

Park Prescriptions

Introduction to NaturePHL

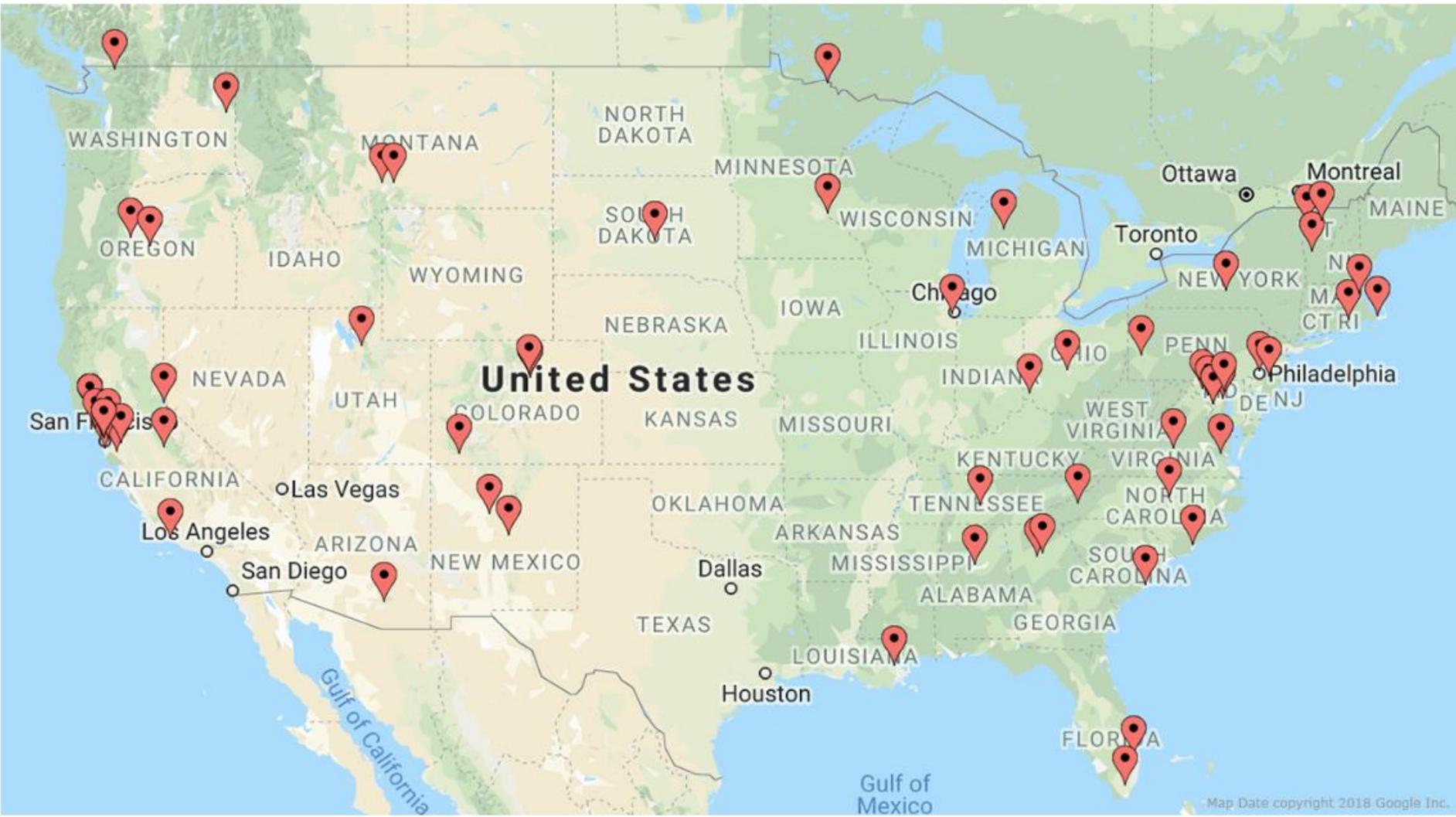
Program Details and Research Questions

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Park Prescription programs are **everywhere.**



Historic Nature-Therapeutic Programs



Crnic & Kondo (2019). Nature Rx: Reemergence of Pediatric Nature-Based Therapeutic Programs From the Late 19th and Early 20th Centuries.



