



Reciprocity:

PRA believes that not only is it necessary for humans to protect and conserve nature in order to sustain and improve the health of our earth, but it is also beneficial for nature and wildlife conservation organizations to promote human exposure to nature in order to improve human health. When people spend more time outdoors in nature, they not only become healthier, but they also develop greater nature connectedness and [increased environmental stewardship](#). As far as I see it, this is a win-win situation. This can also be thought of as “reciprocal ecological and human health restoration.”

[DeVille et al](#) conducted a keyword-based literature review on both experimental and observational studies to evaluate for a connection between time spent in nature and subsequent attitude and connection with the environment. Based on 67 studies, they concluded that there is substantial evidence to indicate that overall time spent in nature is “associated with increased perceived value for and connection to nature and, in addition, greater pro-environmental attitudes and behaviors.”

In fact, these benefits can begin at a young age. [Barrera-Hernandez et al.](#) studied 296 children (mean age 10.42 years), and found a significant relationship between connectedness to nature and sustainable behaviors, which, in turn, impacted their happiness. They theorize that children who perceive themselves as more connected to nature tend to perform more sustainable behaviors.



Conservation:

One way conservation organizations can promote health and increase time spent in nature is through developing a nature prescription program alongside their other programs.

In fact, this has indeed been happening. Several conservation/wildlife organizations, particularly those in the UK, have initiated nature prescription programs, including World Wildlife Fund (WWF UK) Wildlife Trusts, and Royal Society for the Protection of Birds (RSPB).

I recently spoke with Bella Eadie, Senior Media Manager at [WWF UK](#). She shared with me that WWF recently received a large grant to develop and publicize a 3-year program [using nature prescriptions](#) to improve mental health

in the UK. They launched their campaign in October 2024 and are working with many non-profits in the UK. They conducted a survey at the end of their launch and found that over 500,000 people looked at their site, 70,000 requested a nature prescription packet, 60% of whom took a positive action, such as nature immersion or signing up for an environmental activity. The introduction of the concept of nature prescriptions and its health benefits that this organization provided in their campaign is amazing.



[Wildlife Trusts](#), a federation of 46 independent wildlife conservation charities in the UK, recently worked with multiple departments within the UK government to evaluate effects of green prescribing on mental health in seven pilot programs. The [programs](#) began in 2020, where over 8,500 people participated, 57% from economically underserved communities and 21% from ethnic minority communities. There was an 85% uptake of green social prescriptions when offered by social prescribing link workers and nature-based providers. Through surveys, they found decreases in anxiety and depression symptoms, and significant improvements across well-being measures, particularly in happiness and life satisfaction, and feeling that “life is worthwhile.” They also found that the investment was less than ½ the return, with £2.42 (British Pounds) return on investment for every £1 invested. Based on their results, they believe the creation of a ‘Natural Health Service’ alongside the creation of natural spaces in communities across the country will result in healthy and sustainable places to live and work.



[RSPB](#) is a UK charity committed to the conservation of birds and nature. RSPB initially performed a pilot study in Edinburgh, involving 5 general practitioner practices, where 50 providers issued over 335 nature prescriptions. Within this group, 65 patients responded to the survey, with 74% self-reporting mental and/or physical health benefits from their prescription. Sixty-five percent were issued nature prescriptions for a mental health condition. Ninety-one percent of prescribing health and associated professionals said they would continue to offer RSPB Nature Prescriptions. Fifty-six percent of respondents reported increased awareness of nature and 56% reported increased frequency of nature connection. As of Fall 2024, RSPB England has [17 Nature Prescriptions projects](#) in 15 counties, working with social prescribing link workers, occupational therapists, health and wellbeing coaches, dementia support workers, and community stroke support teams, reaching over 4000 people.

Conservation organizations in other countries, including the US, should be developing similar programs!

Speaking of which, recognizing the impact of nature and mental health, other non-conservation outdoor-based organizations in the U.S. are also jumping onto the nature for health bandwagon. A couple of examples are below:



AllTrails

[AllTrails](#), a mobile app that allows individuals to find, plan and track outdoor activities, has teamed with



photo: James Wheeler, Pexels

the sleep and meditation app, [Calm](#), to promote outdoor time to improve one's mental and social health.



