



Utah Internal Medicine Mountain Challenge

**Sonja Raaum, MD, FACP, Well-being Champion,
Utah Chapter**

The Utah Internal Medicine Mountain (I.M.) Challenge is a new wellness initiative within the University of Utah Internal Medicine Residency Program featuring 16 hikes, which promotes healthy lifestyles, encourages the discovery of local scenery, and fosters camaraderie among residents and faculty.

Objectives

- Improve resident physician well-being by encouraging active, healthy lifestyles.
- Foster camaraderie and promote a supportive community to strengthen relationships among trainees.

Impact

- In a survey given to all 130 residents in the residency program, 80 residents indicated that they participated in the Utah I.M. Mountain Challenge.
- Of these residents, 43 (53.8%) were postgraduate year 1 (PGY-1), 16 (20%) were PGY-2, 19 (24%) were PGY-3, and 2 (2.5%) were PGY-4 internal medicine-pediatrics.
- 92.6% of all participants agree or strongly agree that hiking is a way for them to relieve stress.
- 95% of all participants agree or strongly agree that the Utah I.M. Mountain Challenge contributed to their sense of community within the residency (53% strongly agree, 42% agree).
- 78% of participants agree or strongly agree that the Utah I.M. Mountain Challenge contributed to their overall sense of well-being.

Lessons Learned

- The Utah I.M. Mountain Challenge demonstrated that creating a social incentive to be active could help promote healthy lifestyle practices and build community.
- This program was originally designed for the residents; however, many faculty and alumni participated in the Mountain Challenge. This has prompted exploration to expand the program to reach additional members of Utah ACP.

Get involved!

Contact our program by visiting www.acponline.org/physician-well-being, e-mailing us at ACPwellbeing@acpprograms.org, and engaging with us on social media using [#physicianwellbeing](https://twitter.com/physicianwellbeing).

