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.

APHC

U.S. ARMY

Approved for public release; distribution unlimited.

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.

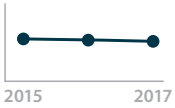
BEHAVIORAL HEALTH

15% **of Soldiers had a behavioral health diagnosis.**

Behavioral health diagnosis rates were higher among female Soldiers.

OBESITY

17% **of Soldiers were classified as obese.**



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

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.

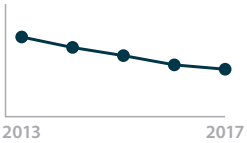
ENVIRONMENTAL HEALTH INDICATORS

46% **of the surveyed Army population received optimally fluoridated water.**

10% **of surveyed Army population experienced more than 20 poor air quality days per year.**

TOBACCO USE

23% **of Soldiers reported tobacco use.**



The majority of smokers are under the age of 35.

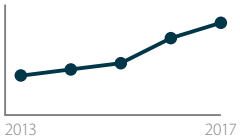
SLEEP DISORDERS

12% **of Soldiers had a sleep disorder.**

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

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.