

United Health Foundation and the American Academy of Family Physicians: *Improving Clinician Well-being*

The American Academy of Family Physicians (AAFP) is the largest medical society devoted to primary care, representing nearly 130,000 family physicians and medical students across the United States. Surveys of family physicians indicate high markers of poor well-being and higher rates of burnout compared to physicians in other specialties. Burnout can negatively impact patient care and influence family physicians' decisions to remain in clinical practice.

In 2021, the United Health Foundation, the philanthropic arm of UnitedHealth Group, and AAFP announced a three-year \$3 million grant partnership to identify causes of physician burnout and develop solutions to improve physician wellness — and ultimately deliver higher quality care to patients. This multifaceted program was designed to grow knowledge and skills for family physicians in the areas of well-being, leadership development and performance improvement.



COMMUNITY IMPACT*

285

family physicians completed a certification program designed to address causes of physician burnout and bring solutions for improving professional satisfaction back into their practices and organizations

80% of enrollees in the program were women

39% of enrollees in the program were people of color

77% of enrollees in the program were early-career providers

*2020-2024

WHY IS THIS WORK CRITICAL?



The Leading Physician Well-being program has helped me focus on my well-being and set boundaries in order to care for myself and be sustainable in this field. This alone has made me a better physician for my patients; they get the best of me, instead of what's left of me (and that goes for my family too!). It has also renewed my passion for advocating for physician well-being within my organization."

AAFP PROGRAM PARTICIPANT



Medical training teaches students how to care for others, but not for themselves. The physician wellness training program helps fill this gap, and I'm grateful to have been a part of it."

DR. ANGELA RODGERS

Contra Costa Regional Medical Center