From the exhibition, Masayuki Koorida: Sculpture; photo: David Michael Howarth Photography

Grounds for Sculpture

[Grounds for Sculpture](#), (GFS) a large arboretum and art space in New Jersey, is conducting a pilot program to issue social and nature prescriptions. Through a grant from The Horizon Foundation for New Jersey, they are working with physicians at Penn Medicine Princeton Health to prescribe 90-day GFS prescription passes, to improve mental health.



Health and Nature Alliance

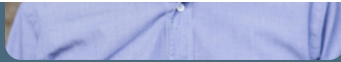
[Health and Nature Alliance](#) is a new organization comprised of scientific researchers and clinical practitioners whose goal is to understand the reciprocal relationship between human health and planetary health (and just had their first annual conference - but more on that in the next newsletter!). The organization is committed to equity and justice in the interplay of nature and health research, practice and policy. They aspire to provide quality, evidence-based research to improve the health of society and our planet.

Upcoming Webinar



Please join an upcoming webinar:

Prescribing Nature: Designing for Health, Equity, and Connection



Dr. Robert Zarr, MD, MPH
Founder & Medical Director, PRA



Chelina Odbert
CEO + Founding Principal, KDI

Thursday, May 29 from 1-2pm

Co-sponsored between [Landscape Architecture Foundation](#) and [The Learning Network of the Nature and Health Alliance](#) on Thursday, May 29 from 1-2pm EDT. Dr. Zarr will be joining Chelina Odbert for a lively conversation about the intersection of public health, landscape architecture, and equity.

Register Online

Interested in participating in a study on nature prescriptions?



David Victorson, Ph.D. clinical psychologist and Professor of Medical Social Sciences at Northwestern University's Feinberg School of Medicine is studying the health benefits of time spent in nature and is looking for 15 healthcare professionals to help him with his study.

Study Opportunity: "Nature RXperts: Obtaining Expert Input on Nature RX Best Practices and Lessons Learned to Inform a new Virtual Nature RX Program."

Time Commitment: 45–60-minute Zoom interview

Financial Incentive: \$100 gift card

Principal Investigator: David Victorson, PhD, Northwestern University Feinberg School of Medicine

Study Description: We are seeking 15 healthcare professionals with significant experience prescribing nature to different patient populations to participate in a 45–60-minute IRB-approved Zoom interview. The primary goal of this project is to learn more about best practices and effective strategies for prescribing nature to different populations, with a specific focus on cultural, regional/seasonal, and

social determinant of health-related considerations for optimal access and inclusivity. Interviewees will also be shown components of a new virtual Nature RX training program and will be asked for feedback and insights.

If you are interested in learning more, please provide your name, contact information, and a brief description of your experience prescribing nature using the following online form:

[**Complete the Study Survey**](#)

Healthy Planet, Healthy People

NYT has nothing on us! Find the words listed below in the puzzle.

climate
conservation
environment

human health
nature
planetary health

prescription
reciprocity
stewardship

N	U	Y	O	O	X	U	Z	O	X	E	J	B	P	P
O	U	T	C	I	Q	G	M	A	R	F	I	I	J	L
I	J	I	Y	X	Q	G	V	U	C	S	H	T	O	A
T	V	C	I	Q	M	K	T	R	S	S	N	W	H	N
P	P	O	R	O	Y	A	O	N	D	H	T	U	A	E
I	F	R	T	E	N	V	I	R	O	N	M	E	N	T
R	I	P	F	V	D	I	A	H	D	A	I	W	G	A
C	L	I	B	I	N	W	L	B	N	I	V	W	R	R
S	U	C	Q	M	E	C	P	H	E	S	R	U	Z	Y
E	T	E	T	T	B	A	E	R	U	B	D	R	L	H
R	N	R	S	M	K	A	Q	B	B	I	S	J	Z	E
P	G	X	N	B	L	E	U	H	R	C	Y	L	Z	A
I	N	O	I	T	A	V	R	E	S	N	O	C	P	L
J	I	M	H	C	L	I	M	A	T	E	I	J	R	T
Q	O	D	W	U	R	U	S	H	G	C	Q	Y	G	H

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

We want to hear from you!

With over 1,800 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.

Share Your Story

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

Support our Work

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

Stacy Beller Stryer, MD
Associate Medical Director

