



2020
HEALTH
OF THE
FORCE

Create a healthier force for tomorrow.

Executive Summary

Approved for public release; distribution unlimited.

Welcome to the 2020 *Health of the Force* Executive Summary

OVERVIEW

In this changing world, one constant is the requirement for our Soldiers to remain healthy and ready to achieve Force dominance. In its 6th annual installment, the 2020 *Health of the Force* report documents conditions that influence the health and medical readiness of the U.S. Army Active Component (AC) Soldier population. Leaders can use *Health of the Force* to optimize health promotion measures and effect culture changes that influence both individual Soldiers and Army institutions. *Health of the Force* presents Army-wide and installation-level demographics and data for more than 20 health, wellness, and environmental indicators at more than 40 installations worldwide. Installations included in *Health of the Force* are those where the AC population exceeds 1,000 Soldiers. Data presented in this report reflect status for the prior year (i.e., the 2020 report reflects calendar year 2019 data).

TOTAL FORCE READINESS

The range of health metrics detailed in *Health of the Force* provides an evidence-based resource that can help Army leaders understand the causes of and contributors to medical non-readiness and direct informed policy and programmatic efforts to optimize Soldier health. The medical and environmental metrics detailed in the *Health of the Force* report will be a valuable resource for Army leaders to provide recommendations to overcome both present and future challenges.

SOCIAL READINESS

Calendar year 2020 proved to be a challenging year in a multitude of ways. In 2020, the world encountered a global pandemic unlike anything experienced within the last century, coupled with a reckoning of centuries of racial discrimination and the ensuing uprising of activism. Although the 2020 *Health of the Force* report surveillance period does not cover the timeline of these world events, it is imperative for senior leaders and the Total Army Family alike to begin framing the conversations and analyses now that will be necessary to effect real progress towards equity in health and racial disparities. The 2020 *Health of the Force* report offers a lens through which leaders can view the initial examination of the essential relationship between social, racial, and health inequities.

A REFRESHED HEALTH OF THE FORCE ONLINE

Health of the Force Online is a suite of interactive dashboards that provide Army Soldier population health data by installation and command and enhance the accompanying print report. In 2020, *Health of the Force* Online received an extensive update of design, content, and usability. Users can dynamically display health outcomes and drill down on characteristics and subpopulations with over 70 interactive charts, graphs, and informative narratives across medical and environmental content areas. This product is continuously evolving by incorporating new data, generating new visualizations, and meeting the changing health needs of Army stakeholders. Together with the annual print report, *Health of the Force* Online facilitates informed decisions that will improve the readiness, health, and well-being of Soldiers.

Explore *Health of the Force*

A suite of products to help YOU improve Force readiness!



Metric Pages

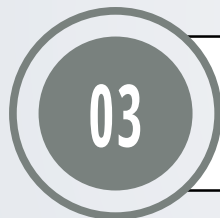
Discover more about health readiness, health behaviors, and environmental health indicators.



Spotlights



Review articles on emerging issues, promising programs, and local actions.



Installation Profiles and Rankings

Explore installation-level strengths and challenges.



Health of the Force Online



Create customizable charts for your population and metrics of interest.



Methods, Contact Us, and Program Website

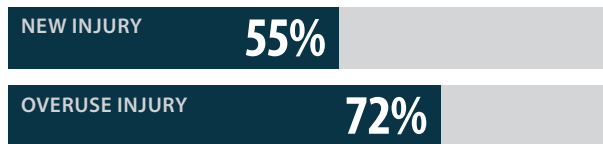
Learn more about the science behind *Health of the Force*.



Report Highlights

INJURY

Over half (**55%**) of Soldiers experienced a new injury in 2019, and a majority of injuries (**72%**) were cumulative musculoskeletal overuse injuries.



BEHAVIORAL HEALTH

Overall, **16%** of Soldiers had a diagnosis of one or more behavioral health disorders. This prevalence has varied little over the last 5 years.



35+

Behavioral health diagnoses were more common among Soldiers **35 years of age and older** than among younger Soldiers.

SUBSTANCE USE

3.5% of Soldiers had a substance use disorder diagnosis. Rates were highest among Soldiers **<25 years of age**, and prevalence decreased with age.



