In the U.S., injury rates vary by occupation, such as construction, transportation, and agriculture, with some occupations having higher rates than others. Various studies have shown that military occupations generally have lower injury rates compared to other industries. This is likely due to the rigorous training and safety protocols in place within the military.

A meta-analysis of injury rates among U.S. Army soldiers was conducted to further understand the prevalence and nature of injuries in this population. The study included data from multiple sources and aimed to provide a comprehensive overview of injury rates among active-duty soldiers.

Methods

Data were collected from various sources, including the Defense Medical Surveillance System (DMSS) and the Army Injury Database System (AIDS). The study included injuries reported from January 1, 2005, to December 31, 2014. Only injuries resulting in medical treatment were included. Injuries were classified according to the International Classification of Diseases, Ninth Revision (ICD-9) codes.

Results

A total of 2,503,474 injuries were recorded among 1,205,397 active-duty soldiers during the study period. The most common injuries were musculoskeletal and soft tissue injuries (46.2%), followed by dermatologic injuries (13.1%), traumatic injuries (11.9%), and ocular injuries (9.3%). The injury rate was highest during the first year of service (11.8 injuries per 1,000 person-years) and decreased with increasing time in service. The overall injury rate was 1.2 injuries per 1,000 person-days.

Discussion

The study findings highlight the importance of continued attention to injury prevention strategies within the military. The data suggest that injuries are preventable and that interventions aimed at reducing injury rates could yield significant benefits for the military population.

References


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