

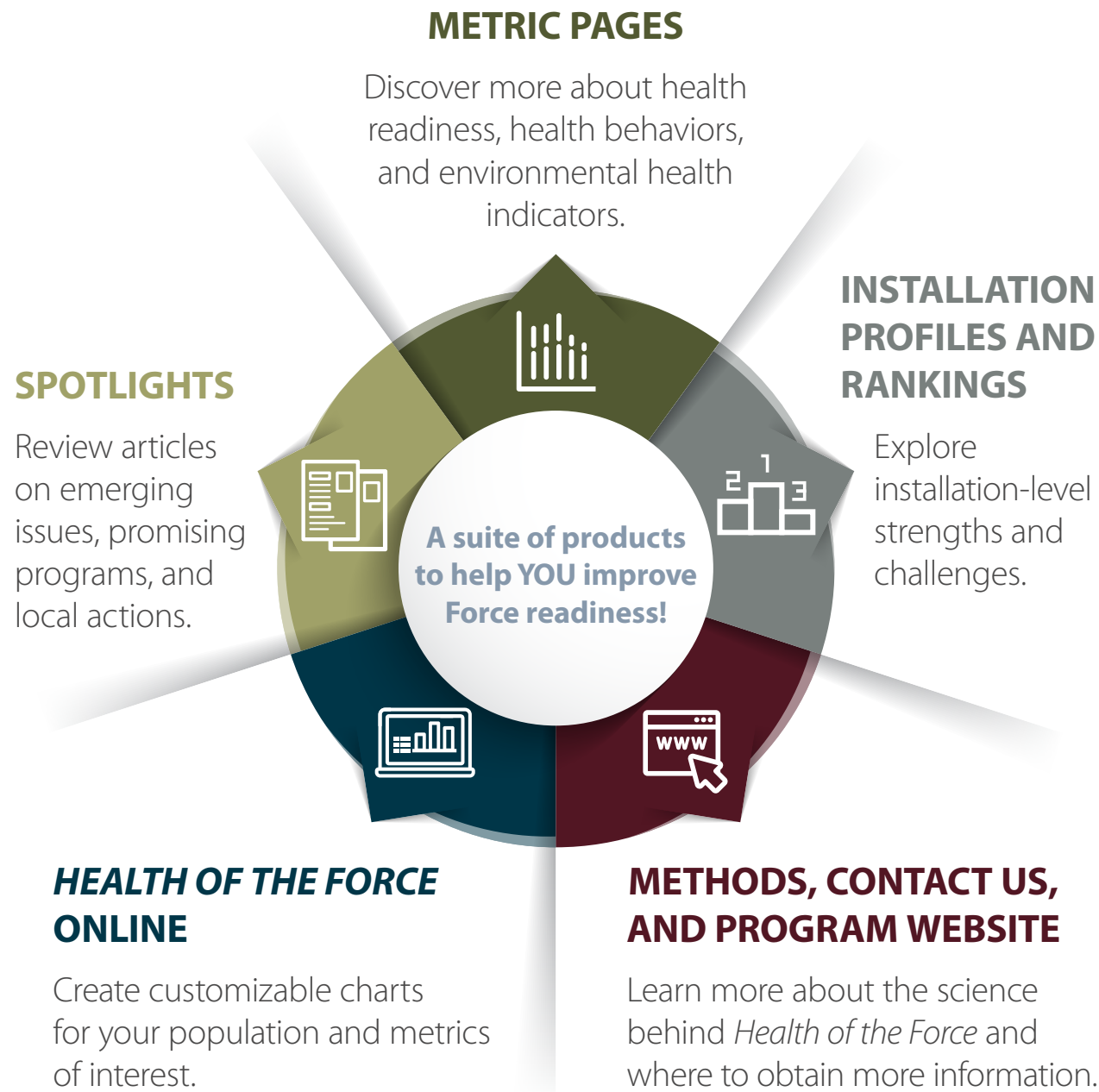


2021
HEALTH
 OF THE
FORCE

Executive Summary Report



Explore *Health of the Force*



Welcome to the 2021 *Health of the Force* Executive Summary Report

OVERVIEW

In this changing world, one constant is the requirement for our Soldiers to remain healthy and ready to achieve Force dominance. In its 7th annual installment, the 2021 *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 41 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 2021 report reflects calendar year 2020 data).

