



Executive Summary

2018
HEALTH
OF THE
FORCE

Create a healthier force for tomorrow.



— U.S. Army Public Health Center —

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Create a healthier force for tomorrow.

2018 *Health of the Force* Executive Summary

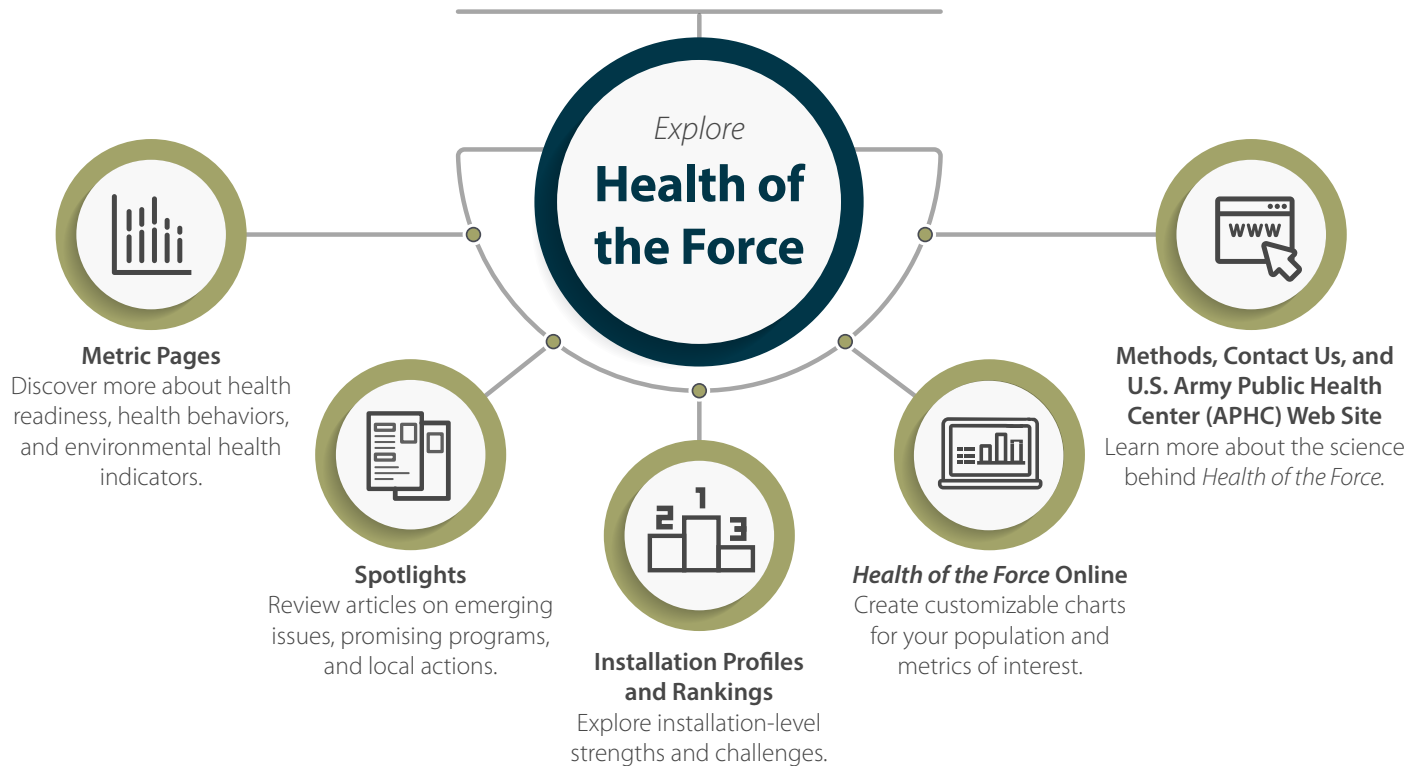
Soldier health is the foundation of our Army's ability to deploy, fight, and win against any adversary. *Health of the Force* is an evidence-based portrait of the health and well-being of U.S. Army Active Component Soldiers. It communicates information leaders can use to understand and improve Soldier health, medical readiness, and health promotion measures.

