employee/Ranger Present



YOU ARE PRESCRIBING THE FOLLOWING PARKS:

Marion Park

Generate Prescription Text?

NAME: [FD84VX] Park Rx America - Marion Park

TAKE: Play at|Playground

FREQUENCY: Q M, W, F

DURATION: 30-60 min

Send by Text

Send by Email

Patient Mobile Number

2025501740

Send to Patient





Kids in Parks has created the TRACK Rx program to help kids and families learn how spending time in nature improves their overall health.

www.kidsinparks.com

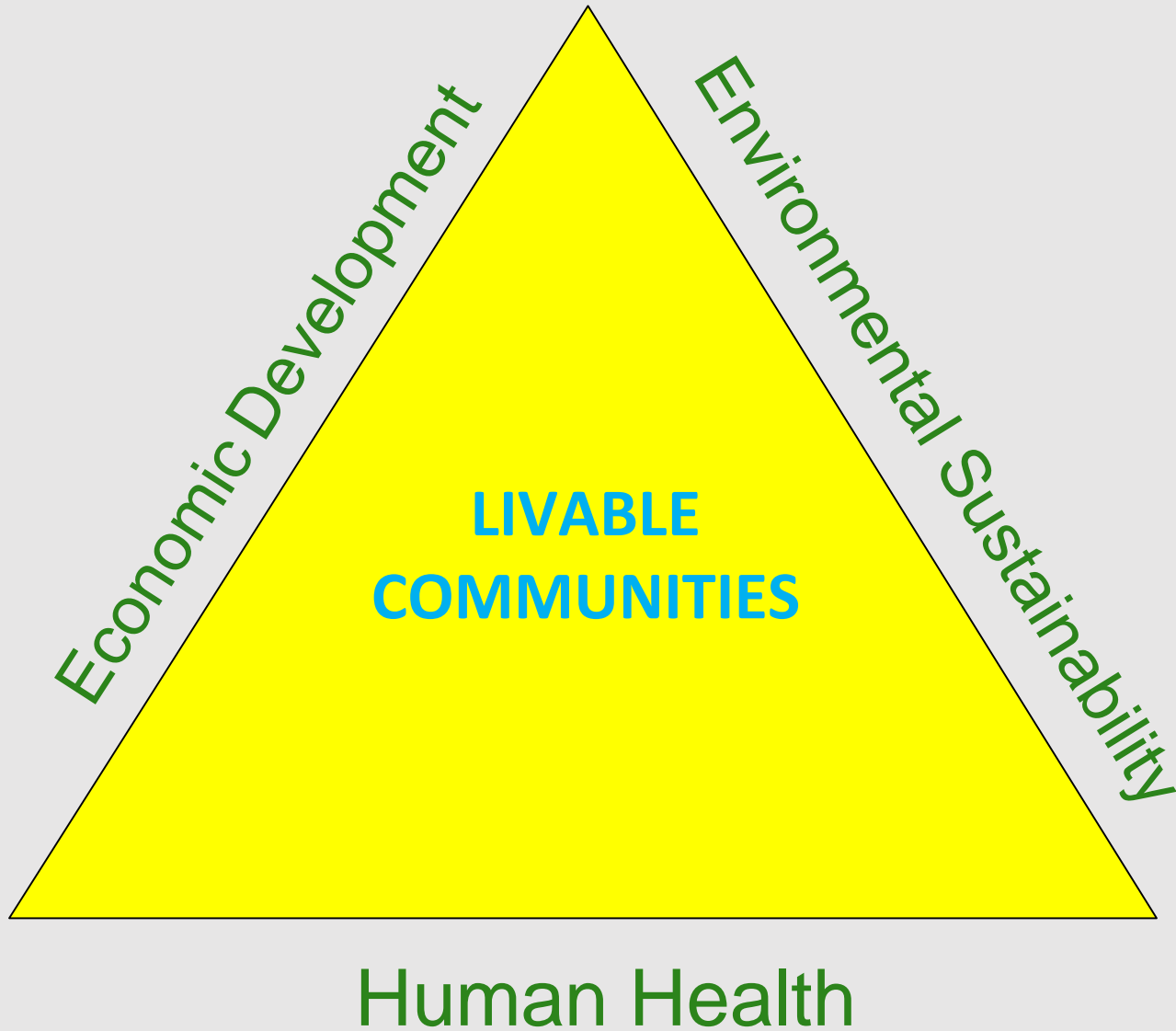
Join us by attending a Walk near you (always free!) or by starting a healthcare provider led Walk of your own.

