



# Assessing the Health Readiness of Army Reservists

Results from Army Reserve Respondents to the HRBS



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

- The HRBS allows leadership to better understand the health-related readiness of the force.
- The HRBS is used to facilitate benchmarking in combination with Healthy People benchmarks (designed for the general U.S. population).
- Results are weighted to represent the 2018 reserve component.

## Comparison with the U.S. General Population

Army reservists reported body weights that are comparable to the general population and Healthy People 2020 goals, but they presented several other areas of concern.

Most Army reservists reported that they did not get adequate amounts of sleep, and they fell short of the Healthy People 2020 goal for average daily amount of sleep. Their rate of binge drinking was comparable to that of the general population but did not meet the Healthy People 2020 goal.

Use of any tobacco or nicotine products and of e-cigarettes and smokeless tobacco was higher among Army reservists than among the general population. Army reservists' use of cigarettes was comparable to that of the general population, but Army reservists did not meet Healthy People 2020 goals for use of cigarettes, cigars, and smokeless tobacco.

Prevalence of psychological distress and probable PTSD was greater among Army reservists than among the general population. Percentages of those who considered or attempted suicide were also higher among Army reservists than among the general population.

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

## Limitations

A low overall response rate (8.4 percent for the Army Reserve and 9.4 percent across all services) suggests that the results should be interpreted with caution and in conjunction with other existing data. Use of targeted incentives, modules administered to subsets of respondents, or a service member panel survey could help improve response rates and representation. The above comparisons with the general adult population do not control for demographic differences between the two populations.



## Weight and Sleep Issues



**63.1%** were **overweight or obese**, according to body mass index



**44.6%** met **age-appropriate sleep quantity** requirements



**19.6%** were moderately or severely bothered by **sleep-related lack of energy**



**7.2%** took **sleep medications** to help them sleep at least three times weekly

## Mental and Emotional Health



- 6.8%** met criteria for **serious psychological distress** in the past 30 days
- 11.4%** met criteria for **serious psychological distress** in the past 12 months
- 10.7%** met criteria for **probable posttraumatic stress disorder (PTSD)** in the past 30 days
- 6.2%** had **thought about attempting suicide** in the past 12 months
- 1.4%** reported a **suicide attempt** in the past 12 months
- 4.7%** **needed mental health services** in the past 12 months **but did not receive them**
- 22.5%** reported **mental health service use** in the past 12 months
- 28.9%** said that seeking military mental health **treatment damages one's military career**

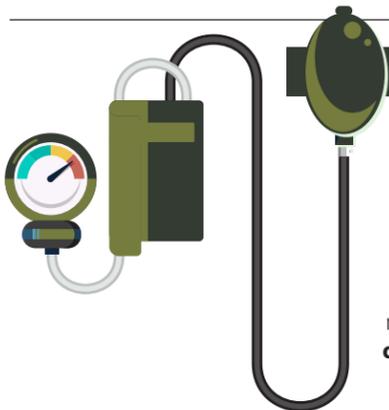
## Substance Use



### Alcohol, Tobacco, Illicit Drugs, and Prescription Drugs

- 26.5%** had engaged in **binge drinking** in the past 30 days (five or more drinks for men or four or more for women on one occasion)
- 6.9%** were **heavy drinkers** (binge drinking at least one or two days a week in the past 30 days)
- 15.9%** viewed **military culture as supportive of drinking**
- 29.2%** reported any **current tobacco or nicotine use**
- 14.0%** were **current cigarette smokers**
- 8.9%** were **current smokeless tobacco users**
- 9.4%** were **current e-cigarette users**
- 1.8%** reported **illicit drug use** (mostly marijuana or synthetic cannabis) in the past 12 months
- 1.4%** reported **prescription drug misuse** in the past 12 months (use without a prescription or use in greater amounts, more frequently, or for longer than prescribed)

## Physical Health and Functional Limitations



**40.2%** reported one or more **chronic medical conditions** (e.g., high blood pressure) in the past 12 months



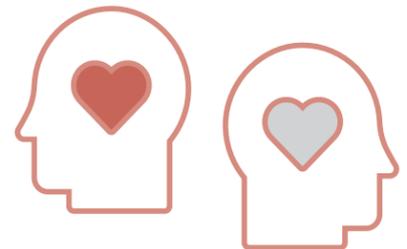
**24.0%** reported that **pain** (including headaches) had bothered them a lot over the past 30 days



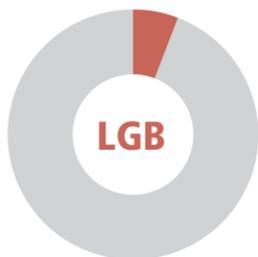
**5.2%** screened positive for **mild traumatic brain injury**

## Sexual Behavior and Health

- 14.5%** had **more than one sexual partner** in the past 12 months
- 32.9%** had sex with a new partner **without using a condom** in the past 12 months
- 2.0%** reported contracting a **sexually transmitted infection** in the past 12 months
- 16.5%** were at **high risk** for human immunodeficiency virus (**HIV**)
- 20.3%** of those not expecting or trying to conceive a child **did not use birth control** during their most recent vaginal sex in the past 12 months
- 2.2%** reported having or causing an **unintended pregnancy** in the past 12 months



## Sexual Orientation, Identity, and Health

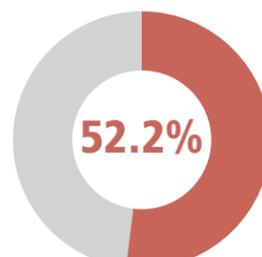


**6.1%** identified as lesbian, gay, or bisexual (**LGB**)

**Significantly greater percentages of LGB personnel than non-LGB personnel reported serious psychological distress and probable PTSD; suicidal thoughts and attempts; binge and heavy drinking; cigarette, e-cigarette, and smokeless tobacco use; illicit drug use; unwanted sexual contact;\* and having been physically assaulted. These results are not specific to the Army Reserve.**

\* Unwanted sexual contact in the HRBS is a broader construct than sexual assault, and these survey responses do not represent official reports of sexual assault.

## Deployment Experiences and Health



**52.2%** reported at least one **prior combat or noncombat deployment**

**Among those who had ever deployed:**

- 84.5%** reported at least **one lifetime combat deployment**
- 53.0%** reported past **exposure to combat trauma** (e.g., knowing someone wounded in combat)
- 31.4%** reported a **deployment in the past 12 months**



Adapted from 2018 Department of Defense Health Related Behaviors Survey (HRBS): Results for the Reserve Component, by Sarah O. Meadows, Charles C. Engel, Rebecca L. Collins, Robin L. Beckman, Joshua Breslau, Erika Litvin Bloom, Michael Stephen Dunbar, Mary Lou Gilbert, David Grant, Jennifer Hawes-Dawson, Stephanie Brooks Holliday, Sarah MacCarthy, Eric R. Pedersen, Michael W. Robbins, Adam J. Rose, Jamie Ryan, Terry L. Schell, and Molly M. Simmons, Santa Monica, Calif.: RAND Corporation, RR-4228-OSD, 2021. 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/RR4228](http://www.rand.org/t/RR4228).

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