



Are they living healthy?



Results from Army respondents to the HRBS

The **Health Related Behaviors Survey (HRBS)** is the U.S. Department of Defense (DoD)'s flagship survey for understanding the health, health-related behaviors, and well-being of active-duty service members.

- It allows leadership to better understand the readiness of the force.
- It is used to facilitate benchmarking in combination with Healthy People benchmarks (designed for the general U.S. population).
- Results are weighted to represent the 2015 active-duty force by service branch, pay grade, and gender.



Comparison to U.S. General Population

The 2015 HRBS shows that active-duty soldiers generally have better health and health-related behaviors than the U.S. adult population. Soldiers also exceed Healthy People 2020 goals for weekly physical activity. Nevertheless, there are several areas of concern.

Soldiers are more likely than others in the U.S. adult population to engage in binge drinking. Less than one-third get at least seven hours of sleep each night, well short of the Healthy People 2020 goal. The proportion of soldiers who are of normal weight is also below Healthy People 2020 goals, but measurement method may be an issue for weight comparisons.

Development of military-appropriate population benchmarks, especially by service branch, may facilitate goal-setting, command visibility, and incremental improvements in health-related readiness.

Limitations

A low overall response rate (4.7% for the Army and 8.6% across all services) suggests that the results should be interpreted with caution and in conjunction with other existing data. New ways to improve survey response rates are needed, including focusing survey content, shifting to a confidential rather than anonymous survey, and addressing information technology issues related to use of a non-DoD email address. The above comparisons to the general adult population do not control for differences in demographic composition.

Weight and sleep issues



33.2% were moderately or severely bothered by sleep-related **lack of energy**



10.6% took **sleep medications** daily or almost daily



69.4% were **overweight** or **obese** according to body mass index



59.4% reported **less sleep** than needed

More than **1/2**

Mental and Emotional Health



- 11.0%** met survey criteria for **probable depression**
- 15.9%** met survey criteria for **probable generalized anxiety disorder**
- 10.5%** met survey criteria for **probable posttraumatic stress disorder**
- 7.0%** **thought about attempting suicide** in the past year
- 1.5%** reported a **suicide attempt** in the past year
- 34.8%** reported a **self-perceived need** for mental health services in the past year
- 20.6%** reported that someone else told them they **needed mental health treatment** in the past year
- 32.1%** reported **mental health service use** in the past year
- 37.0%** said that seeking military mental health **treatment damages one's military career**

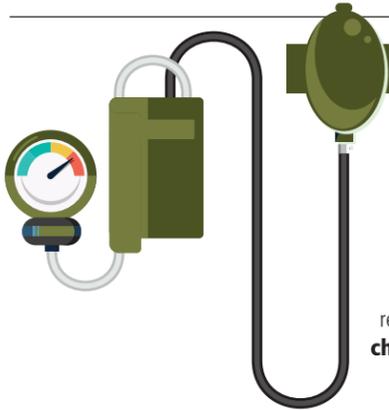
Substance Use



Alcohol, Tobacco, Illicit Drugs, and Prescription Drugs

- 28.2%** **binge drank** in the past month (5+ drinks for men or 4+ for women in one sitting)
- 4.1%** were **heavy drinkers** (5+ drinks 5 or more times in the past month)
- 69.2%** viewed military culture as **supportive of drinking**
- 15.0%** were current **cigarette smokers**
- 12.7%** were current **smokeless tobacco** users
- 11.2%** reported using **e-cigarettes** in the past month
- 0.9%** reported **illicit drug use** (mostly marijuana or synthetic cannabis) in the past year
- 5.3%** used prescription drugs without a valid prescription (i.e., **prescription drug misuse**) in the past year
- 1.2%** used more of a drug than prescribed (i.e., **prescription drug overuse**) in the past year

Physical Health and Functional Limitations



46.0% reported diagnosis of at least one of nine **chronic medical conditions** (e.g., high blood pressure) in their lifetime



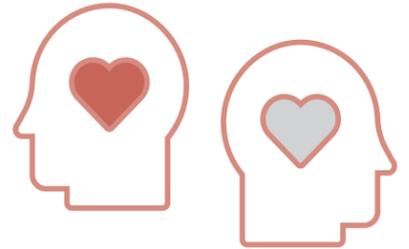
42.5% reported that **pain** bothered them a lot over the past 30 days



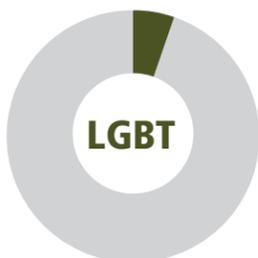
48.9% reported a **functional impairment** in at least one domain—work or school, social life, or family life

Sexual Behavior and Health

- 16.6%** had **more than one sex partner** in the past year
- 39.2%** had sex with a new partner **without a condom** in the past year
- 1.9%** reported contracting a **sexually transmitted infection** in the past year
- 18.3%** were at high risk for human immunodeficiency virus (**HIV**)
- 22.0%** of those not expecting or trying to conceive a child had vaginal **sex without using birth control** in the past year
- 1.8%** reported having or causing an **unintended pregnancy** in the past year



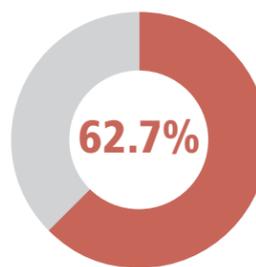
Sexual Orientation, Transgender Identity, and Health



5.5% identified as lesbian, gay, bisexual, or transgender (**LGBT**)

LGBT personnel were more likely than their peers to report moderate and severe depression, self-injury, suicide ideation and attempts, risky sexual behavior, binge drinking, and current cigarette use.

Deployment Experiences and Health



reported at least one **prior combat or noncombat deployment**

Among those who had ever deployed:

- 82.6%** reported exposure to **combat trauma**
- 40.4%** reported a deployment-related **injury**
- 18.7%** screened positive for deployment-related **mild traumatic brain injury**
- 15.4%** reported deployment-related **postconcussive symptoms**
- 63.7%** reported **substance use**, mostly alcohol or cigarettes, during their most-recent deployment



Adapted from 2015 Department of Defense Health Related Behaviors Survey (HRBS) of Active-Duty Service Members: Final Report, by Sarah O. Meadows, Charles C. Engel, Rebecca L. Collins, Robin Beckman, Matthew Cefalu, Jennifer Hawes-Dawson, Molly Doyle, Amii M. Kress, Lisa Sontag-Padilla, Rajeev Ramchand, and Kayla M. Williams, Santa Monica, Calif.: RAND Corporation, RR-1695-OSD, 2018. The RAND Corporation is a research organization that develops solutions to public policy challenges to help make communities throughout the world safer and more secure, healthier and more prosperous. RAND is nonprofit, nonpartisan, and committed to the public interest. For the complete report detailing these and other findings, visit www.rand.org/t/RR1695.

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