Park Prescriptions
Introduction to NaturePHL
Program Details and Research Questions

Elisa Sarantschin – Schuylkill Center for Environmental Education

Michelle Kondo – USDA Forest Service
Park Prescription programs are everywhere.

http://parkrx.org
Historic Nature-Therapeutic Programs

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

Source: ISGlobal.org
NaturePHL  Lead Partners

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

Participating Locations

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
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.

<table>
<thead>
<tr>
<th>Rx alone</th>
<th>limited success</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rx + CHW</td>
<td>greater success</td>
</tr>
</tbody>
</table>
• NaturePHL has trained almost 100 providers on clinical messaging

• # of prescriptions varies by month

• Target is 50% of WCV receive counseling
Research Questions

• 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
Research Questions

• 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


• 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