88% of physicians say they are happy with their personal lives.
The happiest specialists are also the healthiest and have the lowest rates of being overweight.

US physicians are part of overweight America too.
One third of physicians are overweight, with family physicians and general surgeons particularly tipping the scales with nearly half being overweight.

Less than half follow recommended diets.
Only 4 in 10 physicians choose either the American Heart Association diet or the Mediterranean diet.

However, more than half of overweight doctors are trying to get in shape.
57% of overweight doctors exercise at least twice a week.

Interestingly, doctors are split on taking vitamins to boost health.
Only slightly more than half of doctors take vitamins and supplements.

Surprisingly, many look to alternative medicine to solve their own health issues.
48% of female physicians and 32% of male physicians say they have used CAM therapies (e.g., chiropractic manipulation, acupuncture, meditation).

Overall, physicians are happy.
And the healthiest physicians are also the happiest.

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Medscape’s 2014 Physician Lifestyle Report provides insight on doctors’ lives beyond work, emphasizing their personal health choices, such as eating and exercise habits and use of vitamins and alternative medicine. This comprehensive report includes data from 31,000 US physicians across 25 medical specialties.

View the complete report at medscape.com/lifestyle2014