



Our Year in Review!

Happy New Year. Although this has been a difficult year for many, we at PRA are grateful for the part you played in easing the burden of individuals and communities through increasing nature exposure to improve their mental, physical and social health.

We want to share some of the highlights of what we AND YOU have accomplished over the past year...

Grants, Grants, Grants!

We received 2 grants! Support from the REI Cooperative Action Fund (2 year grant) and the Mental Insight Foundation (1 year grant), enabled us to spend more time researching ways to improve provider health and nature prescription writing.

Thanks to these two grants, and in collaboration with El Centro de Corazón, a Houston-based Federally Qualified Health Center, we were able to study the effects of nature enhancements (including indoor plants, wall and desktop

nature photographs, and a nature therapy experience) on providers' attitudes and behaviors, connectedness to nature, and nature prescription writing.

Provider Outreach

We are aware that although you likely joined PRA because you believe in the benefits of nature for health, many of you do not issue nature prescriptions on a regular basis. Thus, we developed a questionnaire, in collaboration with Texas A&M's Center for Nature and Health, to

survey our PRA community (thanks to all of you who participated!) on issues such as provider burnout, environmental connectedness, and barriers and motivations to prescription writing. We are currently analyzing the survey data and will share those results with you soon.



Dr. Young, CMO of El Centro de Corazón, Texas with indoor plant

5-Year NIH-Funded Randomized Controlled Trial

PRA continues to partner with Unity Health Care, Inc. (Federally Qualified Health Center based in Washington, DC) and Kaiser Permanente Southern California, in a [5-year NIH-funded randomized controlled trial on nature prescriptions](#). Unity's primary care providers have been issuing nature prescriptions, using PRA's nature prescribing platform, to 6-16 year-old participants in the treatment arm since October 2020!

The primary outcome is accelerometer-measured physical activity. Secondary outcomes include changes in BMI percentile, A1c, lipids, cognition, memory, stress, electronic media use, park use, and nature connectedness. Less than one year remains for data collection, after which the data will be analyzed and results published. Baseline data has already been analyzed and manuscripts will be submitted for publication soon!

Wellness in Salt Lake City

Lastly, we are partnering with Salt Lake County, Utah to collect and analyze survey data on employee wellness programs conducted in 2020 and 2021. 335 employees completed the first program and 319 completed the second. Preliminary results demonstrate multiple mental health benefits among employees who received nature prescriptions during the pandemic, particularly with improvements in stress, anxiety, relationships and energy level. We hope to

submit for publication soon as well!

Getting the Word Out

We have been busy giving talks and seminars in a variety of settings, including Senate Staffers prior to introduction of a Living Schoolyard Bill, American College of Sports Medicine Annual Conference, Georgetown University Hospital Pediatrics Grand Rounds, Campus Nature Rx Annual Meeting, University of Idaho ECHO Conference, American Horticultural Therapy Association Annual Meeting Keynote, Penn State Exercise is Medicine Week, and Federal Reserve Board of NY.

We continue to write newsletters on the topic of nature and health, and publish in other journals, including an article titled, [Nature: A Key Ingredient for Mental Health](#) in Pew's Trends Magazine, an article titled,

[Using Nature Prescriptions to Reconnect People with the Outdoors and Improve](#)

[Health and Well Being](#) in a special issue of the American Journal of Health Promotion; and an [op-ed](#) with OAK (Outdoor Alliance for Kids).



Photo: Pew Charitable Trusts

We regularly speak with healthcare communities around the country about starting their own nature prescription programs and have partnered with other groups to submit a research proposal on nature prescriptions in unique communities, including adolescent refugees.

Always Improving

We continue to monitor our website in order to streamline and improve the provider and user experience.

We hope these highlights give you an idea of what we've been up to in 2023, and what's to come in 2024, with your support!!



JOIN THE NATURE AND HEALTH ALLIANCE!



Dr. Stacy Beller Stryer represented us as one of the founding members of the [Nature and Health Alliance](#) (NHA), a research/practice group created to advance and communicate understanding of the health benefits of engaging with nature. NHA's vision is to create a world in which everybody has access to nature and can sustain the benefits of nature.

NHA is now open to individuals and organizations interested in becoming members in this exciting new organization that will move our mission forward in terms of both research and implementation into the public at-large.

Please consider joining today!

Share Your Story

We want to hear from you! With over 1,700 registered providers across the country, we know there are a lot of stories out there of prescribing nature for the first time and patient successes. Take a moment to [Share Your Story](#) and get a chance to be showcased on our [Provider Spotlight](#) page.

Make a Donation

PRA is grateful for your donation to help us keep our website and platform accessible to all!

Park Rx America is a 501(c)(3) charitable organization. All donations are tax deductible. Our EIN is 82-0856734.

Keeping in mind the secondary trauma of caring for others, please take the time you need to recover and consider a dose of nature for yourself.

Robert Zarr, MD, MPH

Founder & Medical Director

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