



Year 2025 in Summary

Yes, we made it to 2026! Hoping everybody had some time to rest, recover, and re-energize during the holidays.

2025 was a busy year for PRA, and we'd like to take a moment to thank everyone involved in making last year so successful!

**rei
cooperative
fund** **action**

PRA was awarded another two years of funding from [REI Action Fund](#), for which we are very grateful. We also received donations from individuals, all of which helped our small nonprofit continue to provide park prescription resources at no

cost to the public and healthcare professionals.

We want to highlight some of the projects we were involved in over the past year.



A 1,600% increase in parks listed...

We collaborated with the [Trust for Public Land](#) in an exciting new project to combine our park databases and develop a truly national database of over [160,000 parks and green spaces](#). More to come on that soon!



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NIH-funded 5-year trial results...

On the research front, PRA's Dr. Zarr served as co-investigator with Kaiser Permanente Southern California's Dr. Deb Cohen on an NIH-funded 5-year Park Rx randomized controlled trial, with promising results! Please keep an eye out for our published study.



PRA providers surveyed on prescribing nature...

PRA's Dr. Beller Stryer also served as the lead author on a [study](#), collaborating with Dr. Maddock and Yanyan Chen, evaluating behaviors and characteristics of healthcare providers associated with issuing nature prescriptions. Based on a survey of providers registered with PRA, we found that those who reported more connectedness to nature and took frequent outdoor breaks issued more prescriptions.



El Centro de Corazón
Quality Health Care

Nature-based interventions at El Centro de Corazón...

PRA is excited to partner with El Centro de Corazon, Rice University's [SNEWS Lab](#), and [Conservation Conexion](#), thanks to a one-year grant from the Texas A&M Forest Service, on a project titled: *Reciprocal Ecological and Human Health Restoration*. Our project goals are to integrate forest therapy experiences, tree planting/tree tending and nature prescriptions to decrease staff burnout, increase urban tree canopy and exposure to trees on clinic grounds, and ultimately effect changes in staff wellness, stress, sleep, burnout, and nature connectedness.



Park prescriptions in medical school...

We are currently working with faculty at Kaiser Permanente Medical School in Pasadena to issue nature prescriptions to 2nd year medical students to decrease burnout and exhaustion and increase their comfort level with issuing nature prescriptions.



Pending proposals for future RCTs...

Current collaborations with Brown University include proposals to conduct a randomized controlled trial of park prescriptions as the primary intervention in improving the health of pregnant women in Rhode Island, and a separate proposal to conduct a multi-site randomized controlled trial of park prescriptions in historically under-funded states across the US through [ECHO](#). PRA is also collaborating with Kaiser Permanente Southern California on another randomized controlled trial of park prescriptions, utilizing nurses rather than physicians to issue park prescriptions (including park amenities and park programming) to improve the health of people living with advanced diabetes in Los Angeles.





PRA is always improving...

PRA is actively working behind the scenes to enhance the prescription platform and website, developing new features and implementing improvements. These efforts include refining the user interface, ensuring dependable delivery of prescription notifications, maintaining platform availability, curating relevant health news and research, expanding social media engagement, and more. Look for specific release announcements to come in 2026.

PRA Spotlight



Mantill Williams

Senior Communications Advisor

We are excited for 2026, and also happy to introduce the newest addition to [PRA's team](#), Mantill Williams, who joins us as our Senior Communications Advisor!

Mantill is a seasoned communications professional who has led successful nationwide strategies across multiple platforms. He has served as a national spokesperson for three major associations, including the largest membership and trade group.

Mantill finds calm and clarity while walking near lakes, streams, or any body of water.

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 & Chief Executive Officer

Stacy Beller Stryer, MD

Chief Health Officer

