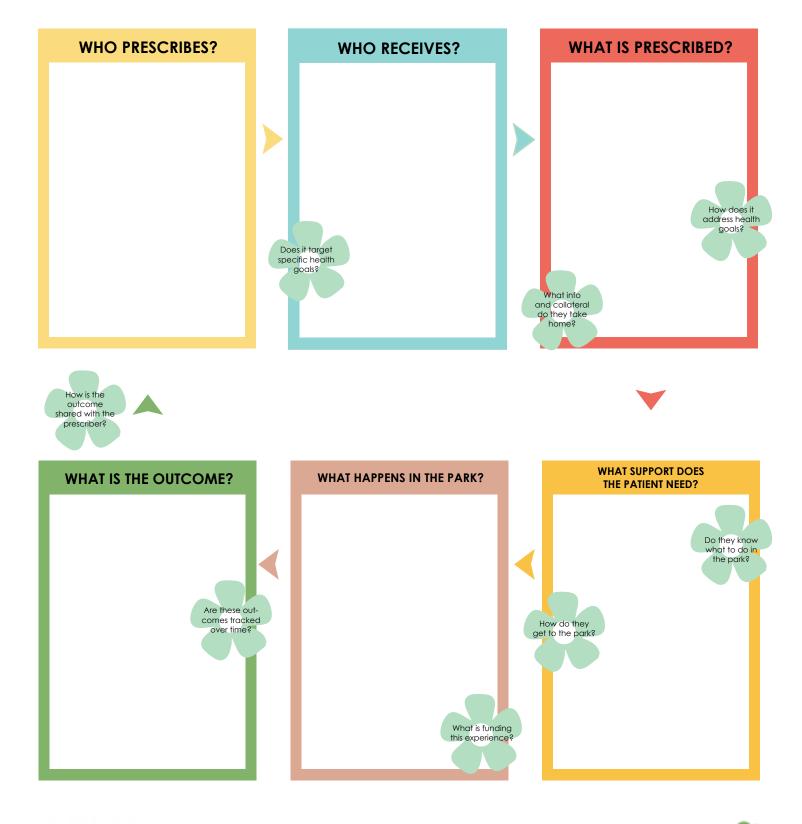


DESIGN YOUR PARK PRESCRIPTION PROGRAM









For more tools to build a Park Prescription program, visit ParkRx.org

worksheet 6

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

What info and collateral do they take home?

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

How does it

address health

How is the outcome shared with the prescriber?

WHAT IS THE OUTCOME?

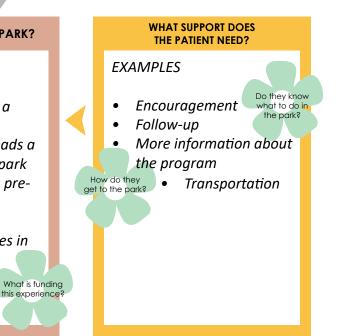
EXAMPLES

- Children engage in 50 minutes of vigorous activity
- Older adults
 bond with peers
 Are these out comes tracked
 over time?
- Individuals lower cortisol levels and blood pressure

WHAT HAPPENS IN THE PARK?

EXAMPLES

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









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