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Wellness Initiatives and Well-Being Champions Explored in new AAMC Report

DAYTON, OHIO – The Family Medicine Education Consortium (FMEC) was proud to collaborate with the [Association of American Medical Colleges](#) (AAMC) and others to collect data for a new report, which provides background on the status of wellness initiatives in health care. Health care provider well-being is important to patient outcomes, health care costs and more, and wellness initiatives have only become more urgent due to the COVID-19 pandemic. The AAMC’s November 2021 report, “[The Rise of Wellness Initiatives in Health Care: Using National Survey Data to Support Effective Well-Being Champions and Wellness Programs](#),” provides an overview of wellness initiatives and related challenges, as well as recommendations for future action.

The Faculty Resilience Committee within the AAMC Council of Faculty and Academic Societies (CFAS) lead the project, with support from the Society of Teachers of Family Medicine (STFM), the Accreditation Council for Graduate Medical Education (ACGME), and others. The FMEC, along with STFM and CaseNetwork, was instrumental in developing the project by pilot testing the survey in 2019 at the FMEC 2019 Annual Meeting in Lancaster, PA. Subsequently, FMEC assisted in the survey distribution, making sure providers in the northeastern U.S. were represented in the findings.

The report highlights common elements of wellness programming and describes the roles of the well-being champions who lead and support wellness efforts. New data, insights, and recommendations will help institutions establish and continue to develop wellness leaders and initiatives. Key findings include:

- A large majority of institutions have at least one wellness program, but the breadth of those programs varies widely.
- About half of respondents reported their institution had programs for all health professional populations (learners, faculty, and staff).
- Many well-being champions have no formal training and no full-time-equivalent allocation for their wellness role.
- Less than a third of all respondents reported that their organization’s wellness programs had formal results or outcomes demonstrating efficacy.

To read the full report, visit the [AAMC Store](#) for a free download.

The FMEC thanks its members and partner institutions who contributed to the project by helping to pilot the initial survey in 2019 and by completing surveys in 2020 and 2021. The FMEC encourages senior leadership and well-being champions throughout the FMEC region to review the report’s 10 recommendations for actions and to work with the FMEC to share their stories and progress. The FMEC looks forward to continuing its work to support healthcare providers and institutions to promote wellness.

About the Family Medicine Education Consortium

The Family Medicine Education Consortium, Inc. (FMEC) is a catalyst, convener, and incubator that connects family physicians and other stakeholders to improve the health communities by strengthening family medicine, primary care and medical education. The FMEC serves 14 states and the District of Columbia in the northeast region of the U.S., working with 60 medical school departments of family medicine, 170 family medicine



residency programs, and thousands of family physicians and other health care providers in community settings. Through an Annual Meeting for nearly 1,000 health professionals, annual awards, learning communities, and quality improvement projects, the FMEC inspires medical students to seek careers in family medicine, strengthens academic family medicine through faculty development and leadership experiences, and stimulates innovative approaches to primary care service delivery.

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