

## Research Update



### Residents satisfied with training but many struggle with work-life balance

from [AAP Research](#)

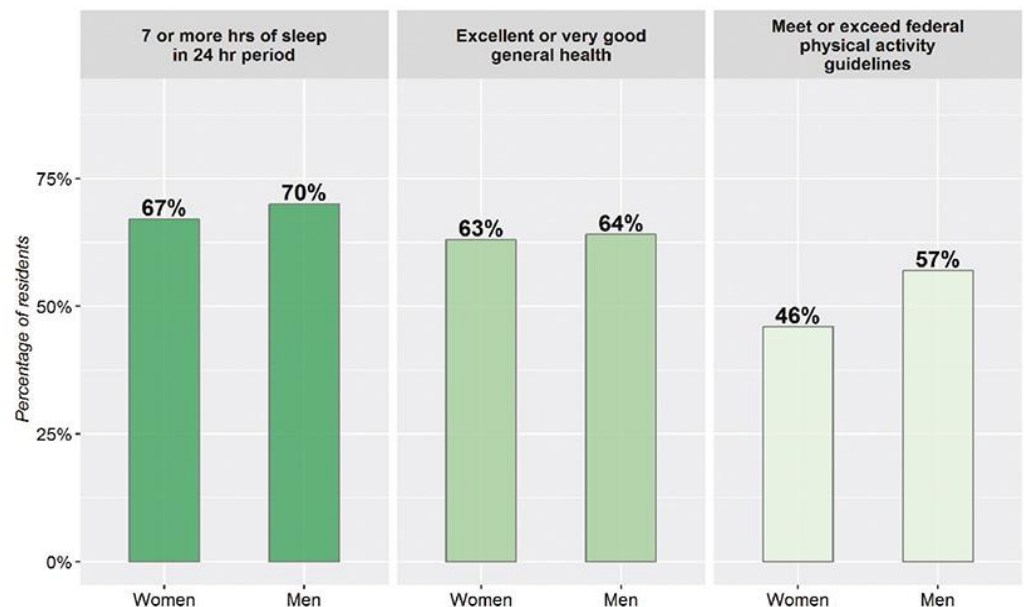
The Academy is committed to understanding the experiences of young pediatricians, including their health and wellness. Data from the 2017 AAP Annual Survey of Graduating Residents highlight that most residents are satisfied with their training. Yet some struggle with getting adequate sleep and exercise and balancing the intense training demands of residency with personal and family responsibilities.

Nearly all residents are satisfied with their pediatric residency, with 94% reporting that they would do a pediatrics residency again.

Two-thirds of women and men report they are in excellent or very good health and they sleep seven or more hours within a 24-hour period (see figure). Men are more likely than women to report they meet or exceed federal guidelines for physical activity (57% vs. 46%). These rates are similar to those reported by other U.S. young adults.

Half of men and 41% of women report feeling only a little or no stress as a result of their efforts to balance training and personal

Graduating pediatric residents' markers of health by gender, 2017



Source: AAP Annual Survey of Graduating Residents, 2017 (n=523; average age=31 years)

responsibilities. Few (18%) report feeling very stressed, although women were twice as likely as men to report feeling very stressed (21% vs. 11%).

Three-quarters of graduating pediatric residents are women. Two-thirds are married or have a partner. Women were more likely than men to have a spouse or partner who is a physician (30% vs. 19%). One-fourth of women and 28% of men have children.

Residents with children were more likely than those without children to report feeling very stressed in balancing training and personal responsibilities (31% vs. 14%). They were less likely to report their health as excellent or very good (56% vs. 66%) and were less likely to meet physical activity guidelines (40% vs. 52%).

The 2017 Annual Survey of Graduating Residents was mailed and emailed to a nationally representative sample of 1,000 residents graduating from U.S. pediatric programs. Response rate as 53%.

## RESOURCES

- Information from the AAP on pediatrician health and wellness, <http://bit.ly/AAPwellness>
- National Academy of Medicine Action Collaboration on Clinician Well-Being and Resilience, <https://nam.edu/initiatives/clinician-resilience-and-well-being/>
- Improving Physician Well-being, Restoring Meaning in Medicine from the Accreditation Council for Graduate Medical Education, <https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being>
- For more information on the Annual Survey of Graduating Residents, visit <http://www2.aap.org/research/graduatingressurvey.htm> or contact Mary Pat Frintner, in the AAP Division of Health Services Research, at 630-626-6664 or [mfrintner@aap.org](mailto:mfrintner@aap.org).