#### AMERICAN COLLEGE OF Lifestyle Medicine **Readiness Under Siege: US Military Chronic Disease Burden in 2024**

Lifestyle medicine is crucial for optimizing military cognitive performance, Warfighter lethality, and deployment readiness.

## **HYPERTENSION**



of Active Duty Army study participants had less than ideal blood pressure

A study of Active Duty Navy **50%** members showed that 50% had detectable heart disease

High blood pressure costs the United States

## **\$131-\$198B** per year

Annually, an additional \$234M in healthcare cost is incurred by the DOD due to high blood pressure diagnoses

(an additional \$2,000 per person/year.)

J Am Heart Assoc. 2019 Jun 18;8(12); Navy Cardio, ACC, 2023; CDC, High Blood Pressure, 2022; Rand 2018 HRBS, JAHA, 2018; Hypertension. 2009;54:966-973

### **ACUTE & CHRONIC DUTY INJURIES**

 Injuries to Army soldiers in 2018 resulted in \$4.7B in direct and indirect medical costs

 8 in 10 ADSM experienced physical trauma from overuse injuries in 2021

>26% ADSM with physician-diagnosed chronic physical injury

~30% ADSM who were "bothered a lot" by one or more bodily pain symptoms

>20% reported trouble sleeping as the most concerning symptom related to pain

DoD Health of the Force 2021; U.S. Army Public Health Center, PHIP 12-06-0322, 2022; 2018 DoD HRBS. RAND, 2021

# **BOTTOM LINE UP FRONT**

With \$58.7B allocated by the DOD to healthcare spending in 2024, lifestyle medicine is essential to U.S. military recruitment, retention, and overall resilience.

> of America's young adults (17-24) were not eligible for military service in 2020

**MENTAL HEALTH** 

>40% of Active Duty Service Members (ADSM) were diagnosed by a physician with at least one of eight chronic preventable conditions:

- hypertension · high cholesterol
- back pain heart disease
- diabetes asthma
  - including arthritis

• angina

These chronic preventable conditions have been identified as the leading causes of death, disability, and reduced quality of life in the United States.

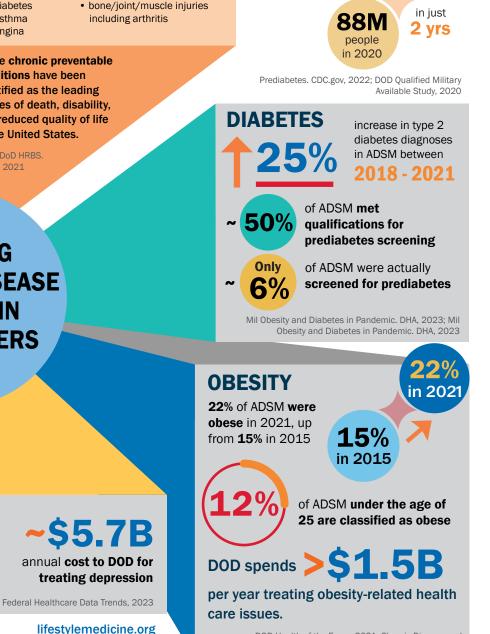
2018 DoD HRBS. RAND, 2021

GROWING CHRONIC DISEASE **BURDEN IN** WARFIGHTERS

of Active Duty Service

Members have

depression



DOD Health of the Force, 2021; Chronic Disease and

Mil Readiness, CDC, May 2024

PREDIABETES

More than 1 in 3

prediabetes

American adults has

**98M** 

people

in 2022

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