



Emma Gatewood was the first woman to solo hike the Appalachian Trail, and the first woman to complete the Appalachian Trail three times. [Learn More](#)

Women's History Month

For thousands of years, women have made significant contributions to the betterment of society. The UN *Women's Footprint in History* provides a few examples for us [here](#).

Despite the advancements of the status of women over the centuries, there are many areas in which gender parity has not yet been achieved, including:

- **Educational** - [UNESCO](#) reports that women account for approximately 2/3 of the world's adult illiteracy.
- **Financial/Legal** - According to a [World Bank 2024 Report](#), approximately 2.4 billion women of working age do not have the same economic opportunities

as their male counterparts, where these gender disparities are legal in 178 countries.

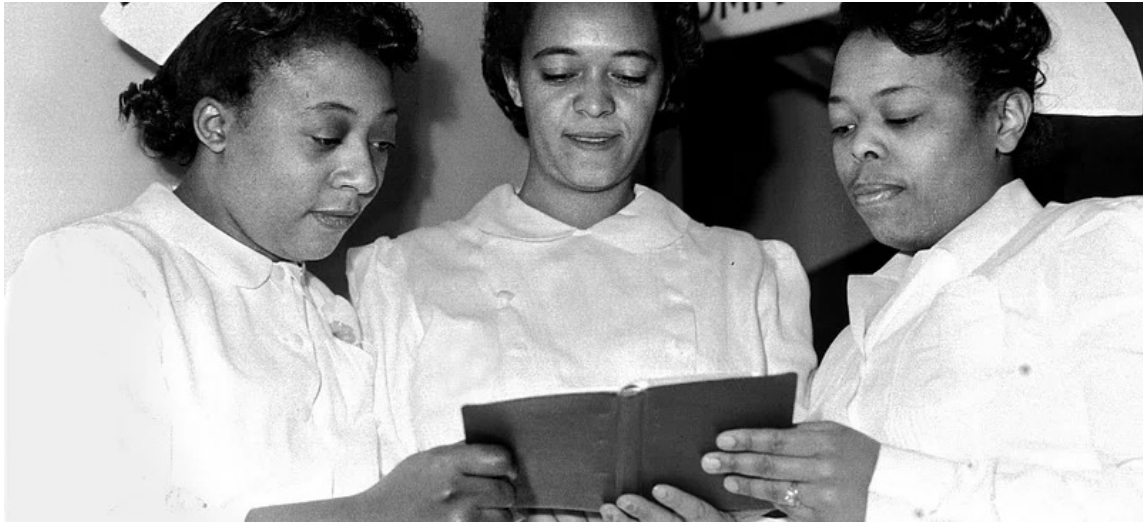
- **Sports** - The United Nations [Report on women, gender, equality, and sport](#) from 2007 provides a historical context of gender inequality and discrimination, and outlines goals and actions to address the gap.
- **Physical activity** - Females are less physically active and have fewer opportunities for physical activity than their male counterparts, and that gap widens with age. Although levels of physical activity decrease with age for both genders, [Wenjun, Li et. al.](#) found that there is a greater decline of physical activity among women. In another [study authored by Dr. Deborah Cohen](#) in 2016, women and girls were shown to use parks less frequently than their male counterparts, and engage less frequently in moderate to vigorous physical activity.
- **Mental health** - [Women are twice as likely to develop depression](#) as men during their lifetime. For cohorts (born from 1955-1994) in another [study by Platt et. al.](#), the parity in college degree attainment between genders may explain a decreasing gender depression gap.

Although there has been an increase in awareness regarding this gender disparity with respect to mental health and physical activity, especially sports, we might also lend our attention to the broader and less studied issue of access to nature and time spent outdoors within the larger context of gender disparity. This is an area where research might shed more light in terms of these gender differences, and help to inform policies to provide equal opportunities to health and happiness through time spent outdoors.



ANDY LYONS//GETTY IMAGES
Sydney McLaughlin - During June's Olympic Trials, McLaughlin broke the world record in the women's 400m hurdles at 51.90 seconds.





Nurses at Oak Ridge Hospital in the 1940s

Spotlight of the Month



Kavon L. Young, MD

El Centro de Corazón
Chief Clinical Officer

Dr. Kavon L. Young is a native Houstonian who always had a desire to give back to her community. She graduated from Xavier University of Louisiana with a Bachelor of Science in Biology and then continued her education at the University of Texas Houston Medical School receiving her Doctor of Medicine degree. She completed both a residency in Family Medicine and fellowship in Geriatric Medicine from University of Texas Houston Medical School, now known as McGovern Medical School. After fellowship, she remained at the University of Texas Houston Medical School as an Assistant Professor in the Division of Geriatric and Palliative Medicine and loved teaching students and residents.

She joined El Centro de Corazón, a federally qualified health center in November 2012 as a provider and then accepted the duties of Medical Director

in September of 2013. Recently, she was promoted to Chief Clinical Officer. As the Chief Clinical Officer, her responsibilities include the direct oversight of all clinical care, quality improvement initiatives and clinical risk management programs; however, her first and most cherished responsibility remains serving the community through direct patient care.

Her hobbies include crafting, reading, listening to Bob Marley and spending time with her family, especially her two English bulldogs, Teddy Ruxpin and Marley.

“Through El Centro’s collaboration with Park Rx America, I really have found more joy in work by being reminded of my connection to the ecosystem. I need it and it needs me. Nature gives me a space to clear my head and think. It gives me the most beautiful landscape to get some physical activity. I’ve learned to give it my troubles. It nourishes my soul. And in return, I owe it respect, reverence, and protection.”

~ Dr. Young

Share Your Story

We want to hear from you! With over 1,700 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.

Make a Donation

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

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