www.walkwithadoc.org



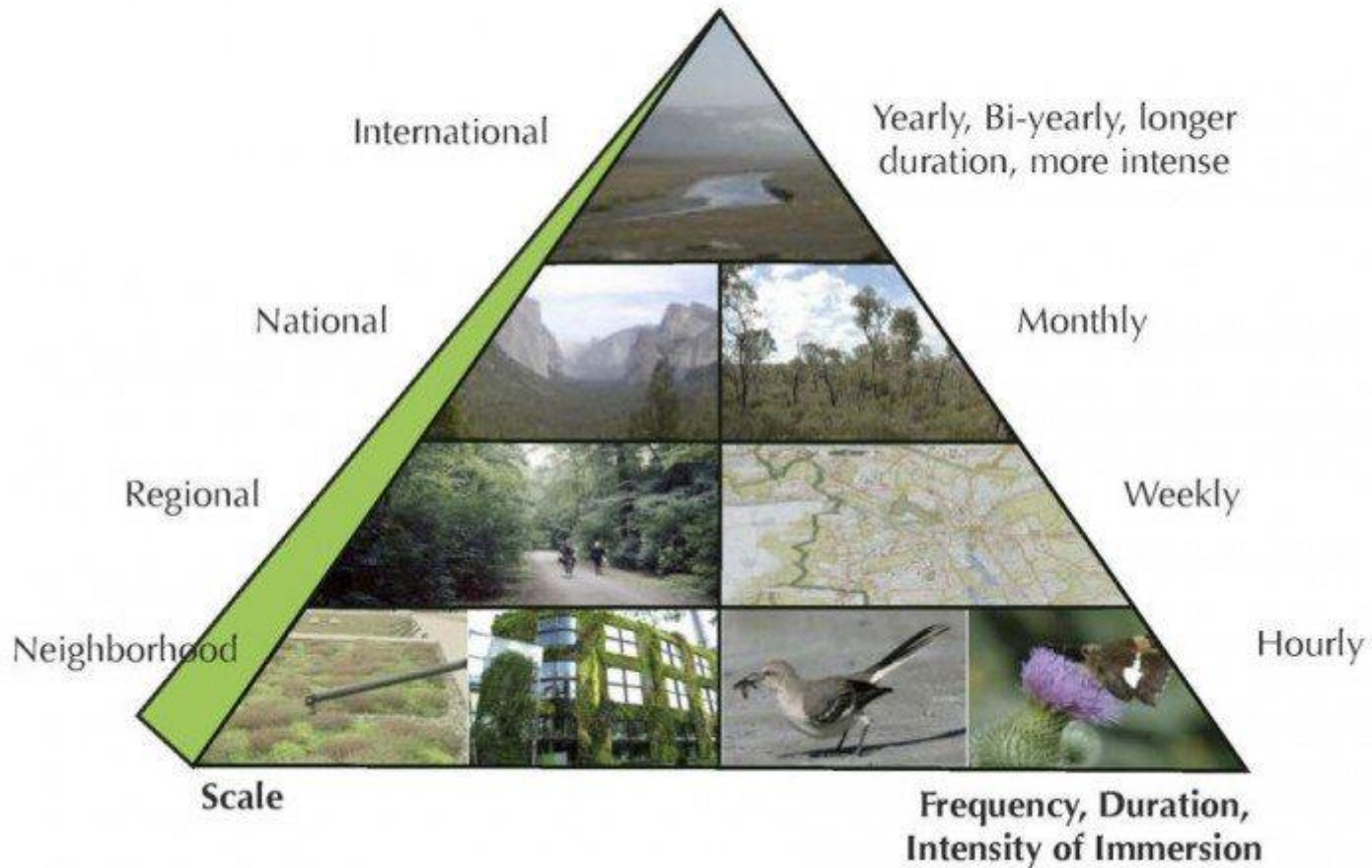
A photograph of a misty forest with tall, thin trees and a green forest floor. The text "Why is this Important for Cities?" is overlaid in the center.

Why is this Important for Cities?



