

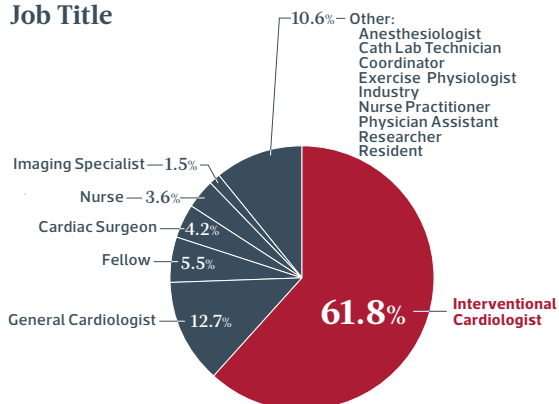
2016 TCTMD EXERCISE SURVEY

In August 2016, TCTMD sent out a survey to our subscribers seeking their opinions on exercise, both for their patients and themselves. Overall, 330 people responded. Here are their thoughts.

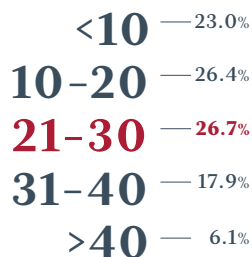


DEMOGRAPHICS

Job Title



Years of Clinical Experience



Practice Type

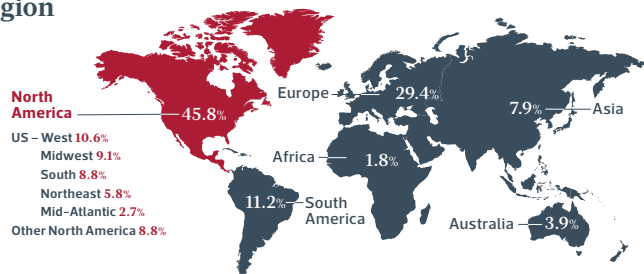


Gender

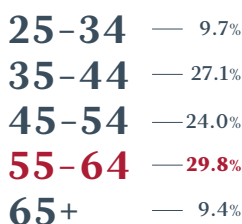
20.1% Female



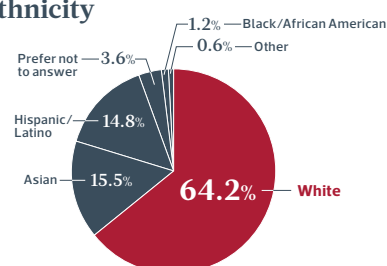
Region



Age

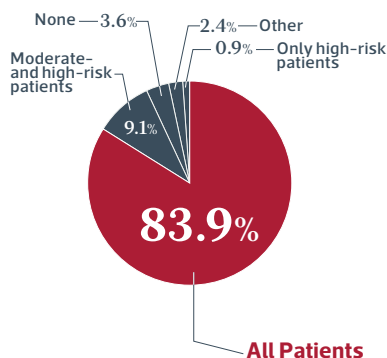


Ethnicity

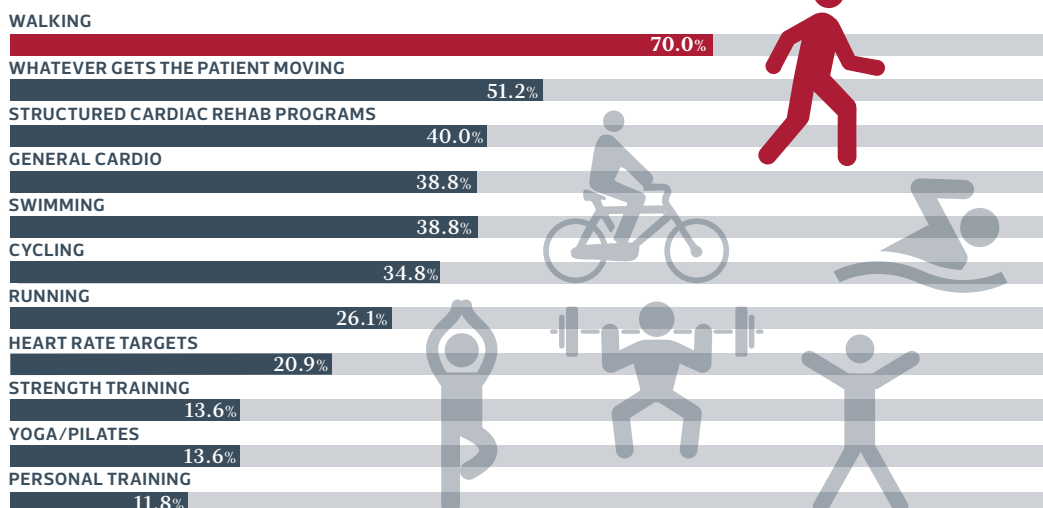


PRESCRIBING EXERCISE

Who do you usually prescribe exercise for?



How do you prescribe exercise?



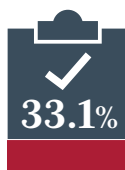
Why do you prescribe exercise to your patients?

