

DC Park Prescription (DC Park Rx)

Definition and Goals:

- **DC Park Rx** is a Community Health Initiative of health providers, National Park Service, DC Department of Health, US Health and Human Services, NEEF, GW University, AAP, and private foundations
- Short-term goal: Prescribe NATURE to patients and families to encourage outside time in one of 350 green spaces/parks rated in Washington, DC
- Long-term goal: Decrease impact of non-communicable chronic disease like obesity, asthma, and mental health disorders AND create the next generation of environmental stewards
- Evaluate the effectiveness of prescribing nature with regard to behavioral and attitudinal changes in both health providers and patients

Accomplishments to date:

- Development of park rating tool to standardize rating of green space (www.aapdc.org)
- Recruitment of volunteers to rate parks
- Mapping of parks (350 Areas within DC alone)
- Development of **DC Park Rx** Tools (one page summary for each park/green space in DC)

Accomplishments continued:

- **DC Park Rx** Pilot launched at four Children's National Community Health Centers
- Development of surveys to assess both behavioral and attitudinal changes in both health providers and patients

Next Steps:

- Complete rating of 350 parks/green space and corresponding **DC Park Rx** Tools
- Seamlessly merge Electronic Health Record Systems with **DC Park Rx** Tool database to increase likelihood of adoption by health providers and to expedite evaluation and measurement of metrics
- Market and disseminate **DC Park Rx** Tools widely across Washington, DC health providers/centers

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