

THROUGH KNOWLEDGE AND UNDERSTANDING,
WE ARE POISED TO IMPROVE THE ENVIRONMENT,
DRIVE CULTURAL AND PROGRAMMATIC CHANGES,
AND INFLUENCE SOLDIER READINESS, HEALTH,
AND WELL-BEING.

"READINESS AND WELFARE OF OUR SOLDIERS,
CIVILIANS, AND THEIR FAMILIES WILL ALWAYS BE
FOREMOST...I INTEND TO PURSUE INITIATIVES THAT
WILL OFFER...QUALITY OF LIFE ALL DESERVE."

SECRETARY OF THE ARMY, MARK ESPER

"OUR READINESS TO DEPLOY HEALTHY
INDIVIDUALS AND ORGANIZATIONS IN SUPPORT OF
THE WORLD'S PREMIER COMBAT FORCE MUST BE
WITHOUT QUESTION."

LT. GEN. NADJA Y. WEST

2018 HEALTH OF THE FORCE

Create a healthier force for tomorrow.

COMING SOON IN FEBRUARY 2019, THE FULL REPORT AND INTERACTIVE DIGITAL PLATFORM,
STARRING 2017 U.S. ARMY ACTIVE COMPONENT DATA. FEATURING 20+ ARTICLES ON EMERGING
HEALTH ISSUES AND SPOTLIGHTING ACTIONS BEING TAKEN TO IMPROVE SOLDIER HEALTH.



Highlights from the 2018 *Health of the Force*



Scan Here

INJURY

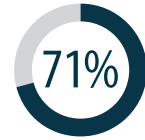
In 2017, approximately 1,821 new injuries were diagnosed per 1,000 person-years.



Rates were higher in women and older Soldiers.

Overall, 56% of Soldiers had a new injury in 2017.

That's more than 3 injuries per affected Soldier.



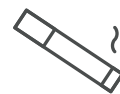
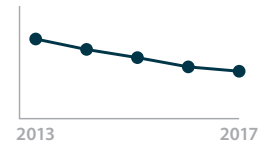
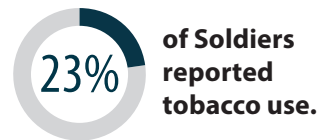
71% of all injuries were cumulative micro-traumatic musculoskeletal "overuse" injuries.

BEHAVIORAL HEALTH



Behavioral health diagnosis rates were higher among female Soldiers.

TOBACCO USE



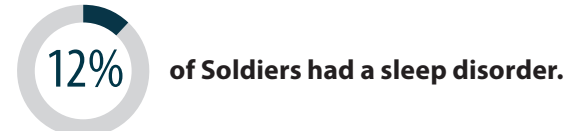
The majority of smokers are under the age of 35.

OBESITY

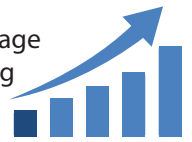


26% compared to 26% of a similar population of U.S. adults.

SLEEP DISORDERS



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

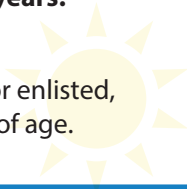


HEAT ILLNESS

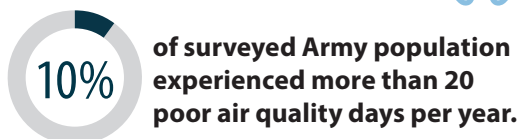
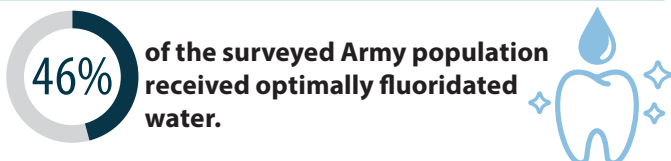


The number of reported heat illnesses has increased over the past 4 years.

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

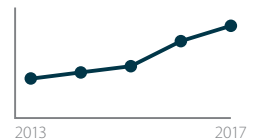


ENVIRONMENTAL HEALTH INDICATORS



SEXUALLY TRANSMITTED INFECTIONS

Rates reported for 2017 were 34% higher than in 2013.



Army screening rates are markedly higher than those observed nationally.

PERFORMANCE TRIAD



Only 1 in 3 AC Soldiers attained the target amount of 7 or more hours of sleep on duty days.

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