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The Health Benefits of Natural Spaces

Green spaces

ADULTS

- Stress reduction
- Improved life expectancy
- Better general mental and physical health
- Improved cognitive performance
- Improved sleep quality
- Reduction in cancer risk

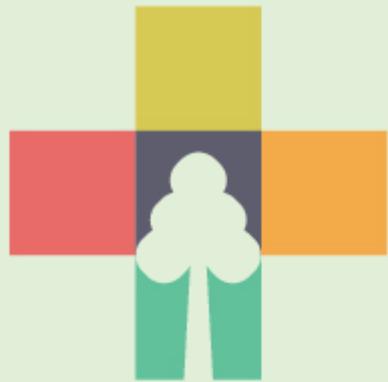


CHILDREN

Improvements in:

- Attention capacity
- Concentration
- Emotional and behavioural development
- Coordination
- Balance
- Agility
- Self-confidence
- Self-discipline
- Social skills
- Weight of newborns





NaturePHL

NaturePHL | Lead Partners

- The Schuylkill Center for Environmental Education
- Children's Hospital of Philadelphia
- Philadelphia Parks and Recreation
- The USDA Forest Service



Physician Champions:

Karabots: Chris Renjilian

Cobbs Creek: Sharon Sutherland & Natalie Minton

Roxborough: Barbara Rolnick

South Philadelphia: Khoi Dang



Where to Go?

- Park/trail audits (300+)
- Searchable database of neighborhood parks, trails, and green spaces



Kelly Park



Location

440-42 PARKER AVE PHILADELPHIA, PA

[Get Directions](#)