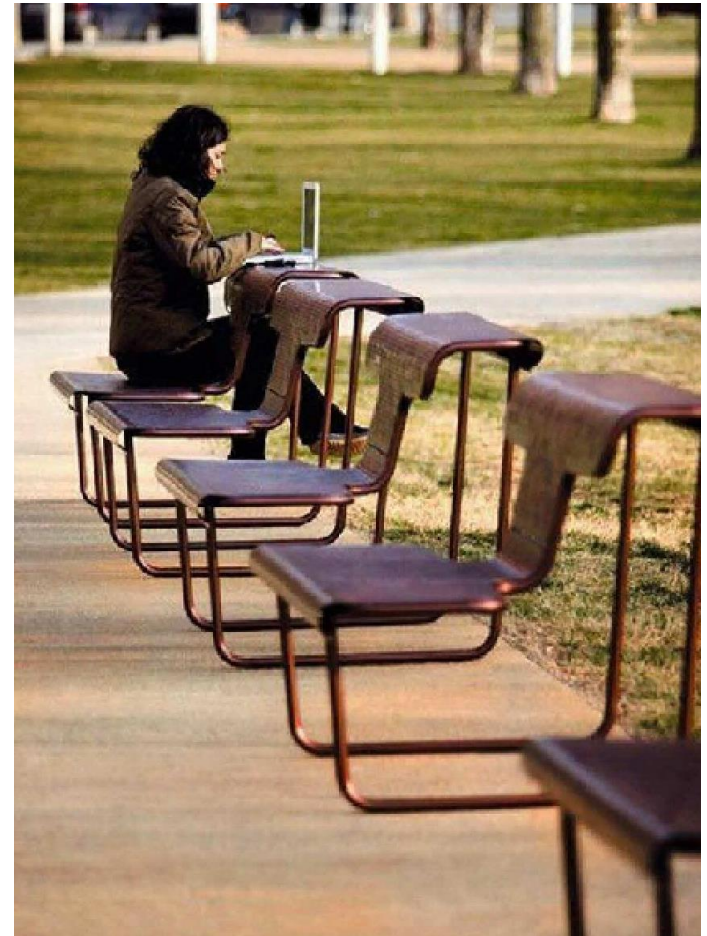
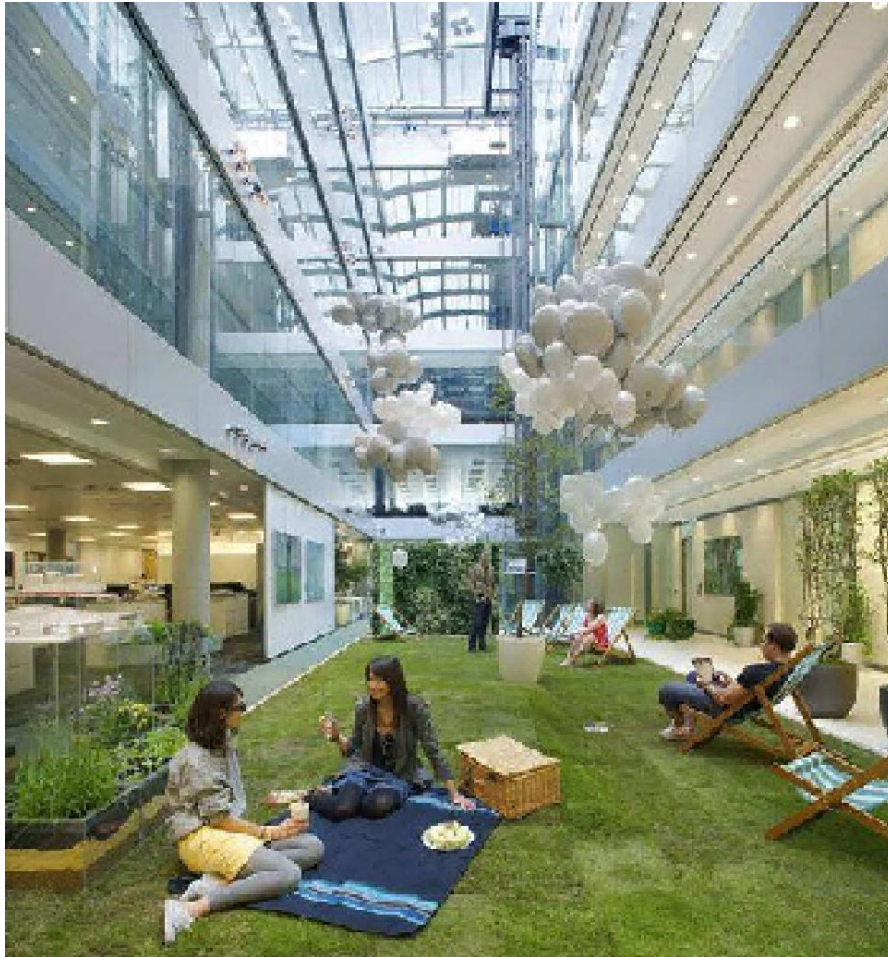
Most people visit the parks **closest** to where they live.

