

## National Resident Matching Program® (NRMP®)

The NRMP, also known as The Match®, is a non-profit organization that for more than 70 years has placed physician learners to U.S.-based residency and fellowship training programs. The Match leverages its premier data and analyses to enhance the healthcare environment while fostering innovation and advancing professionalism across the transition to residency and the physician workforce.



## 2026 Main Residency Match®

**48,050**  
Certified Applicants

1.8% increase  
since 2025

**44,344**  
Total Positions

2.6% increase  
since 2025



Active Applicants Placed



Overall Positions Filled

## Program and Position Highlights

INCREASE IN NUMBER FROM 2025

- 1,107 more certified positions
- 183 more certified programs
- 412 more positions in Primary Care

## How We Do It

- Applicants submit to the NRMP lists of programs ranked from most to least preferred of where they would like to train. At the same time, training programs submit lists of applicants who they would most like to train.
- Using a proprietary algorithm, the NRMP places applicants with their most preferred programs that also prefer them.
- Once matched, applicants and programs enter into a binding commitment for training. The binding commitment ensures the continuity and distribution of physicians into community-based and academic centers across the U.S.
- With a Match, applicants and programs are treated equally, and their preferences drive outcomes, thereby reducing bias and inequities in training selection.

## Why We Matter

**NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.**

NRMP has served more than 1.4 million applicants for both residency and fellowship training since 1992.

- NRMP supports a fair, transparent, and efficient transition to residency by aligning applicant and program preferences through a structured matching process.
- NRMP data informs national trends in specialty preferences and reflects physician distribution across the U.S.
- NRMP Matches champion order, fairness, and transparency of experience and provide applicants with agency and choice in specialization.

## Our core values and principles:

- **Ethics:** We act with honesty, trustworthiness, and accountability
- **Equity:** We ensure access and opportunity for all
- **Efficacy:** We leverage our experience and expertise to advance transformative and efficient match processes
- **Engagement:** We cultivate respectful, collaborative, and productive relationships through active listening and courageous and candid communications

# 2026 Main Residency Match Snapshot

## IDAHO

The 2026 Main Residency Match (MRM) was completed on March 21. New residents begin their core training in their matched hospital by July 1 and remain there, depending on their specialty, for 3 to 7 years.

# 92

### Applicants Placed In Residency Training Programs in Iowa



Total Positions

0 more positions since 2025



Total Positions Filled

No percent change since 2025

### POSITION FILL RATES BY APPLICANT TYPE

50.2% US MD Seniors

25.6% US DO Seniors

4.8% US IMGs

15.6% Non-US IMGs

3.8% U.S. MD/DO Grads

#### APPLICANT TYPE ABBREVIATIONS:

*US MD Seniors:* Graduating medical student in a U.S. allopathic medical school

*US DO Seniors:* Graduating medical student in a U.S. osteopathic medical school

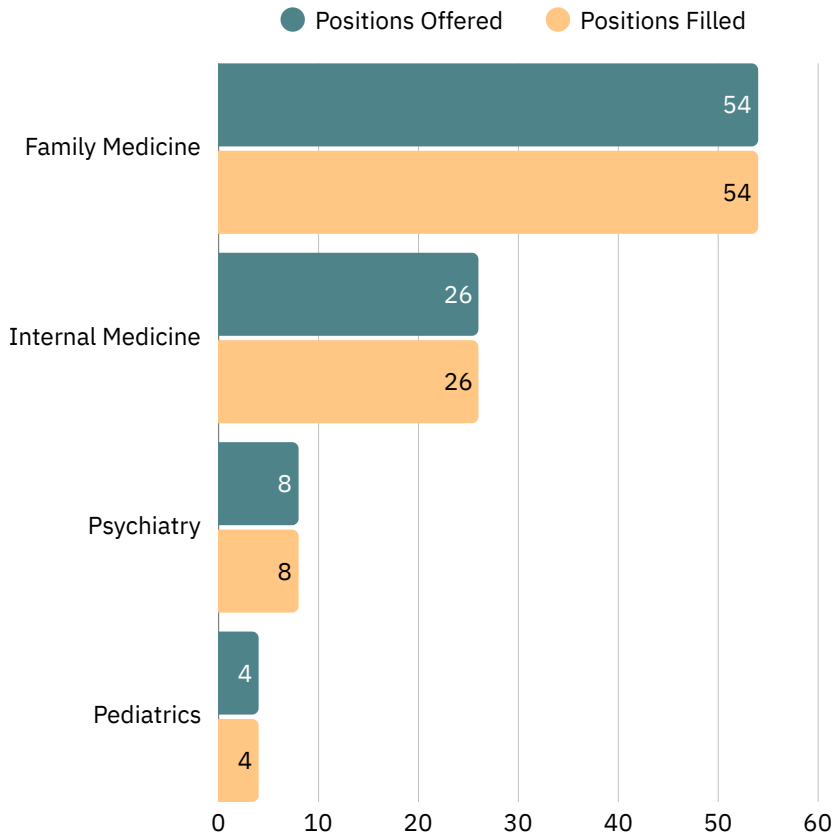
*US MD Grads:* Graduate of a U.S. allopathic medical school