A collaborative effort of the Armed Forces Health Surveillance Branch, U.S. Army Public Health Center, and the Army Resiliency Directorate, *Health of the Force* combines surveillance metrics and program spotlights from medical, wellness, and environmental domains. The report illustrates salient health issues through infographics, charts, and installation profiles for 40 Army installations. An expanded environmental health section describes how the condition of the environment informs Soldiers' ability to work, train, and deploy. Educational spotlights highlight emerging threats to health readiness and promote programs that have positively influenced health status within the Army.

During 2017, the Army demonstrated reduced rates of injury, smoking, and chronic disease compared to previous years. Overall, 56% of Soldiers had a new injury and injury rates were higher among women and older Soldiers. Of injuries, 71% were musculoskeletal "overuse" injuries. The 2018 *Health of the Force* reported that 15% of Soldiers had a diagnosis of one or more behavioral health conditions, 12% had a sleep disorder, and 17% were obese. Approximately 23% of Soldiers reported using tobacco products, less than the national average of 25%, when adjusted to the Army sex and age demographics. Finally, there has been a 34% rise in reported chlamydia infections over the past 5 years, most notably among women.

This year, the print edition is accompanied by *Health of the Force* Online, a digital interface that allows users to drill down and examine Army-wide, Command- and installation-level health metrics. Together, these *Health of the Force* tools can spark the dialogue and inquiry that will drive cultural and programmatic changes to achieve Force dominance.

A suite of products to help YOU improve Force readiness!



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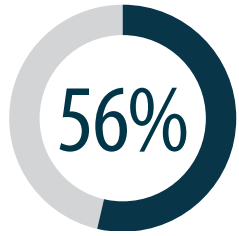
REPORT HIGHLIGHTS

INJURY

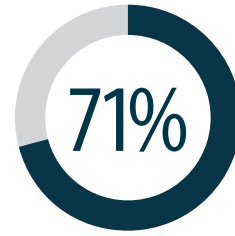
In 2017, approximately 1,821 new injuries were diagnosed per 1,000 person-years.



Rates were higher in women and older Soldiers.

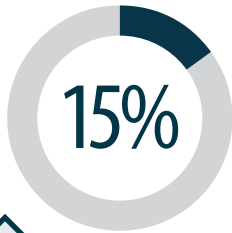


of Soldiers had a new injury. That's more than 3 injuries per affected Soldier.



of all injuries were cumulative micro-traumatic musculoskeletal "overuse" injuries.

BEHAVIORAL HEALTH

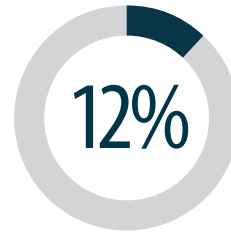


of Soldiers had a behavioral health diagnosis.



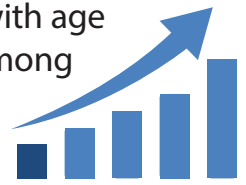
Behavioral health diagnosis rates were higher among female Soldiers.

SLEEP DISORDERS



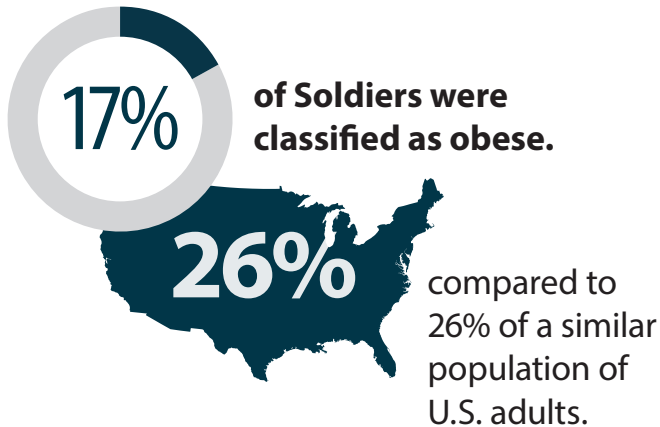
of Soldiers had a sleep disorder.

Sleep disorders increased with age and were more common among men than women.