CHANGING WITH THE TIMES

The Coronavirus Disease 2019 (COVID-19) pandemic transformed military operations and healthcare delivery, and much of the global workforce shifted to telework in response. The 2021 *Health of the Force* report includes a new COVID-19 metric section for a deep dive into surveillance data and methods, the effect of the pandemic on military healthcare utilization, effects on physical and mental health, and local actions focused on Army Public Health Nursing and vaccination efforts. The report also outlines health disparities faced by racial and ethnic minority Soldiers and the unique health needs of female Soldiers. These highlights help to frame conversations and analyses necessary to effect real progress towards health equity.

EVOLVING HEALTHCARE DATA REPORTING

As military healthcare evolves, so do the electronic medical reporting systems and access to surveillance data. In 2020, additional installations transitioned from the Armed Forces Health Longitudinal Technology Application to the Military Health System (MHS) GENESIS electronic health record system. The injury, behavioral health (BH), substance use disorder, sleep disorder, obesity, heat illness, and chronic disease medical metrics, as well as the newly added COVID-19 hospitalizations metric, were not reported for the following installations that transitioned to MHS GENESIS over the past 2 years: Fort Irwin, Fort Wainwright, Joint Base (JB) Elmendorf-Richardson, JB Lewis-McChord, and Presidio of Monterey. All other available AC demographics and metric data are reported in the installation profile pages.

TAKING ACTION

After reviewing the 2021 *Health of the Force* report, installation leaders will have a sense of strengths and challenges in their community and can take action. By using the tools included in the report such as rankings; the Installation Health Index; and medical, wellness, and environmental metric data, leaders can prioritize health-related needs, establish baseline rates, and give context to intervention long-term outcomes. Utilizing the companion digital platform, *Health of the Force Online*, users can dynamically display health outcomes, compare populations, and examine trends in data. Leaders may also enact change using Spotlight and Local Action vignettes, which provide information on mitigating health and readiness issues, highlight resources, and offer calls to action based on successful interventions and programs.

Selected Medical Metrics

Presented values are adjusted for age and sex¹

	Injury (rate per 1,000)	Substance use disorder (%)	Sleep disorder (%)	Obesity (%)	STIs: Chlamydia infection (rate per 1,000)	Tobacco product use (%)	Chronic disease (%)
Fort Belvoir	1,140	3.0	13	25	19	16	22
Fort Benning	1,393	2.2	9.1	17	28	14	18
Fort Bliss	1,068	4.3	12	20	28	24	17
Fort Bragg	1,182	3.1	11	17	28	22	16
Fort Campbell	1,226	3.1	8.7	20	31	17	17
Fort Carson	1,122	4.3	8.4	16	30	24	17
Fort Drum	1,179	3.1	8.2	21	29	18	18
Fort Gordon	1,312	2.1	7.0	24	22	17	18
Fort Hood	1,218	4.4	11	20	29	28	18
Fort Huachuca	1,334	1.6	9.3	18	25	10	20
Fort Irwin	--	--	--	--	32	18	--
Fort Jackson	1,078	1.9	8.3	16	25	9.0	17
Fort Knox	1,167	2.4	12	19	24	10	21
Fort Leavenworth	1,169	2.8	11	20	24	17	21
Fort Lee	1,597	2.7	9.3	19	25	7.0	20
Fort Leonard Wood	1,378	2.0	10	18	27	7.7	19
Fort Meade	1,109	2.4	12	25	22	11	21
Fort Polk	1,414	4.4	12	19	33	23	22
Fort Riley	1,222	4.2	9.0	19	32	32	19
Fort Rucker	1,498	1.5	12	18	19	13	20
Fort Sill	1,457	3.5	12	21	32	12	19
Army²	1,189	3.2	9.0	18	27	21	17

Footnotes: See page 10.
-- MHS GENESIS data were unavailable for these metrics.

