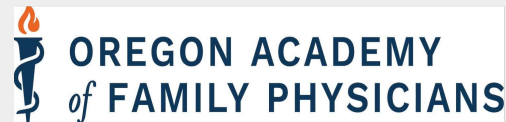




The Health Benefits of TRACK Rx

Kids are prescribed by a doctor, have an adventure in any green space, and earn free prizes. But the adventure doesn't stop there. A growing network of over 290 TRACK Trails propels them on a lifetime of healthy outdoor activity!

Endorsed by:



DOERNBECHER
CHILDREN'S
Hospital



The Health Benefits of TRACK Rx

Kids are prescribed by a doctor, have an adventure in any green space, and earn free prizes. But the adventure doesn't stop there. A growing network of over 350 TRACK Trails propels them on a lifetime of healthy outdoor activity!



PHYSICAL HEALTH BENEFITS

Inactivity is a major contributor to chronic conditions and obesity in children today. Regular exercise in parks and green spaces has been shown to drastically improve their physical health. Not only can it lower rates of cardiovascular disease and obesity, but time in nature can also improve nearsightedness and the ability to recover from injury. Additionally, Vitamin D deficiency is very common, which can contribute to low bone density. A little time in the sun helps bridge that gap.



MENTAL HEALTH BENEFITS

Studies show a positive correlation between time spent in green space and a person's mental well-being. At forefront of these benefits is reduction of anxiety and the improvement of attention. A study of 345,000 people in Norway found that those living near parks and other green spaces exhibited lower rates of anxiety disorders regardless of level of income. Simply spending time in a green setting has been shown to improve focus and impulse control in kids in with ADHD.



SOCIAL HEALTH BENEFITS

Children usually experience parks and other green spaces with at least one other person, whether that be a parent, a friend, or some other relation. Positive experiences in parks result in stronger bonds of family. If the green space is in the area that the child lives, they develop stronger connections to their community. Studies have shown the result of this kind of interaction is a reduction in crime and violence over time.



Over
350
Networked
Trails

Adventures in
18 states
& Washington DC

Visit
kidsinparks.com
for more info

Park Prescriptions

- Kids in Parks launched TRACK Rx in 2016 to formally link spending time in nature with improved health outcomes
- ~190 locations in six states prescribing outdoor time
- Endorsed by the American Academy of Pediatrics and recipient of the “Let’s Move! Champion of Change” Award from the White House



TRACK Rx Brochure: Hiking for Health

TRACK Rx
Hiking For Health X

Hi kids. I'm KIP...
This is my pal,
Dr. TRACK.

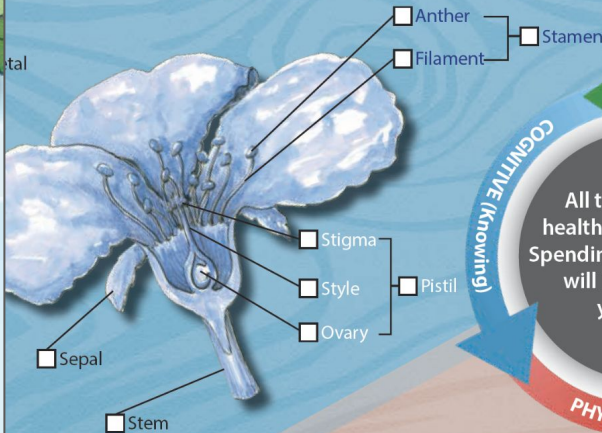
Spending time playing
outdoors is not only fun,
it's good for you. That's why
doctors all over the country
have begun prescribing
nature to kids...

KIP and I created a network of trails designed for kids and families called TRACK Trails. Each trail has self-guided adventures for you to make discoveries and have fun! Our TRACK Rx Adventure can be done in your backyard, schoolyard, park, or along an official TRACK Trail.

Cognitive Health: Train Your Brain

When you spend time outside, you see, hear and smell. Your brain makes discoveries: crystals in a rock, a geyser erupting, or wildflowers blooming... and you improve cognitive health!

Let's make some discoveries about flowers!
Find a flower. Smell it. Look at it closely.
Can you find the different parts of the flower?



This brochure has fun activities
you can do outside to strengthen
your overall health.