OBESITY

Obesity prevalence remained constant at **17%** among Soldiers, but there were marked racial disparities. **Asian Soldiers had the lowest prevalence of obesity**, and rates were highest for Native Hawaiian/Pacific Islander Soldiers.



TOBACCO PRODUCT USE

25% of Soldiers reported the use of tobacco products, excluding those who only used e-cigarettes.

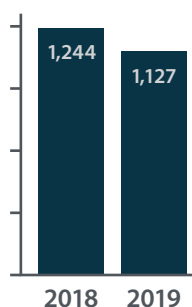


DEMOGRAPHICS:

Approximately 469,000 AC Soldiers
79% under 35 years old, 15% female

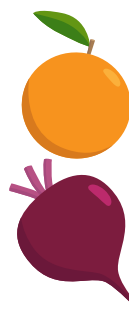
HEAT ILLNESS

Although the number of heat stroke cases remained constant, heat exhaustion cases among Soldiers decreased from the previous reporting year.



PERFORMANCE TRIAD

37% of Soldiers attained 7 or more hours of sleep during work/duty weeks.



Less than half of Soldiers are eating the recommended 2 or more servings of fruits per day (**33%**) or 2 or more servings of vegetables per day (**42%**).

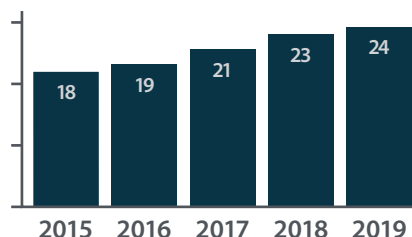
HEARING

The percentage of Soldiers with newly identified hearing injuries and potentially requiring a fitness-for-duty hearing evaluation declined over the past 5 years.



SEXUALLY TRANSMITTED INFECTIONS

Reported chlamydia infection rates were **33% higher** than in 2015.



ENVIRONMENTAL HEALTH INDICATORS

<40% of Soldiers had access to drinking water from an installation community water system that was fluoridated according to Army regulation and Centers for Disease Control and Prevention guidelines.



95% of Soldiers had access to drinking water from an installation community water system that met all U.S. health-based drinking water standards.



Select U.S.-based Installation Medical Metrics¹

Presented values are adjusted for age and sex

Installation	Injury (Rate per 1,000)	Behavioral Health (%)	Substance Use Disorder (%)	Sleep Disorder (%)	Obesity (%)	Tobacco Product Use (%)	STIs: Chlamydia Infection (Rate per 1,000)	Chronic Disease (%)
Fort Belvoir	1,973	24	3.8	19	22	19	18	24
Fort Benning	2,232	15	2.4	14	16	27	14	20
Fort Bliss	1,676	19	4.7	18	18	24	34	18
Fort Bragg	1,650	13	3.8	14	16	26	25	17
Fort Campbell	1,763	16	3.2	15	18	28	19	18
Fort Carson	1,459	15	4.1	14	14	27	25	19
Fort Drum	1,711	15	3.9	13	20	27	20	19
Fort Gordon	1,805	16	2.1	14	23	19	19	20
Fort Hood	1,801	18	4.7	19	19	26	34	19
Fort Huachuca	2,025	10	2.1	13	16	20	11	21
Fort Irwin	1,880	20	6.7	17	17	29	18	19
Fort Jackson	2,388	15	2.0	11	15	21	11	19
Fort Knox	1,938	18	2.5	17	17	23	14	23
Fort Leavenworth	2,215	18	4.1	16	20	21	22	23
Fort Lee	2,333	18	3.0	16	19	20	14	22
Fort Leonard Wood	2,147	14	2.1	13	17	26	9.1	20
Fort Meade	1,857	18	2.6	17	21	17	14	22
Fort Polk	1,687	18	4.3	18	18	30	23	24
Fort Riley	1,366	15	4.4	13	17	30	27	20
Fort Rucker	2,152	10	1.6	14	17	17	16	20
Fort Sill	2,362	22	3.7	19	19	28	15	21
Fort Stewart	1,726	20	4.3	16	18	27	21	22
Fort Wainwright	1,512	14	2.5	15	17	28	19	19
Hawaii	1,707	15	3.1	15	16	20	36	20
JB Elemendorf-Richardson	1,744	11	3.3	14	17	24	28	18
JB Langley-Eustis	2,284	18	3.0	16	21	23	20	21
JB Lewis-McChord	--	--	--	--	--	24	32	--
JB Myer-Henderson Hall	1,452	18	3.5	13	14	21	21	18
JB San Antonio	1,896	20	2.3	19	15	13	11	23
Presidio of Monterey	--	--	--	--	--	--	Data Suppressed*	--
USAG West Point	1,516	11	1.5	11	13	15	Data Suppressed*	23
Army²	1,756	16	3.8	19	22	19	18	24