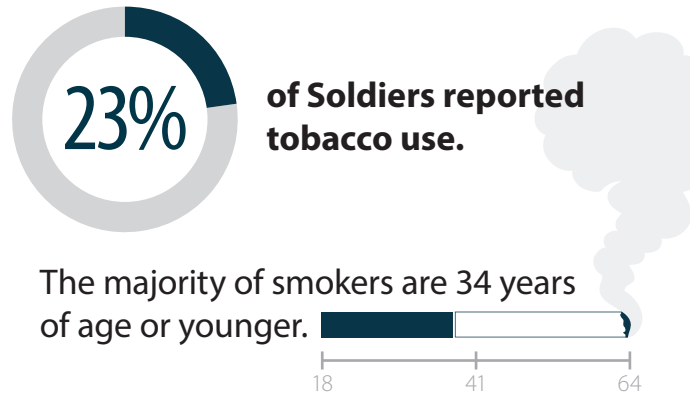


REPORT HIGHLIGHTS

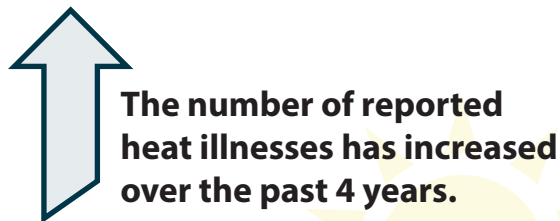
OBESITY



TOBACCO USE

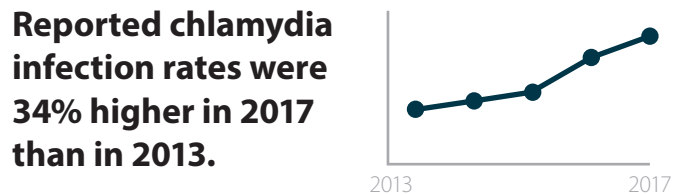


HEAT ILLNESS



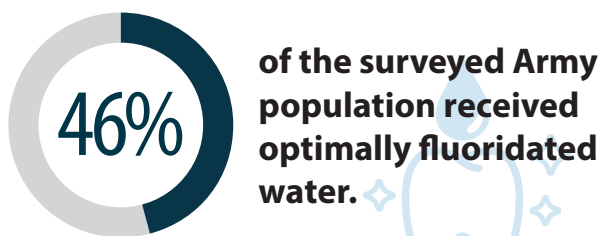
Rates are highest among junior enlisted, males, and Soldiers <25 years of age.

SEXUALLY TRANSMITTED INFECTIONS



Army screening rates are markedly higher than those observed nationally.

ENVIRONMENTAL HEALTH INDICATORS



PERFORMANCE TRIAD MEASURES



Less than 50% of Soldiers are eating the minimum recommended servings of fruits and vegetables.



U.S.-based Installation Health Metrics

Installation	Injury (rate per 1,000)	Behavioral Health (%)	Substance Use Disorder (%)	Sleep Disorders (%)	Obesity (%)	Tobacco Use (%)	STIs: chlamydia infection (rate per 1,000)	Chronic Disease (%)	IHI (percentile)
Fort Belvoir	1,895	21	4.2	17	21	20	30	27	<20 th
Fort Benning	2,244	15	2.3	11	16	25	16	19	50–59 th
Fort Bliss	1,760	16	3.7	14	17	23	31	18	50–59 th
Fort Bragg	1,587	11	3.2	10	18	23	22	16	≥90 th
Fort Campbell	1,925	15	2.9	12	19	27	ND	17	60–69 th
Fort Carson	1,470	14	3.4	11	15	26	30	17	80–89 th
Fort Drum	1,792	15	3.7	12	22	27	22	19	40–49 th
Fort Gordon	1,898	17	3.0	11	25	17	14	21	30–39 th
Fort Hood	1,994	21	5.5	17	20	24	31	20	<20 th
Fort Huachuca	2,101	10	2.5	12	15	17	16	21	70–79 th
Fort Irwin	2,107	18	5.2	15	19	27	ND	21	<20 th
Fort Jackson	2,677	15	1.5	10	15	19	15	18	50–59 th
Fort Knox	1,872	15	2.5	14	18	15	15	24	40–49 th
Fort Leavenworth	2,249	19	3.9	12	21	20	25	25	<20 th
Fort Lee	2,231	17	2.3	13	18	21	11	22	20–29 th
Fort Leonard Wood	2,453	16	2.4	12	16	24	12	19	30–39 th
Fort Meade	1,976	18	2.7	14	23	16	22	22	20–29 th
Fort Polk	1,742	17	4.5	14	20	30	25	22	20–29 th
Fort Riley	1,585	16	4.5	12	18	27	21	19	60–69 th
Fort Rucker	1,844	10	1.9	12	16	17	18	20	80–89 th
Fort Sill	2,236	20	3.5	16	20	25	15	21	<20 th
Fort Stewart	1,720	19	4.2	12	19	25	23	21	30–39 th
Fort Wainwright	1,610	13	3.6	10	17	29	18	18	70–70 th
Hawaii	1,775	15	3.6	12	17	20	32	19	60–69 th
JB Elemendorf- Richardson	1,768	9.7	2.2	9.3	16	26	26	18	≥90 th
JB Langley-Eustis	2,283	19	3.7	13	23	23	23	23	<20 th
JB Myer-Henderson Hall	1,462	16	4.2	10	15	21	34	18	80–89 th
JB San Antonio	1,826	18	1.9	15	18	11	15	23	40–49 th
Presidio of Monterey	1,593	19	2.9	11	14	14	ND	21	70–79 th
USAG West Point	1,763	9.4	1.4	7.8	14	10	ND	21	≥90 th

