

SUBJECT: Financial Literacy for Residents and Medical Students

SUBMITTED BY: ACOFP Resident Council

REFERRED TO: 2025 American College of Osteopathic Family Physicians (ACOFP) Congress of Delegates

RESOLUTION NO. 9

WHEREAS, financial literacy, defined as the ability to understand and apply financial knowledge to make informed decisions, is a critical life skill that enables individuals to manage debt, plan for the future, and secure financial stability; and

WHEREAS, both undergraduate and graduate medical education do not include specified training in financial literacy, leaving future physicians unprepared to navigate the financial complexities of personal and professional life¹; and

WHEREAS, the average medical school graduate in the United States carries significant student loan debt, with the median debt being over \$200,000 as of 2023, which can impact their financial well-being for decades²; and

WHEREAS, medical residents earn modest salaries during their training years while managing large educational debts and balancing living expenses, often without formal financial education³; and

WHEREAS, financial stress among physicians has been shown to contribute to mental health challenges and burnout, potentially compromising physician well-being and patient care⁴; and

WHEREAS, evidence suggests that financial literacy programs during medical education and residency can improve long-term financial decision-making and reduce debt-related stress¹; now, therefore be it

RESOLVED, that the American College of Osteopathic Family Physicians (ACOFP) encourage the development and dissemination of financial literacy programming for medical students and residents, including offering educational sessions both virtually and at conferences, which would be endured in the ACOFP eLearning Center; and, be it further

RESOLVED, that suggested topics to explore and identify resources for may include:

- Student loan management and repayment options;
- Budgeting and personal financial planning;
- Debt consolidation and refinancing options;
- Investing and retirement planning,
- Tax strategies for physicians;
- Understanding physician contracts including compensation structures and negotiation strategies; and
- Financial wellness and its impact on physician mental health⁵.

FINAL ACTION: AMENDED & APPROVED as of April 2, 2025

References:

1. Bar-Or, Y., et al. "Why Financial Illiteracy is Bad for Doctors' Health." Johns Hopkins Carey Business School, 2023. <https://carey.jhu.edu/articles/why-financial-illiteracy-bad-doctors-health>
2. Association of American Medical Colleges (AAMC). "Medical Student Education: Debt, Costs, and Loan Repayment Fact Card." 2023. <https://students-residents.aamc.org/media/12846/download>
3. Shappell, E., et al. "Handling Finances During Residency." AAMC, 2023. <https://students-residents.aamc.org/financial-aid/handling-finances-during-residency>
4. West, C., et al. "Quality of Life, Burnout, Educational Debt, and Medical Knowledge Among Internal Medicine Residents." *JAMA*, 2011. <https://jamanetwork.com/journals/jama/fullarticle/1104293>
5. Dyrbye, L., et al. "Association of Characteristics of the Learning Environment and US Medical Student Burnout, Empathy, and Career Regret." *JAMA*, 2021. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2782834>