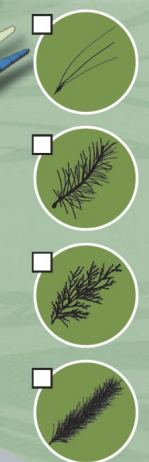
All three areas of
health work together.
Spending time outdoors
will help you feel
your best!

Emotional Health: Serene Green

Studies show that simply viewing pictures of nature can reduce stress levels and improve emotional health...
Imagine what having fun outside can do!

In this activity, take five minutes
to relax and observe the trees
around you. Can you find trees
with these types of leaves?

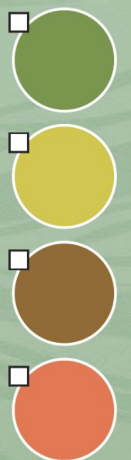
Needle/Scale



Broad



Leaf Color



Physical Health: Active Lifestyle

When you go for a walk, hike, bike ride, or run
around, your heart beats faster, your muscles work...
and you improve your physical health!

During your adventure, discover how athletic
animals are by doing these fun animal exercises.

Hummingbird Hand-swings

Look for hummingbirds feeding on
flowers. Hummingbirds flap their
wings over 50 times per second!

How many times can you flap your
arms in 30 seconds?



Cottontail Dash

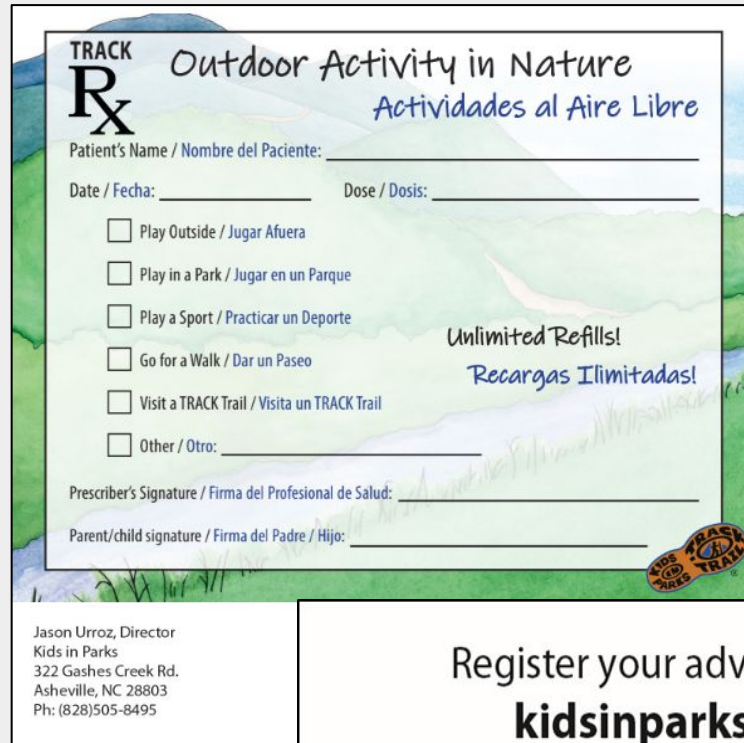
Watch for cottontail rabbits
feeding in grassy areas. When
being chased, rabbits sprint in a
zig-zag pattern to reach cover.

Sprint down the trail in a zig-zag until you
find a large tree to hide behind.



Prescription Pads

- Unique 9-digit serial number allows providers to track the fulfillment of the Rx by the patients
- Instructions for how to participate in the program are located on the back, reducing the burden on providers
- Bilingual!



The image shows a 'TRACK Rx' prescription pad for outdoor activities. It features a header with the 'TRACK Rx' logo and the title 'Outdoor Activity in Nature' in English and Spanish. Below the header, there are fields for 'Patient's Name / Nombre del Paciente', 'Date / Fecha', and 'Dose / Dosis'. A list of activities with checkboxes includes 'Play Outside / Jugar Afuera', 'Play in a Park / Jugar en un Parque', 'Play a Sport / Practicar un Deporte', 'Go for a Walk / Dar un Paseo', 'Visit a TRACK Trail / Visita un TRACK Trail', and 'Other / Otro'. To the right of these activities, it says 'Unlimited Refills! / Recargas Ilimitadas!'. At the bottom, there are lines for 'Prescriber's Signature / Firma del Profesional de Salud' and 'Parent/child signature / Firma del Padre / Hijo'. A small 'TRACK TRAIL' logo is in the bottom right corner. Below the main form, there is a contact box for Jason Urroz, Director of Kids in Parks, with an address in Asheville, NC, and a phone number.