U.S.-based Installation Environmental Health Indicators

Installation	Poor air quality (days/year)	Poor water quality (days/year)	Water fluoridation (mg/L)	Solid waste diversion rate (%)	Day-biting mosquito contact risk	West Nile virus transmission risk	Lyme disease
Fort Belvoir	1	0	0.60	55	High	Moderate	High
Fort Benning	0	0	0.75	23	Low	Moderate	Moderate
Fort Bliss	24	0	0.80	48	High	High	Low
Fort Bragg	0	0	0.35	27	Moderate	Low	Moderate
Fort Campbell	0	0	0.37	41	Moderate	Moderate	Moderate
Fort Carson	3	0	0.57	42	Low	High	Low
Fort Drum	2	0	0.70	55	Low	Low	High
Fort Gordon	1	0	0.74	26	Moderate	Low	Low
Fort Hood	5	0	0.24	55	High	Moderate	Low
Fort Huachuca	1	0	0.73	0	Moderate	High	Low
Fort Irwin	10	0	1.60	29	No Data	No Data	Moderate
Fort Jackson	2	0	0.63	39	Moderate	Low	Moderate
Fort Knox	0	0	0.75	31	Moderate	Low	Low
Fort Leavenworth	0	0	0.53	35	Moderate	Moderate	Low
Fort Lee	No Data	0	0.79	50	Moderate	Low	Moderate
Fort Leonard Wood	No Data	0	0.94	50	Moderate	Low	Moderate
Fort Meade	6	0	0.66	10	High	Low	High
Fort Polk	No Data	0	0.70	52	Moderate	High	Moderate
Fort Riley	No Data	0	0.65	68	Low	Moderate	Moderate
Fort Rucker	No Data	0	0.58	60	Moderate	Low	Moderate
Fort Sill	1	0	0.70	53	Moderate	Low	Low
Fort Stewart	No Data	0	0.92	58	Moderate	Low	Moderate
Fort Wainwright	45	0	0.33	0	No Data	No Data	Low
Hawaii	0	0	0.75	31	Moderate	Low	Low
JB Elemendorf- Richardson	1	0	0.27	No Data	No Data	No Data	Low
JB Langley-Eustis	0	0	0.87	No Data	No Data	No Data	High
JB Myer-Henderson Hall	1	0	0.70	100	High	Low	High
JB San Antonio	6	0	0.24	No Data	High	Moderate	Moderate
Presidio of Monterey	1	0	0.21	42	No Data	No Data	Moderate
USAG West Point	0	90	0.59	29	Low	Low	High

