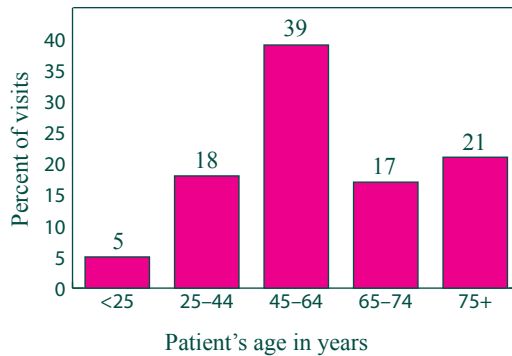


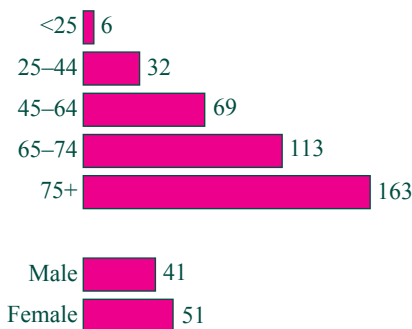
**In 2010, there were an estimated 139 million visits to nonfederally employed, office-based physicians specializing in internal medicine in the United States. Over 75 percent of the visits were made by persons 45 years and over.**

Percent distribution of office visits by patient's age: 2010



**The annual visit rate increased with age. Females had a higher visit rate than males.**

Annual office visit rates by patient's age and sex: 2010



Number of visits per 100 persons per year

**Expected source(s) of payment included:**

- Private insurance — 50%
- Medicare — 36%
- Medicaid/CHIP — 5%
- No insurance<sup>1</sup> — 3%

<sup>1</sup> No insurance is defined as having only self-pay, no charge, or charity visits as payment sources.

**The major reason for visit was:**

- New problem — 37%
- Chronic problem, routine — 32%
- Preventative care — 19%
- Chronic problem, flare-up — 8%
- Pre- or post-surgery/injury follow-up — 2%

**The top 4 reasons given by patients for visiting internists were:**

- General medical exam
- Progress visit
- Hypertension
- Cough

**The top 4 diagnoses were:**

- Essential hypertension
- Diabetes mellitus
- General medical exam
- Disorders of lipid metabolism

**Medications were provided or prescribed at 87 percent of office visits. The top 5 generic substances utilized were:**

- Aspirin
- Simvastatin
- Lisinopril
- Levothyroxine
- Omeprazole

*For more information, contact the Ambulatory and Hospital Care Statistics Branch at 301-458-4600 or visit our Web site at <[www.cdc.gov/names](http://www.cdc.gov/names)>.*

**NAMCS data are widely used in research studies appearing in nationally recognized medical journals, including *JAMA*, *Archives of Internal Medicine* (renamed *JAMA Internal Medicine*), and *Journal of General Internal Medicine*. Here are a few recent publications using NAMCS data:**

Kraschnewski JL, Sciamanna CN, Stuckey HL, Chuang CH, Lehman EB, Hwang KO, Sherwood LL, Nembhard HB. A silent response to the obesity epidemic: decline in US physician weight counseling. *Med Care*. 51(2):186-192. Feb 2013. [Epub ahead of print]

Leventer-Roberts M, Patel A, Trasande L. Is severity of obesity associated with diagnosis or health education practices? *Int J Obes (Lond)*. 36(12):1571-1577. Dec 2012.

Kale MS, Bishop TF, Federman AD, Keyhani S. Trends in the overuse of ambulatory health care services in the United States. *Arch Intern Med*. 24:1-7. Dec 2012.

Peery AF, Dellon ES, Lund J, Crockett SD et al. Burden of gastrointestinal disease in the United States: 2012 Update. *Gastroenterology*. 143(5):1179-1187. Nov 2012.

Hernandez-Boussard T, Ahmed SM, Morton JM. Obesity disparities in preventive care: findings from the National Ambulatory Medical Care Survey, 2005-2007. *Obesity (Silver Spring)*. 20(8):1639-1644. Aug 2012.

Srinivas SV, Deyo RA, Berger ZD. Application of "less is more" to low back pain. *Arch Intern Med*. 172(13):1016-1020. Jul 2012.

Barnett ML, Song Z, Landon BE. Trends in physician referrals in the United States, 1999-2009. *Arch Intern Med*. 172(2):163-170. Jan 2012.

Dorn SD, Meek PD, Shah ND. Increasing frequency of opioid prescriptions for chronic abdominal pain in US outpatient clinics. *Clin Gastroenterol Hepatol*. 9(12):1078-1085. Dec 2011.

The Good Stewardship Working Group. The "Top 5" lists in primary care: meeting the responsibility of professionalism. *Arch Intern Med*. 171(15):1385-1390. Aug 2011.

Bleich SN, Pickett-Blakely O, Cooper LA. Physician practice patterns of obesity diagnosis and weight-related counseling. *Patient Educ Couns*. 82(1):123-129. Jan 2011.

Ananthakrishnan AN, McGinley EL, Saeian K. Length of office visits for gastrointestinal disease: impact of physician specialty. *Am J Gastroenterol*. 105(8):1719-1725. Aug 2010.

Fortuna RJ, Robbins BW, Mani N, Halterman JS. Dependence on emergency care among young adults in the United States. *J Gen Intern Med*. 25(7):663-669. Jul 2010.

**A complete list of publications using NAMCS data, which includes articles and reports, can be found at our Web site: [http://www.cdc.gov/nchs/ahcd/ahcd\\_products.htm](http://www.cdc.gov/nchs/ahcd/ahcd_products.htm)**