Selected Medical Metrics

Presented values are adjusted for age and sex¹

	Injury (rate per 1,000)	Substance use disorder (%)	Sleep disorder (%)	Obesity (%)	STIs: Chlamydia infection (rate per 1,000)	Tobacco product use (%)	Chronic disease (%)
Fort Stewart	1,046	3.7	10	19	29	21	20
Fort Wainwright	--	--	--	--	33	17	--
Hawaii	1,171	2.8	9.6	18	23	28	18
JB Elmendorf-Richardson	--	--	--	--	27	18	--
JB Langley-Eustis	1,492	3.0	9.2	21	22	15	20
JB Lewis-McChord	--	--	--	--	28	25	--
JB Myer-Henderson Hall	982	3.2	9.0	16	25	14	16
JB San Antonio	1,301	2.4	12	18	17	14	21
Presidio of Monterey	--	--	--	--	19	*	--
USAG West Point	1,121	2.2	9	15	15	*	21
INSTALLATIONS OUTSIDE THE UNITED STATES							
Japan	935	2.1	5.0	21	25	19	16
USAG Ansbach	982	3.7	5.5	17	28	*	15
USAG Bavaria	1,036	4.0	5.9	17	30	20	17
USAG Daegu	1,132	3.3	7.7	19	25	29	16
USAG Humphreys	1,193	3.1	7.5	18	26	34	16
USAG Rheinland-Pfalz	1,203	4.9	12	20	26	25	18
USAG Stuttgart	1,027	2.5	7.4	20	27	*	18
USAG Vicenza	973	3.1	6.7	15	28	15	15
USAG Wiesbaden	1,021	4.5	8.6	19	26	24	16
USAG Yongsan-Casey	1,130	2.9	7.5	18	26	28	17
Army²	1,189	3.2	9.0	18	27	21	17

Footnotes: See page 10.
-- MHS GENESIS data were unavailable for these metrics.

Environmental Health Indicators

	Poor air quality (days per year)	Poor water quality (days per year)	Water fluoridation (mg/L)	Solid waste diversion rate (%)	Mosquito-borne disease risk	Lyme disease risk	Heat risk (days per year)
Fort Belvoir	0	0	0.70	56	High	High	63
Fort Benning	1	0	0.60	23	High	Low	110
Fort Bliss	18	0	0.83	51	Moderate	No Data	102
Fort Bragg	0	0	0.76	25	High	Moderate	86
Fort Campbell	0	0	0.68	48	Moderate	Low	61
Fort Carson	7	0	0.38	44	Low	No Data	0
Fort Drum	0	0	0.71	59	Low	High	15
Fort Gordon	4	0	0.71	25	High	No Data	112
Fort Hood	1	0	0.20	42	Moderate	No Data	115
Fort Huachuca	2	0	0.65	0	Moderate	No Data	51
Fort Irwin	27	0	1.46	20	Moderate	No Data	86
Fort Jackson	1	0	0.53	30	High	Low	97
Fort Knox	0	0	0.83	37	Moderate	Low	41
Fort Leavenworth	0	0	0.45	30	Moderate	Low	67
Fort Lee	No Data	0	0.61	37	High	Moderate	63
Fort Leonard Wood	No Data	0	0.90	40	Moderate	Moderate	62
Fort Meade	2	0	0.64	16	Moderate	High	61
Fort Polk	No Data	0	0.90	38	High	No Data	107
Fort Riley	No Data	0	0.84	46	Moderate	Low	76
Fort Rucker	No Data	0	0.66	59	High	No Data	112
Fort Sill	1	0	0.58	38	High	Low	102

Footnotes: See page 10.