U.S.-based Installation Performance Triad Measures

Installation	7+ hours of sleep [weeknight/duty night] (%)	7+ hours of sleep [weekend/non-duty night] (%)	2+ days per week of resistance training (%)	150+ minutes per week of aerobic activity (%)	2+ servings of fruits per day (%)	2+ servings of vegetables per day (%)
Fort Belvoir	43	74	77	86	36	48
Fort Benning	37	67	84	89	47	53
Fort Bliss	39	71	83	90	34	42
Fort Bragg	39	75	85	90	36	46
Fort Campbell	43	74	85	91	33	42
Fort Carson	40	72	83	90	33	40
Fort Drum	40	75	84	90	32	40
Fort Gordon	35	75	80	89	38	48
Fort Hood	35	70	82	89	33	41
Fort Huachuca	38	79	83	92	42	48
Fort Irwin	39	71	80	88	33	40
Fort Jackson	26	54	82	93	59	62
Fort Knox	43	75	81	90	37	47
Fort Leavenworth	48	76	81	88	38	50
Fort Lee	34	74	81	91	40	44
Fort Leonard Wood	37	70	83	92	47	54
Fort Meade	44	77	82	89	36	48
Fort Polk	39	74	83	90	31	39
Fort Riley	38	74	84	91	33	41
Fort Rucker	53	78	82	89	36	49
Fort Sill	36	73	83	91	37	46
Fort Stewart	36	72	84	90	32	39
Fort Wainwright	36	73	83	89	30	39
Hawaii	40	72	82	90	35	42
JB Elemendorf- Richardson	38	76	88	91	35	44
JB Langley-Eustis	40	72	81	90	36	44
JB Myer-Henderson Hall	39	78	85	90	38	48
JB San Antonio	35	75	78	87	41	51
Presidio of Monterey	47	86	83	93	48	64
USAG West Point	49	81	77	88	43	45

Installations Outside the U.S.

Health Metrics

Installation	Injury (rate per 1,000)	Behavioral Health (%)	Substance Use Disorder (%)	Sleep Disorders (%)	Obesity (%)	Tobacco Use (%)	STIs: chlamydia infection (rate per 1,000)	Chronic Disease (%)	IHI (percentile)
USAG Bavaria	1,682	17	4.4	11	15	27	24	18	40–49 th
USAG Rheinland Pfalz	1,694	17	3.9	15	19	21	28	22	<20 th
USAG Stuttgart	1,583	15	4.8	9.3	17	19	24	21	60–69 th
USAG Vicenza	1,654	14	4.4	10	14	22	21	16	80–89 th
USAG Wiesbaden	1,876	17	4.0	15	18	21	17	22	<20 th
Japan	1,292	13	2.5	7.0	22	19	ND	17	≥90 th
USAG Daegu	1,773	14	4.0	11	17	22	45	19	20–29 th
USAG Humphreys	1,603	12	2.9	10	17	24	35	18	50–59 th
USAG Red Cloud	1,349	13	5.0	8.9	17	27	58	17	70–79 th
USAG Yongsan	1,708	13	3.0	11	17	20	25	18	30–39 th

Environmental Health Indicators

Installation	Poor air quality (days/year)	Poor water quality (days/year)	Water fluoridation (mg/L)	Solid waste diversion rate (%)	Day-biting mosquito contact risk	West Nile virus transmission risk	Lyme disease
USAG Bavaria	3	0	0.82	No Data	No Data	No Data	No Data
USAG Rheinland Pfalz	15	0	0.80	No Data	Low	Low	No Data
USAG Stuttgart	11	0	0.83	54	No Data	No Data	No Data
USAG Vicenza	133	0	No Data	51	No Data	No Data	No Data
USAG Wiesbaden	14	3	No Data	51	No Data	No Data	No Data
Japan	10	5	0.54	40	No Data	No Data	No Data
USAG Daegu	51	0	0.70	68	Low	Low	No Data
USAG Humphreys	123	0	<0.25	68	Low	Low	No Data
USAG Red Cloud	112	0	<0.25	54	Low	Low	No Data
USAG Yongsan	72	0	0.82	76	Low	Low	No Data

Performance Triad Measures

Installation	7+ hours of sleep [weeknight/ duty night] (%)	7+ hours of sleep [weekend/ non-duty night] (%)	2+ days per week of resistance training (%)	150+ minutes per week of aerobic activity (%)	2+ servings of fruits per day (%)	2+ servings of vegetables per day (%)
USAG Bavaria	36	72	83	90	32	40
USAG Rheinland Pfalz	36	73	80	87	34	42
USAG Stuttgart	42	75	81	89	37	45
USAG Vicenza	37	77	86	92	35	44
USAG Wiesbaden	38	73	80	87	33	45
Japan	38	73	85	91	33	41
USAG Daegu	37	73	83	92	31	40
USAG Humphreys	40	75	83	90	33	40
USAG Red Cloud	36	73	85	91	30	37
USAG Yongsan	41	74	82	88	33	41

2018

HEALTH OF THE FORCE REPORT



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