U.S.-based Installation Environmental Health Indicators³

Installation	Poor Air Quality (Days/Year)	Poor Water Quality (Days/Year)	Water Fluoridation (mg/L)	Solid Waste Diversion Rate (%)	Mosquito-borne Disease Risk	Lyme Disease Risk	Heat Risk (Days/Year)
Fort Belvoir	2	0	0.70	55	High	High	73
Fort Benning	0	0	0.61	19	High	Low	137
Fort Bliss	13	0	0.83	50	Moderate	No Data	86
Fort Bragg	0	0	0.44	28	High	Moderate	103
Fort Campbell	0	0	0.60	72	Moderate	Moderate	90
Fort Carson	0	0	0.41	42	Low	No Data	3
Fort Drum	0	0	0.74	41	Low	High	5
Fort Gordon	2	0	0.73	39	High	Low	137
Fort Hood	2	0	0.21	36	High	No Data	130
Fort Huachuca	0	0	0.70	0	Moderate	No Data	24
Fort Irwin	10	0	1.5	23	Moderate	No Data	75
Fort Jackson	2	0	0.53	38	High	Moderate	117
Fort Knox	0	0	0.80	23	Moderate	Low	64
Fort Leavenworth	0	0	0.40	30	Moderate	Low	61
Fort Lee	No Data	0	0.59	54	High	Moderate	75
Fort Leonard Wood	No Data	0	0.71	50	Moderate	Moderate	60
Fort Meade	7	0	0.95	22	Moderate	High	74
Fort Polk	No Data	0	1.00	50	High	No Data	130
Fort Riley	No Data	90	0.51	43	Moderate	Low	80
Fort Rucker	No Data	0	0.79	55	High	Low	135
Fort Sill	0	0	0.58	55	High	Low	125
Fort Stewart	No Data	0	0.99	60	High	Moderate	131
Fort Wainwright	39	0	0.32	1	Low	No Data	0
Hawaii	0	0	0.63	29	High	No Data	48
JB Elemendorf-Richardson	9	0	0.46	11	Low	No Data	0
JB Langley-Eustis	0	0	0.80	42	High	Moderate	76
JB Lewis-McChord	2	0	0.72	54	Low	Moderate	1
JB Myer-Henderson Hall	2	0	0.70	68	High	Moderate	75
JB San Antonio	6	0	0.18	22	High	Moderate	149
Presidio of Monterey	1	0	0.25	38	Moderate	No Data	3
USAG West Point	0	0	0.40	42	Moderate	High	25

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	42	71	76	87	32	47
Fort Benning	36	71	88	92	41	49
Fort Bliss	34	68	83	91	29	39
Fort Bragg	37	70	85	91	32	43
Fort Campbell	39	69	85	92	29	39
Fort Carson	36	68	83	91	30	40
Fort Drum	39	70	84	90	29	39
Fort Gordon	34	71	80	88	28	40
Fort Hood	33	65	82	90	28	38
Fort Huachuca	40	73	83	91	28	41
Fort Irwin	35	68	82	91	28	39
Fort Jackson	37	64	84	88	38	42
Fort Knox	44	85	87	93	37	51
Fort Leavenworth	43	72	81	89	35	46
Fort Lee	32	65	82	91	27	35
Fort Leonard Wood	36	73	86	92	38	43
Fort Meade	38	73	83	90	31	45
Fort Polk	37	69	84	90	30	40
Fort Riley	36	69	83	91	29	40
Fort Rucker	47	76	83	88	29	44
Fort Sill	36	76	86	93	30	39
Fort Stewart	34	66	85	91	31	41
Fort Wainwright	36	69	86	89	31	39
Hawaii	36	68	83	90	29	41
JB Elemendorf-Richardson	36	72	86	91	28	41
JB Langley-Eustis	38	68	83	91	30	40
JB Lewis-McChord	36	70	84	91	29	42
JB Myer-Henderson Hall	47	76	81	90	36	53
JB San Antonio	37	73	80	88	36	48
Presidio of Monterey	44	81	84	92	35	51
USAG West Point	49	77	79	88	41	52
Army²	37	69	84	90	33	42

Installations Outside the U.S.

