



DESIGN YOUR PARK PRESCRIPTION PROGRAM

WHO PRESCRIBES?

WHO RECEIVES?

WHAT IS PRESCRIBED?

Does it target specific health goals?

What info and collateral do they take home?

How does it address health goals?

How is the outcome shared with the prescriber?

WHAT IS THE OUTCOME?

WHAT HAPPENS IN THE PARK?

WHAT SUPPORT DOES THE PATIENT NEED?

Are these outcomes tracked over time?

What is funding this experience?

How do they get to the park?

Do they know what to do in the park?





EXAMPLE - DESIGN YOUR PARK PRESCRIPTION PROGRAM

WHO PRESCRIBES?

EXAMPLES

- General practitioner
- Nurse
- Nutritionist
- Public health educator
- School nurse
- Case manager
- Social worker

WHO RECEIVES?

EXAMPLES

- Foster children
- Children at risk for Type 2 diabetes
- Pregnant women
- Low-income, recently immigrated families
- Older adults at risk for social isolation

Does it target specific health goals?

WHAT IS PRESCRIBED?

EXAMPLES

- Park programs
- Specific parks
- Time in parks
- Specific activities in parks

How does it address health goals?

What info and collateral do they take home?

How is the outcome shared with the prescriber?

WHAT IS THE OUTCOME?

EXAMPLES

- Children engage in 50 minutes of vigorous activity
- Older adults bond with peers
- Individuals lower cortisol levels and blood pressure

Are these outcomes tracked over time?

WHAT HAPPENS IN THE PARK?

EXAMPLES

- Park ranger leads a walk
- Health provider leads a walk and class in park
- Individual walks a pre-scribed trail
- Families spend 20 screen-free minutes in a park

What is funding this experience?

WHAT SUPPORT DOES THE PATIENT NEED?

EXAMPLES

- Encouragement
- Follow-up
- More information about the program
- Transportation

How do they get to the park?

Do they know what to do in the park?