*US DO Grads:* Graduate of a U.S. osteopathic medical school

*US IMGs:* U.S. citizen graduating from an international medical school

*Non-US IMGs:* Non-U.S. citizen graduating from an international medical school

### TOP FIVE SPECIALTIES BASED ON POSITIONS OFFERED AND FILLED

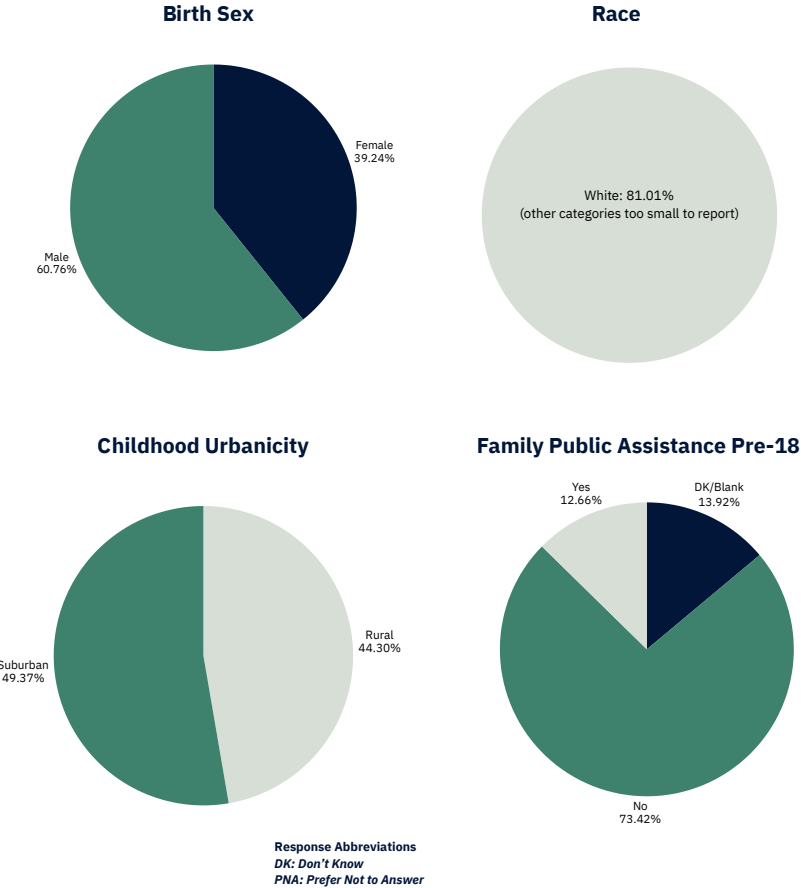


### IDAHO MATCH TRENDS



# Matched Demographic Characteristics

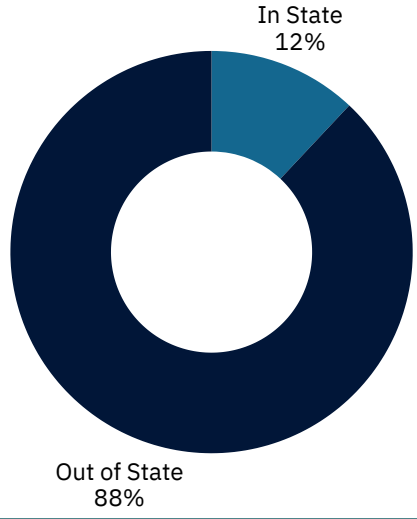
The data below is voluntary and self-reported. The NRMP has suppressed fields that did not meet minimum thresholds to protect confidentiality.



# In-State Retention

The data below shows the percent of U.S. MD and DO seniors and graduates who reported an Idaho zip code who remained in-state for residency.

## In-State Retention of Idaho's Incoming U.S. MD and DO Residents



## Incoming Resident Profile

Top States for Incoming U.S. MD and DO Residents

1. Washington
2. Idaho
3. Colorado
4. Utah
5. Missouri
6. Tennessee

# Match Profile - State of Idaho

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## Geographic Distribution for Residency of Idaho Medical School Seniors and Graduates