Hours

Park: 9 am - 9 pm

Accessibility

Wheelchair Accessible
Stroller Friendly

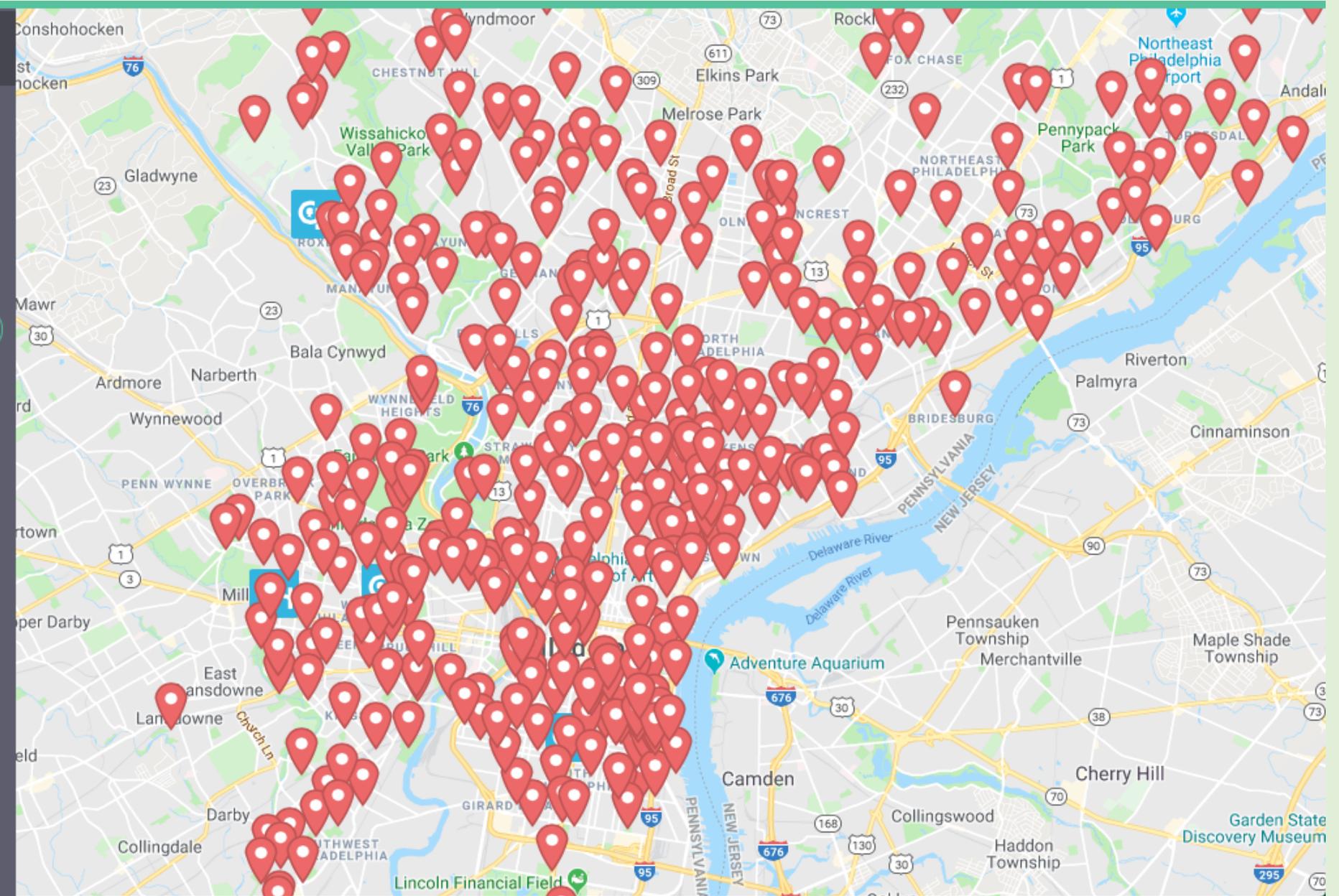
Transportation

Bus Routes and Stops
9 (Ridge Avenue and Parker Avenue)
 35 (Ridge Avenue and Parker Avenue)

Parking
 Get directions from www.GoPhillyGo.org

Amenities

Benches without armrests
 Shade: Medium
 Trash cans
 Overhead Lights



Nature PHL | Program Information



- NaturePHL targets Well Child Visits for children ages 5- 12
 - Providers also give counseling messages to problem visits i.e obesity, ADHD, anxiety
- Providers can give two types of counseling based on screening: Universal & Intensive



- Universal Counseling
 - List health benefits
 - Physical activity recommendation
 - Referral to website
- Intensive counseling
 - Education materials
 - Nature prescription
 - Referral to Nature Navigator



- A certified Community Health Worker (CHW) or social worker that help patients fulfill nature prescriptions.

Rx alone limited success

Rx + CHW greater success



- NaturePHL has trained almost 100 providers on clinical messaging
- # of prescriptions varies by month
- Target is 50% of WCV receive counseling



- What does it take to get physicians to give nature prescriptions?
- What does it take to get families to spend time outside?
 - Nature Navigator
 - naturephl.org website

