DESIGN YOUR PARK PRESCRIPTION PROGRAM

WHO PRESCRIBES?

WHO RECEIVES?

WHAT IS PRESCRIBED?

WHAT IS THE OUTCOME?

WHAT HAPPENS IN THE PARK?

WHAT SUPPORT DOES THE PATIENT NEED?

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

**WHAT IS PREscribed?**

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

**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

**WHAT SUPPORT DOES THE PATIENT NEED?**

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

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