



# NATIONAL ACADEMY OF MEDICINE

**VICTOR J. DZAU, M.D.**

*President*

June 6, 2018

Dear Colleague:

The scientific breakthroughs of the twenty-first century hold great promise and opportunity to improve peoples' lives, and the National Academy of Medicine's (NAM) mission to accelerate the progress of science, medicine, health, and policy is vital to harnessing the potential of the moment. For 48 years, the NAM has been providing leadership at the forefront of complex challenges in health and medicine. Your support of the NAM helps us to advise the nation and world, identify and respond to emerging challenges, catalyze action, achieve impact, and promote the importance of science and evidence-based analysis. Your gift to the Annual Fund provides the flexible resources needed to carry forward the Academy's important work. Please join me in making a gift to the NAM Annual Fund this year.

Every day the NAM works to provide independent, objective advice to the nation on matters involving health and health care. Private support, including support received through the annual fund, helps the NAM move forward many projects, including:

**NAM's Action Collaborative on Clinician Well-Being and Resilience.** Burnout is nearly twice as prevalent among physicians as compared to workers in other fields, and nurses report similarly high levels of burnout and emotional exhaustion. Medical trainees also experience a high prevalence of burnout and depression as compared to age-similar individuals pursuing other careers. Clinician burnout can have serious, wide-ranging consequences, from reduced job performance to—in the most extreme cases—medical error and clinician suicide. The ramifications of clinician burnout also extend to patients in measureable ways. In March, the NAM introduced the Clinician Well-Being Knowledge Hub – a first-of-its-kind comprehensive repository that provides resources to ensure and enhance clinician well-being, including peer-reviewed research, blog posts, presentations, toolkits, and testimonials.

Population aging is poised to impose a significant strain on economies, health systems, and social structures worldwide—but it doesn't have to. **The Global Roadmap for Healthy Longevity**, part of the **NAM's Healthy Longevity Grand Challenge**, is working to produce a comprehensive report assessing the challenges presented by global aging and how these can be translated into opportunities for societies globally through levers across policy, practice, and socioeconomic infrastructure.

Our nation's health depends largely on the health and well-being of its communities, but many of them don't have adequate access to jobs, safe and affordable housing, health care, green space, healthy food options, and other things they need to thrive. The **NAM's Culture of Health Program** is a multi-year collaborative effort to identify strategies that create and sustain conditions that support equitable good health for everyone in America. This February we released a documentary series titled "Communities Driving Health Equity" to spotlight local organizations across the U.S. that are advancing health equity for their communities by addressing the environmental, social, economic, and structural challenges that may impact residents' health.

Through fellowships and leadership programs, the NAM engages with early and mid-career health professionals working in biomedical science, health care delivery, health policy, and related fields. Through programs like the **Emerging Leaders Forum** and **NAM Healthy Policy Fellowships**, the NAM is able to

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provide the nation's most comprehensive learning experience at the nexus of health, science, and policy in Washington, D.C.

Every day we make important strides toward the goal of improving people's lives by leading, innovating, and impacting the future of health and health care. Please join me in making a gift to the Annual Fund and help us continue to accelerate progress in science, medicine, and health policy worldwide. While the NAM does receive some funding for its work from government agencies, these resources together with membership dues and endowment funds are not sufficient to sustain our vital programming and initiatives. Your philanthropic support is essential and truly makes a difference.

Sincerely,

A handwritten signature in black ink, appearing to read "Victor J. Dzau". The signature is fluid and cursive, with a large initial "V" and "D".

Victor J. Dzau, M.D.

P.S. I'm so delighted to note that the NAM, once again, had the highest membership giving participation rate, at 29 percent, of the three academies last year. Giving participation rates are frequently viewed as an indicator of an organization's vitality and are often taken into account by foundations and individual philanthropists when making investments in non-profit organizations. Thank you for your support, and let's do even more in 2018!