TRACK Rx Outdoor Activity in Nature
Actividades al Aire Libre

Patient's Name / Nombre del Paciente: _____

Date / Fecha: _____ Dose / Dosis: _____

☐ Play Outside / Jugar Afuera

☐ Play in a Park / Jugar en un Parque

☐ Play a Sport / Practicar un Deporte

☐ Go for a Walk / Dar un Paseo

☐ Visit a TRACK Trail / Visita un TRACK Trail

☐ Other / Otro: _____

Unlimited Refills!
Recargas Ilimitadas!

Prescriber's Signature / Firma del Profesional de Salud: _____

Parent/child signature / Firma del Padre / Hijo: _____

Jason Urroz, Director
Kids in Parks
322 Gashes Creek Rd.
Asheville, NC 28803
Ph: (828)505-8495

Register your adventure at:
kidsinparks.com

Serial Number.

KIP-JUR-123

Practice

Office
Location

Unique #

Pediatric Lobby Display



TRACK Rx
Senderismo por la Salud

Hola mi hijo, Soy KIT. Este es mi amigo, el Dr. TRACK.

Este tiempo a fuera es un ambiente en divertido, el día que también es bueno para ti. Por eso los doctores en todo el país han empezado a recomendar la naturaleza a los niños.

KIT y yo estamos aquí con los senderos diseñados para ayudarte a ser saludable que lo tiene TRACK Rx. Cada semana tenemos aventuras emocionantes para que descubras y te diviertas. Pueden hacer excursiones aventura. TRACK Rx es el pasaporte que, al día de la consulta en los parques, te da el TRACK Rx oficial.



TRACK Rx
Your prescription is **ADVENTURE!**

Hey there! I'm KIT and this is my friend Dr. TRACK. We can't wait to explore with you.

Make us your daily dose of fun and adventure!

Outside these walls, a world of adventure is waiting for you. With TRACK Rx, your outdoor mission is officially doctor-approved!

Benefits include:

- Improved brainpower
- Stronger body
- More confidence
- Reduced stress
- Feeling connected

TRACK Rx is part of Kids in Parks, a national program that makes exploring the outdoors fun and easy. Best of all, you can register your adventures to earn free prizes!

Find a TRACK Trail and get started at kidsinparks.com



KIDS IN PARKS
TRACK Rx

Kids in Parks is a FREE program that offers family-friendly activities to help kids explore the outdoors and cultivate the next generation of public land stewards.

Find a Trail!

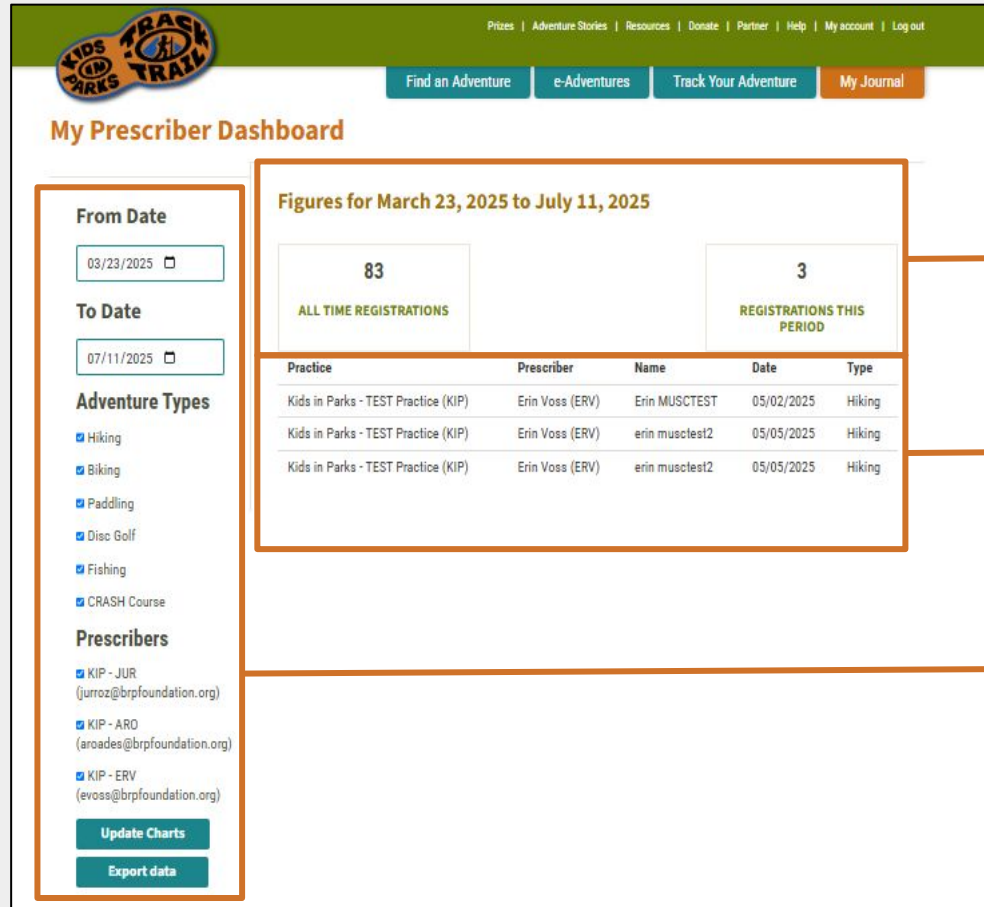
Go explore!