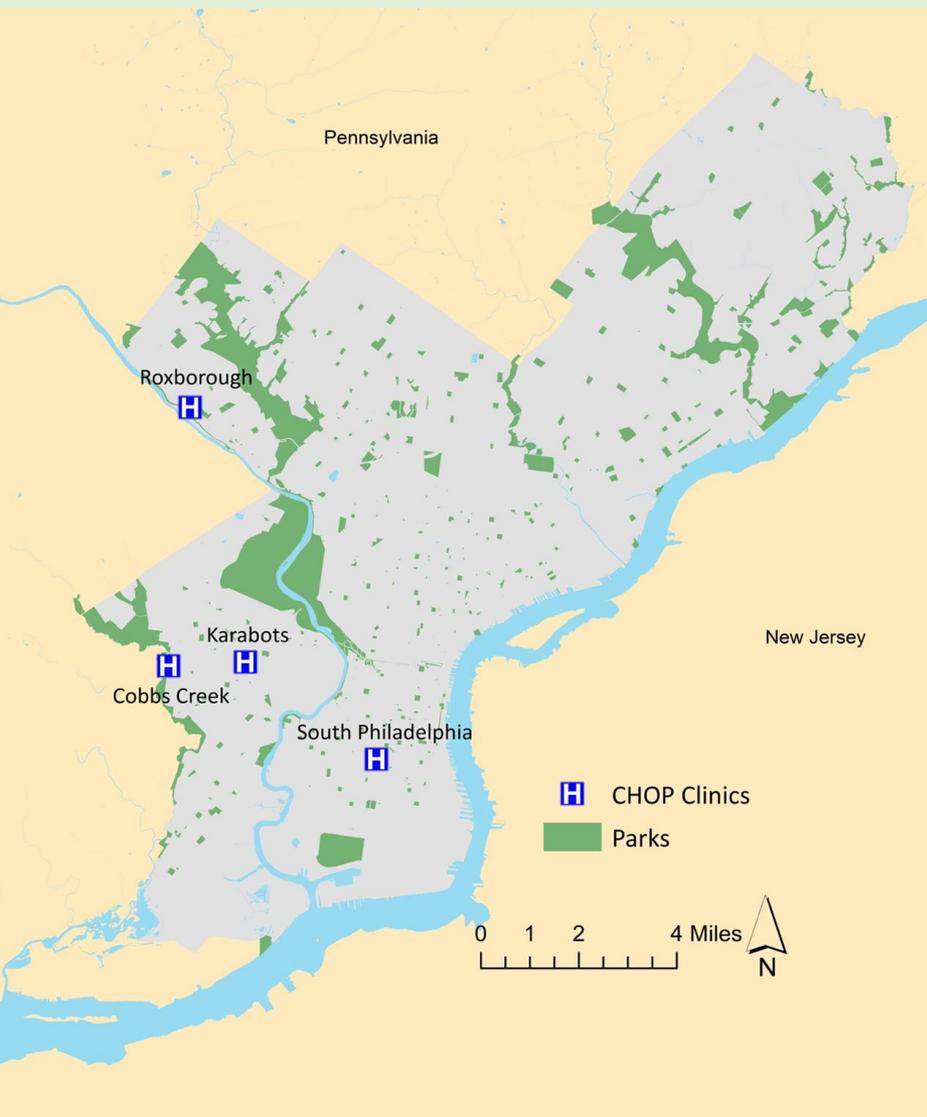


- What short-term impacts do nature prescriptions have on patient and family:
 - stress
 - physical activity
- What long-term health impacts do nature prescriptions have on patients, families and physicians?