"Because it's the most important lifestyle intervention to reduce CV events and more important than medications we prescribe."
- General Cardiologist

"You die when you sit."
- Interventional Cardiologist

"Because patients won't do it on their own."
- Cardiac Surgeon

"Lots of data supporting health benefits of regular exercise."
- Nurse Practitioner



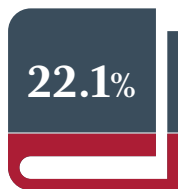
of respondents said that their patients always or often **ADHERE TO EXERCISE RECOMMENDATIONS**



94.5%

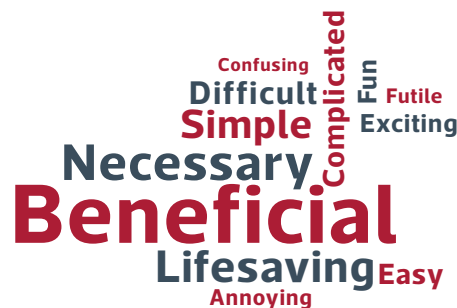
of respondents said they advise their patients to be **LESS SEDENTARY**

On a scale of 1-10 with 10 being the excellent, how would you rate...



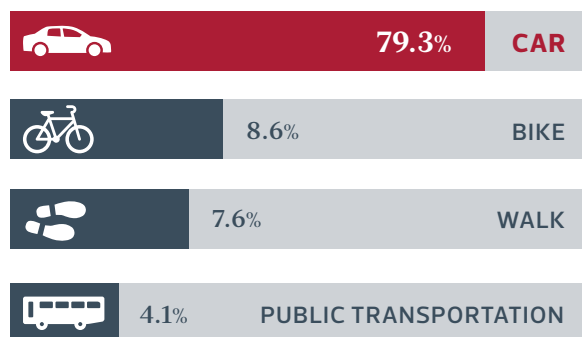
of respondents said they have received **ANY FORMAL EDUCATION OR TRAINING** about prescribing exercise

What words come to mind when you think about prescribing exercise to patients?

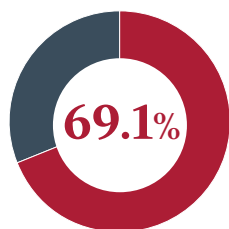
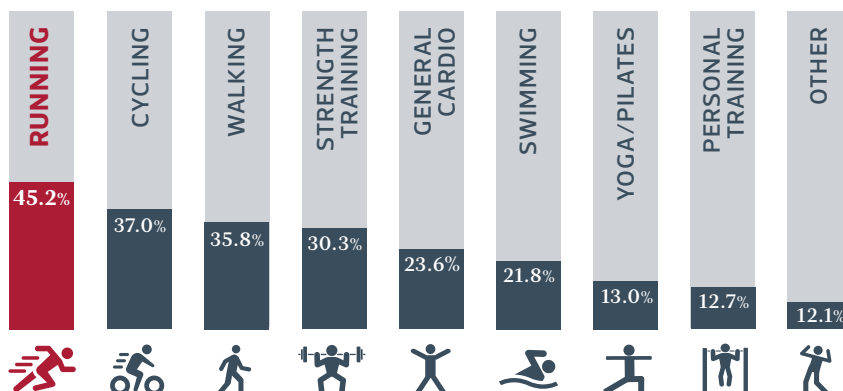


SELF EXERCISE

How do you primarily commute to work?



How do you usually exercise?



of respondents said they **MEET THE AMERICAN HEART ASSOCIATION RECOMMENDATION** of 30 minutes of moderate-intensity exercise five times per week or 25 minutes of vigorous aerobic activity three times per week

Why do you exercise?

"Avoid physician burnout and control weight."
- Cardiac Surgeon

"I love to feel and look good. It is incredibly wonderful to be able to go on a hike and do day-to-day activities with my family without struggling."
- Physician Assistant

"Stress relief. Avoiding injury from wearing cath lab lead."
- Interventional Cardiologist

"It makes me feel better and, at 67, I don't have any major health problems."
- Cardiovascular Researcher

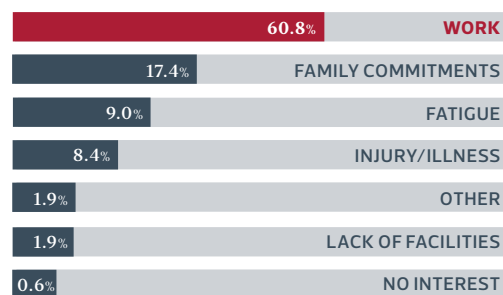
"Exercise is the cheaper way to stay healthy and good looking/younger than your real age."
- Interventional cardiologist

How would you characterize the role exercise plays in your life?



of respondents said they are **OVERWEIGHT**

What is the primary reason you are unable to exercise on a given day?

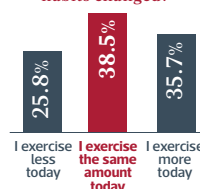


35.0%
of respondents said they spend at least 6 hours a day **SEDENTARY**



Compared with 5 years ago

How have your exercise habits changed?



How has your fitness level changed?



41.4% of respondents classified their **FITNESS LEVEL AS EXCELLENT OR VERY GOOD** compared with their peers