Earn FREE prizes!

kidsinparks.com

Prescriber Dashboard

- Helps to track patient engagement
- HIPAA Compliant
- Protected by two-factor authentication
- Practice chooses who has access
- Email notifications without Personally Identifiable Information also available



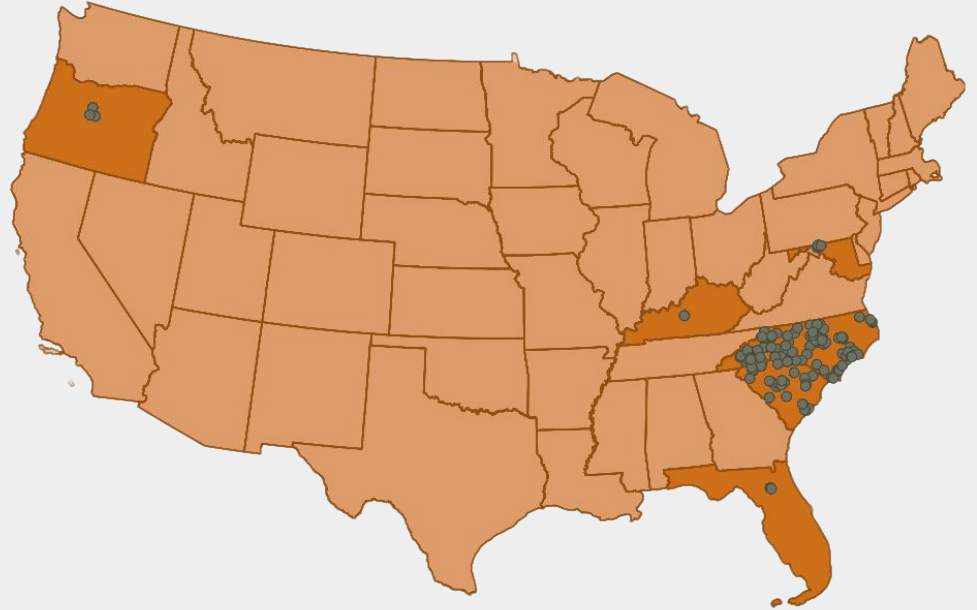
Data at a Glance

Individual Registrations

Refine and Export Data

Evaluation

- **190 practices/healthcare locations** writing social prescriptions to get kids outdoors, including: Hospital systems, pediatricians, nutritionists, school nurses, health departments, and more!
- **6 states**, including: North Carolina, South Carolina, Florida, Maryland, Oregon, and Kentucky
- **25,600 estimated adventures** completed by prescribed participants
- **24,500 estimated miles** hiked by prescribed participants
- **12,300 estimated hours** spent outdoors by prescribed participants
- **3.7m estimated calories burned** by prescribed participants





