



OUTDOOR



Prescriptions for outdoor activities are showing benefits in reducing physical inactivity, addressing chronic diseases, and improving mental health.^{1,2} Research shows counseling on physical activity by primary care providers significantly increases physical activity (PA), even at 12 months.³

Older adults (>50 years) increased PA by 131 minutes per week compared to controls. Younger adults (<50 years), increased PA by 31 minutes per week compared to controls.⁴ Outdoor Rx counseling can be completed in 3-5 minutes.

ASSESS: Is the patient currently exercising or spending time outdoors? How does the patient feel about spending time in nature or exercising outdoors?

ADVISE: Share the benefits of physical activity and healthy behavior change (lower stress, improved mental health, increased creativity). Match patient to stage of change (see right).

AGREE: Collaboratively set goals based on patient’s interest and abilities using the Outdoor Rx prescription pad.

ASSIST: Identify personal barriers and discuss strategies, as well as social and environmental support systems. Help patients engage with family, friends, and neighbors.

ARRANGE: Plan for follow up and check in on patient’s progress.

Understanding PA Behavior with the Transtheoretical Model (Stages of Change)⁵

Pre-contemplative: No desire to become active

Contemplative: Thinking about becoming active

Preparation: Planning to start becoming active within the next month

Action: Starting to exercise now

Maintenance: Staying active and spending time outdoors

Sources: 1. Kondo MC, Oyekanmi KO, Gibson A, et al. Nature prescriptions for health: A review of evidence and research opportunities. *Int J Environ Res Public Health*. 2020 Jun 12;17(12). 2. Coventry PA, Brown JE, Pervin J, et al. Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis. *SSM Popul Health*. 2021. Oct 1;16. 3. Orrow G, Kinmonth AL, Sanderson S, Sutton S. Effectiveness of physical activity promotion based in primary care: systematic review and meta-analysis of randomized controlled trials. *BMJ*. 2012; 344:e1389. 4. Albright CL, Cohen S, Gibbons L, et al. Incorporating physical activity advice into primary care: physician delivered advice within the activity counseling trial. *AM J Prev Med*. 2009;169(7):694-701.m 5. Marcus BH, Simkin LR. The transtheoretical model: applications to exercise behavior. *Med Sci Sports Exerc*. 1994 Nov;26(11):1400-4.



Join this movement in our community.



Find tips, maps, and more at www.thrivingweld.com!