Select Medical Metrics¹

Installation	Injury (rate per 1,000)	Behavioral Health (%)	Substance Use Disorder (%)	Sleep Disorder (%)	Obesity (%)	Tobacco Product Use (%)	STIs: chlamydia infection (rate per 1,000)	Chronic Disease (%)
Japan	1,362	13	2.4	9	19	22	27	16
USAG Ansbach	1,705	16	5.6	11	18	26	23	16
USAG Bavaria	1,645	14	4.1	12	16	29	29	18
USAG Daegu	1,344	13	2.5	13	17	21	35	18
USAG Humphreys	1,390	13	3.4	12	17	23	29	17
USAG Red Cloud	1,258	14	4.0	13	18	26	24	19
USAG Rheinland-Pfalz	1,726	20	5.2	20	19	23	32	20
USAG Stuttgart	1,445	15	3.3	15	18	23	18	19
USAG Vicenza	1,566	13	3.7	12	15	26	23	16
USAG Wiesbaden	1,746	19	3.5	16	17	24	29	18
USAG Yongsan	1,389	11	2.6	12	15	23	35	18
Army²	1,756	16	3.8	19	22	19	18	24

Environmental Health Indicators³

Installation	Poor Air Quality (Days/Year)	Poor Water Quality (Days/Year)	Water Fluoridation (mg/L)	Solid Waste Diversion Rate (%)	Mosquito-borne Disease Risk	Lyme Disease Risk	Heat Risk (Days/Year)
Japan	20	365	1.10	50	Moderate	No Data	44
USAG Ansbach	3	12	0.60	62	Moderate	High	5
USAG Bavaria	3	0	0.61	60	Moderate	High	7
USAG Daegu	89	0	0.70	68	Moderate	No Data	51
USAG Humphreys	154	0	0.15	73	Moderate	Moderate	37
USAG Red Cloud	105	0	No Data	52	Moderate	No Data	38
USAG Rheinland-Pfalz	10	0	1.00	46	Moderate	High	8
USAG Stuttgart	11	236	0.80	55	Moderate	High	8
USAG Vicenza	103	0	0.10	55	Moderate	Moderate	63
USAG Wiesbaden	17	365	0.00	51	Moderate	High	9
USAG Yongsan	71	0	0.97	70	Moderate	No Data	38

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 (%)
Japan	36	65	82	91	30	42
USAG Ansbach	36	71	84	92	31	43
USAG Bavaria	35	69	84	91	31	41
USAG Daegu	31	63	81	89	28	38
USAG Humphreys	34	69	83	88	29	38
USAG Red Cloud	33	65	83	88	26	36
USAG Rheinland-Pfalz	35	69	80	89	29	39
USAG Stuttgart	39	70	81	89	28	42
USAG Vicenza	36	72	84	90	33	45
USAG Wiesbaden	35	64	82	87	24	35
USAG Yongsan	35	69	82	88	30	40
Army²	37	69	84	90	33	42

Footnotes

1. Adjusted values are weighted averages of crude age- and sex-specific frequencies, where the weights are the proportions of Soldiers in the corresponding age and sex categories of the 2015 Army AC population. By using a common adjustment standard such as this, we are able to make valid comparisons across installations because it controls for age and sex differences in the population which might influence crude rates.
 2. The Army values represent crude values for the entire Army.
 3. EHI color coding (green, amber, and red) indicates metric status at the affected installation. Green denotes the desired condition.
- * Medical metric values were not displayed if <20 cases were reported or when the reporting compliance was estimated to be <50%. However, every installation met the reporting compliance threshold for the reporting year.

2020

HEALTH OF THE FORCE EXECUTIVE SUMMARY



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