Environmental Health Indicators

	Poor air quality (days per year)	Poor water quality (days per year)	Water fluoridation (mg/L)	Solid waste diversion rate (%)	Mosquito-borne disease risk	Lyme disease risk	Heat risk (days per year)
Fort Stewart	No Data	0	0.99	61	High	No Data	130
Fort Wainwright	37	0	0.40	0	Low	No Data	0
Hawaii	0	0	0.64	29	High	No Data	8
JB Elmendorf-Richardson	0	0	0.46	10	Low	Low	0
JB Langley-Eustis	0	0	0.76	55	Moderate	Moderate	76
JB Lewis-McChord	11	0	0.84	43	Low	No Data	7
JB Myer-Henderson Hall	0	0	0.70	50	High	Moderate	64
JB San Antonio	10	0	0.22	38	High	Moderate	150
Presidio of Monterey	15	0	0.25	0	Moderate	No Data	0
USAG West Point	0	0	0.61	52	Moderate	High	27
INSTALLATIONS OUTSIDE THE UNITED STATES							
Japan	10	0	1.03	59	Moderate	Low	47
USAG Ansbach	1	3	0.70	63	Moderate	High	2
USAG Bavaria	0	365	0.60	62	Moderate	High	3
USAG Daegu	39	0	0.71	66	Moderate	Moderate	49
USAG Humphreys	119	0	0.00	72	Moderate	High	37
USAG Rheinland-Pfalz	3	0	0.91	38	Moderate	High	9
USAG Stuttgart	2	0	0.70	54	Moderate	High	6
USAG Vicenza	100	0	0.10	56	Moderate	Moderate	50
USAG Wiesbaden	10	0	0.00	58	Moderate	High	8
USAG Yongsan	45	0	0.25	66	High	No Data	37
Camp Casey	57	0	0.29	42	No Data	No Data	23

Footnotes: See page 10.

Performance Triad

	7+ hours of sleep [weeknights] (%)	7+ hours of sleep [weekends] (%)	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	71	75	85	32	44
Fort Benning	39	69	83	88	36	47
Fort Bliss	35	66	80	89	28	36
Fort Bragg	40	69	84	90	34	43
Fort Campbell	38	70	84	91	30	39
Fort Carson	38	69	82	89	29	40
Fort Drum	36	68	84	91	30	38
Fort Gordon	34	69	77	87	33	44
Fort Hood	33	66	80	88	27	36
Fort Huachuca	41	74	81	91	30	41
Fort Irwin	35	67	83	90	31	41
Fort Jackson	33	64	81	88	30	41
Fort Knox	46	69	79	87	30	44
Fort Leavenworth	45	71	77	89	33	47
Fort Lee	32	61	78	88	26	34
Fort Leonard Wood	35	67	83	90	29	39
Fort Meade	41	74	77	87	30	44
Fort Polk	37	68	84	90	30	38
Fort Riley	37	71	81	88	28	36
Fort Rucker	47	71	81	88	29	43
Fort Sill	31	65	82	90	26	35
Army	38	69	81	89	30	40

Footnotes: See page 10.

Performance Triad

	7+ hours of sleep [weeknights] (%)	7+ hours of sleep [weekends] (%)	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 Stewart	35	66	81	89	29	37
Fort Wainwright	37	71	82	89	29	39
Hawaii	41	70	81	89	30	40
JB Elmendorf-Richardson	35	69	82	89	32	37
JB Langley-Eustis	38	66	77	87	28	37
JB Lewis-McChord	38	70	82	89	31	39
JB Myer-Henderson Hall	48	77	84	91	35	53
JB San Antonio	36	68	77	86	33	47
Presidio of Monterey	44	83	80	92	46	60
USAG West Point	38	70	74	84	35	43
INSTALLATIONS OUTSIDE THE UNITED STATES						
Japan	36	71	82	91	24	34
USAG Ansbach	31	70	79	88	21	30
USAG Bavaria	37	69	83	90	29	38
USAG Daegu	32	65	81	88	27	37
USAG Humphreys	36	69	80	87	29	39
USAG Rheinland-Pfalz	38	70	76	86	30	39
USAG Stuttgart	45	71	83	89	32	45
USAG Vicenza	38	70	86	92	29	39
USAG Wiesbaden	39	72	77	89	27	39
USAG Yongsan-Casey	34	67	80	87	28	38
Army	38	69	81	89	30	40

Footnotes: See page 10.

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, 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.
- * Medical metric values were not displayed if <20 cases were reported.

2021

HEALTH OF THE FORCE REPORT EXECUTIVE SUMMARY



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