Kids in Parks

Oregon TRACK Trails and TRACK Rx Prescribers

TRACK Trails

- 1

Albany - Oak Creek Greenbelt
- 2

Albany - Talking Water Gardens
- 3

Ashland - Lithia Park
- 4

Boardman - Boardman Park Heritage Trail
- 5

Bonneville Fish Hatchery
- 6

Bonneville Lock and Dam
- 7

Brookings - Azalea Park
- 8

Clackamas County - Eagle Fern
- 9

Clackamas County - Metzler Disc Golf
- 10

Clackamas County - Metzler Park
- 11

Cold Springs National Wildlife Refuge
- 12

Coos Bay - John Topits Park
- 13

Dallas - Dallas City Park
- 14

Dallas - Roger Jordan Park
- 15

Estacada - Timber Park
- 16

Grants Pass - Fruitdale Creek Trail
- 17

Happy Valley - Happy Valley Park
- 18

Hermiston - Riverfront Park
- 19

Jackson County - Bear Creek Greenway
- 20

Jackson County - Joseph Stewart County Park
- 21

Jacksonville - Forest Park
- 22

Jacksonville - Rich Gulch
- 23

John Day Fossil Beds National Monument
- 24

La Grande - Morgan Lake
- 25

Madras - M-Hill
- 26

Madras - Willow Creek Canyon
- 27

Malheur National Wildlife Refuge
- 28

Marion County - Aumsville Pond County Park
- 29

Marion County - Spong's Landing County Park
- 30

McNary Lock and Dam
- 31

Medford - Prescott Park
- 32

Newport - Agate Beach
- 33

Oregon City - Cove/River Access Trail
- 34

Pendleton - Pendleton Community Park
- 35

Prineville - Barnes Butte
- 36

Prineville - Crooked River Wetlands Complex
- 37

Prineville - Rimrock Park
- 38

Redmond - Dry Creek Canyon Trail
- 39

Redmond - TRACK Trail #2 (TBD)
- 40

Rogue River Basin - McGregor Park
- 41

Roseburg - Nature Trail
- 42

Roseburg - Riverfront Park
- 43

The Dalles Lock and Dam - Hess Park (WA)
- 44

The Dalles Lock and Dam - Spearfish Lake (WA)
- 45

The Dalles Lock and Dam - Visitor Center
- 46

Tillamook County - Kilchis River Trail

- 47

Umatilla National Wildlife Refuge