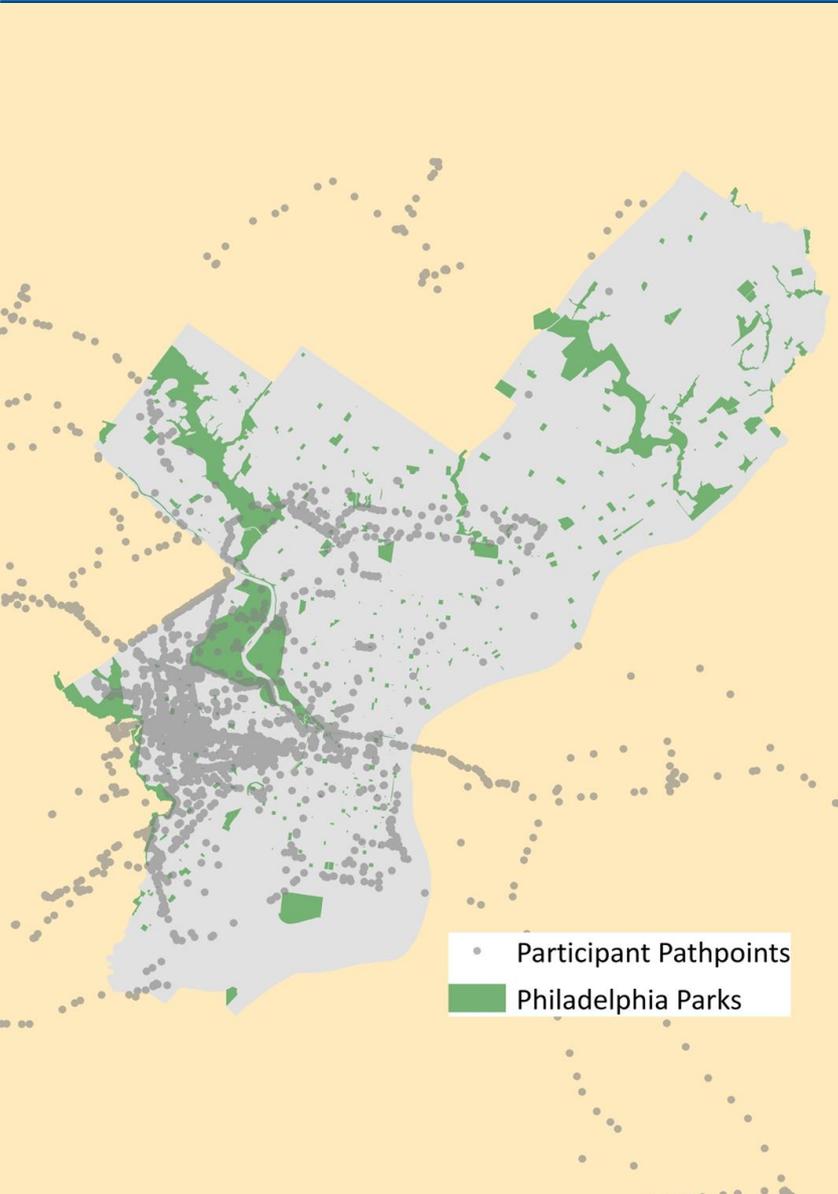
Published Park Rx Studies

- Christiana et al. (2017). Pediatrician prescriptions for outdoor physical activity among children: a pilot study. *Preventive Medicine Reports*, 5, 100-105.
- Christiana et al. (2017). Prescribing Outdoor Physical Activity to Children: Health Care Providers' Perspectives. *Glob Pediatr Health*, 4, 2333794X17739193.
- Cimprich & Ronis (2003). An environmental intervention to restore attention in women with newly diagnosed breast cancer. *Cancer Nursing*, 26(4), 284-292.
- Coffey & Gauderer (2016). When Pediatric Primary Care Providers Prescribe Nature Engagement at a State Park, Do Children "Fill" the Prescription? *Ecopsychology*, 8(4), 207-214.
- James et al. (2017). Prescribing Outdoor Play: Outdoors Rx. *Clinical Pediatrics*, 56(6), 519-524.
- Messiah et al. (2016). Reducing childhood obesity through coordinated care: Development of a park prescription program. *World J Clin Pediatr*, 5(3), 234.
- Razani et al. (2016). Design and evaluation of a park prescription program for stress reduction and health promotion in low-income families: The Stay Healthy in Nature Everyday (SHINE) study protocol. *Contemporary Clinical Trials*, 51, 8-14.
- Razani et al. (2015). Healing through nature: a park-based health intervention for young people in Oakland, California. *Children Youth and Environments*, 25(1), 147-159.
- Razani et al. (2018). Effect of park prescriptions with and without group visits to parks on stress reduction in low-income parents: SHINE randomized trial. *PLOS ONE*, 13(2), e0192921.
- Razani et al. (2019). Clinic and park partnerships for childhood resilience: A prospective study of park prescriptions. *Health & Place*, 57, 179-185.
- Zarr et al. (2017). Park prescription (DC Park Rx): A new strategy to combat chronic disease in children. *Journal of Physical Activity and Health*, 14(1), 1-2.

Nature PHL | Research Findings



- Focus groups with 42 residents living near clinics
 - Barriers to access
 - Perceptions of nature prescription



Nature Exposure-Stress Study

- Biometric (fitbits) & Location Tracking (Followmee app)



Survey with:

- Patients before and after nature prescription
- Providers about goals and barriers

Thank you