THE NATURE PYRAMID

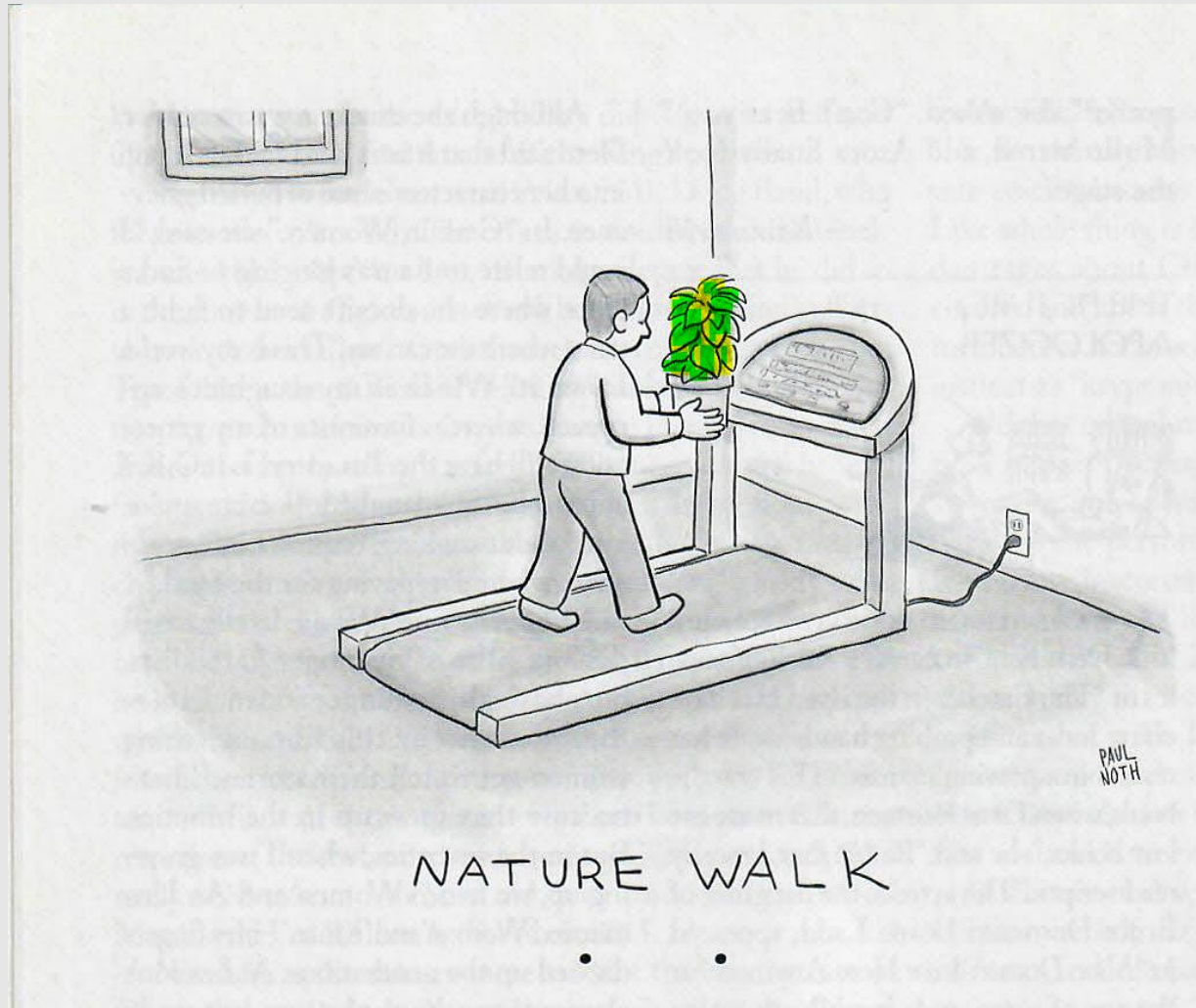


Concept by: Tanya Denckla-Cobb

Young people prefer **biophilic environments** where there are references to the outdoors indoors



For many - exercise is solely an **indoor activity**



You can still get **benefits** in the city



Programming can provide and
incentive to get outside.



Activity outdoors is better than the same or a similar activity outdoors



Biophilia in the workplace



Questions??

Please write:
DocZarr@ParkRxAmerica.org



And Prescribe a Park today!