- 48

Union County - Mount Emily Recreation Area
- 49

Wallowa-Whitman Nat. Forest - Anthony Lakes
- 50

Wallowa-Whitman Nat. Forest - Bird Track Springs
- 51

Wallowa-Whitman Nat. Forest - Powder River Rec. Trail
- 52

Washington County - Scoggins Valley Park (Hagg Lake)
- 53

Woodburn - Hermanson Pond

Prescribers

- A

Central Oregon Pediatric Associates
- B

Corvallis Family Medicine
- C

Grants Pass Pediatrics
- D

Happy Doc Family Medicine
- E

Metropolitan Pediatrics - Beaverton
- F

Metropolitan Pediatrics - Bridgeport
- G

Metropolitan Pediatrics - Gresham
- H

Metropolitan Pediatrics - Johnson Creek
- I

Metropolitan Pediatrics - NW Portland
- J

Mosaic Community Health - Crook Kids Clinic
- K

Mosaic Community Health - Madras High School-Based Health Center
- L

Oasis Center of the Rogue Valley
- M

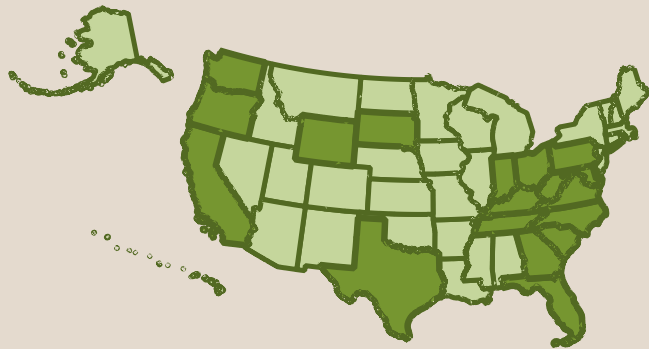
St. Charles Family Care Prineville

Legend

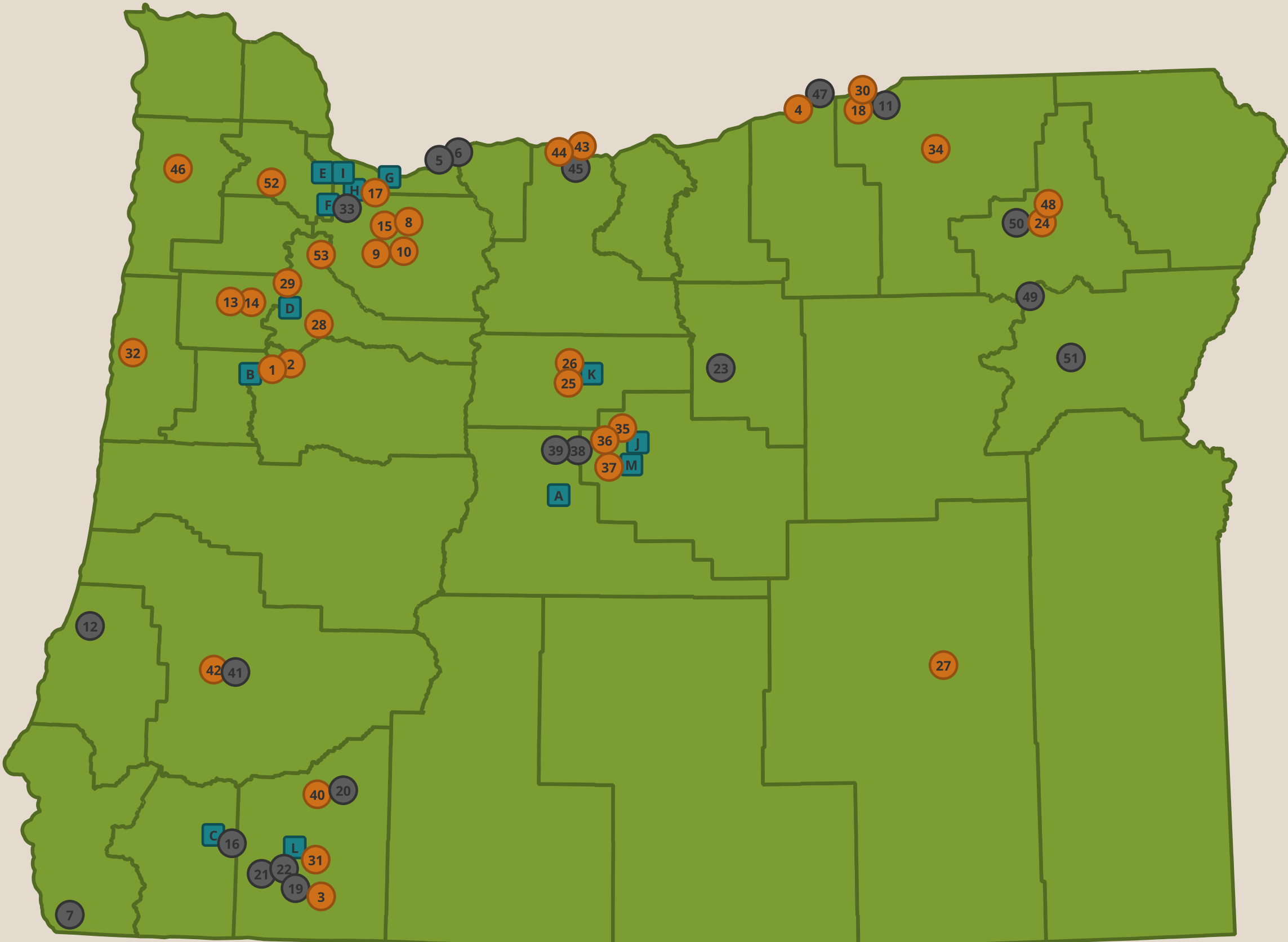
■ Oregon TRACK Rx Prescribers

Oregon TRACK Trails - Status

- Installed
- Future



- Endorsed by the **American Academy of Pediatrics**
- Received the **Let's Move! Champion of Change Award** from the White House
- Reviewed favorably as a practice-tested intervention by the **Center for Training and Research Translation** (a program funded by the Centers for Disease Control and Prevention)
- Featured in the **National Prevention, Health Promotion, and Public Health Council's** Annual Strategy Report released by the US Surgeon General
- Highlighted as one of six example programs in the **National Park Service's Healthy Parks Healthy People** Report
- Endorsed by both the **Oregon Pediatric Society** and the **Oregon Academy of Family Physicians**



Learn more about
partnering with
Kids in Parks



Discover published
research and
reports

