

# PARK PRESCRIPTION THEORY OF CHANGE



Improve the health and wellbeing of patients, particularly those with high health needs, through the use and enjoyment of parks and public lands

Park program participants become regular, confident park users and feel the benefit of nature on their health and wellbeing

REINFORCE POSITIVE BEHAVIOR

TRACK & SHARE DATA

Park and health agencies have robust, active partnerships and programs that use nature as a resource to build community health

Provider/  
patient consultations

Health care providers prescribe time in nature to patients and provide them with program specific resources

Park program participants feel safe and welcomed with a sense belonging in their local parks

Park programs

Park agencies have regular, introductory programs tailored to high health need and nontraditional park users

Patients are motivated and encouraged to spend time in nature and have the knowledge and ability to access specific park programs

Health agencies can identify patients who would most benefit from time in nature and have the appropriate resources to help patients access park programs

Health provider trainings and tools

Park staff trainings and tools

Park agencies understand the health benefits of nature and can effectively incorporate health into their park programs to serve a more inclusive audience

Park and health agencies have an initial understanding of the potential of cross-sector collaboration and are committed to building institutional support for health and park initiatives

STRENGTHEN AGENCY BUY-IN

HEALTH

PARK PRESCRIPTION PARTICIPANTS

PARKS



For more tools to build a Park Prescription program, visit [ParkRx.org](http://ParkRx.org)

