

## BACKGROUND

MD, PA, and NP students:

- Feel burnout at higher rates than the general population
- Experience food insecurity (linked to poor health & academic outcomes)

**Gap:** Limited data on wellness efforts shows varied efficacy based on student demographics.

Flourishing domains<sup>1</sup>: Happiness and Life Satisfaction, Meaning and Purpose, Character and Virtue, Mental and Physical Health, Close Social Relationships, Financial Security

**Absence of ill-being ≠ well-being ≠ flourishing**

## METHODS

**Sample:** MD, PA, and NP students from two institutions

**Quantitative:** Secure Flourish Index (SFI) and the WellRx (social determinants of health).

- A novel self-weighted SFI score (swSFI) was calculated based on weighted percentages (0-100%) of established flourishing domains.
- Students were divided into three Well Rx score risk groups

**Qualitative:** Purposive sampling of students with high and low flourishing scores across all three groups for 1:1 interviews.

- Thematic analysis

## KEY TAKE AWAYS

### Flourishing highly influenced by social determinants of health and living experiences.

#### Theme 1: Defining Flourishing

Multi-faceted thriving  
Personal growth  
Balancing happiness and success

*“I think in my head, flourishing is **both happiness and success**, like it's contingent on there being both.”*

#### Theme 2: Relative Domain Contribution to Flourishing

Domain interaction  
Domain security  
Current domain priority and impact  
Consideration for others

*“Which ones did I think would **make more of a difference** if they were added in to increase my bang for their buck, I guess.”*

#### Theme 3: Social Determinants of Health

Health Care Access and Quality  
Economic Stability  
Neighborhood and Built Environment  
Social and Community Context  
Education Access and Quality

*“You know you'll eventually get a paycheck or things are going to be okay in the future, you're living in the now, which is really, really hard because **you can't exactly eat the future for dinner if you don't really know what it's going to be today.**”*

**“If it's, like, if this is just something that you do to get a paycheck...it takes too much emotionally, mentally, and probably even physically to just do that.”**

## RESULTS

280/1820 (15.4%) students completed the survey and 34 were interviewed.

Low SDOH risk students had average SFI scores over 15 points greater than high SDOH risk students (M 88.0(SD±14.4) versus M 72.7(SD±13.5); p<.001).

Over 60.0% of students (22/34, 64.7%) across all three SDOH risk groups shared the benefits of seeing a mental health professional, but 18.2% of those surveyed (51/280) have difficulty accessing the help they need.

Participant definitions of flourishing included elements of personal growth and a balance of happiness and success.

Perceived relative domain importance to flourishing significantly varied by SDOH risk level for multiple domains.

Interviews revealed students in all SDOH risk levels are experiencing financial strain that negatively impacts flourishing across SFI domains.

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