



AMERICA'S  
**HEALTH RANKINGS**<sup>®</sup>

UNITED HEALTH FOUNDATION

Health of Those Who Have Served Report

# Report Methodology for the *Health of Those Who Have Served*

The *Health of Those Who Have Served Report* examines 24 measures to compare the health of those who have served in the U.S. Armed Forces with those who have not.



- Developed in partnership between United Health Foundation and the Military Officers Association of America
- Model developed in collaboration with an advisory steering group of leading public health, military and veterans' organizations
- Based on data from the Centers for Disease Control and Prevention's Behavioral Risk Factor Surveillance System (BRFSS)

# Definition: Those Who Have Served

- This report focuses on the health of those who have ever served on active duty in the United States Armed Forces, either in regular military or in a National Guard or military reserve unit.
- Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.
- This definition does not differentiate current active military from retired veterans.



# Measuring the Health Of Those Who Have Served



# People Who Have Served Report Better Health Than Their Civilian Counterparts

## MEN

MEN WHO HAVE SERVED ARE  
**11% MORE LIKELY** TO REPORT BEING IN  
**VERY GOOD OR EXCELLENT HEALTH**  
THAN MEN WHO HAVE NOT SERVED

SERVED



56.9%

NOT SERVED



51.1%

## WOMEN

WOMEN WHO HAVE SERVED ARE  
**10% MORE LIKELY** TO REPORT BEING IN  
**VERY GOOD OR EXCELLENT HEALTH**  
THAN WOMEN WHO HAVE NOT SERVED

SERVED



55.9%

NOT SERVED



51.0%

# People Who Have Served Report Better Health Than Their Civilian Counterparts

MOST MINORITY POPULATIONS WHO HAVE SERVED ARE **MORE LIKELY TO REPORT** BEING IN **VERY GOOD OR EXCELLENT HEALTH** THAN MINORITY POPULATIONS WHO HAVE NOT SERVED

## NON-HISPANIC BLACKS

SERVED



51.0%

**+21% DIFFERENCE**

NOT SERVED



42.3%

## HISPANICS

SERVED



52.0%

**+55% DIFFERENCE**

NOT SERVED



33.6%

# Those Who Have Served Face Higher Rates of Distinct Health Challenges

## CANCER, CORONARY HEART DISEASE AND HEART ATTACKS

ARE MORE PREVALENT AMONG PEOPLE WHO HAVE SERVED THAN THOSE WHO HAVE NOT

### CANCER

SERVED



11.1%

NOT SERVED



9.8%

**+13% DIFFERENCE**

### CORONARY HEART DISEASE

SERVED



5.5%

NOT SERVED



3.4%

**+62% DIFFERENCE**

### HEART ATTACKS

SERVED



6.0%

NOT SERVED



3.6%

**+67% DIFFERENCE**

# Those Who Have Served Have Different Behaviors Than Their Civilian Counterparts

Those who have served have higher rates of Smoking, Excessive Drinking, and Insufficient Sleep than their civilian peers, but are less likely to be sedentary

INDIVIDUALS AGED 18-39 WHO HAVE SERVED **ARE MORE LIKELY** TO REPORT **INSUFFICIENT SLEEP** THAN THEIR PEERS WHO HAVE NOT SERVED

SERVED



49.8%

**+39% DIFFERENCE**

NOT SERVED



35.8%



ACROSS ALL AGE GROUPS, **PHYSICAL INACTIVITY IS 22% LOWER** AMONG PEOPLE WHO HAVE SERVED IN THE U.S. ARMED FORCES THAN THOSE WHO HAVE NOT

SERVED



19.6%

NOT SERVED

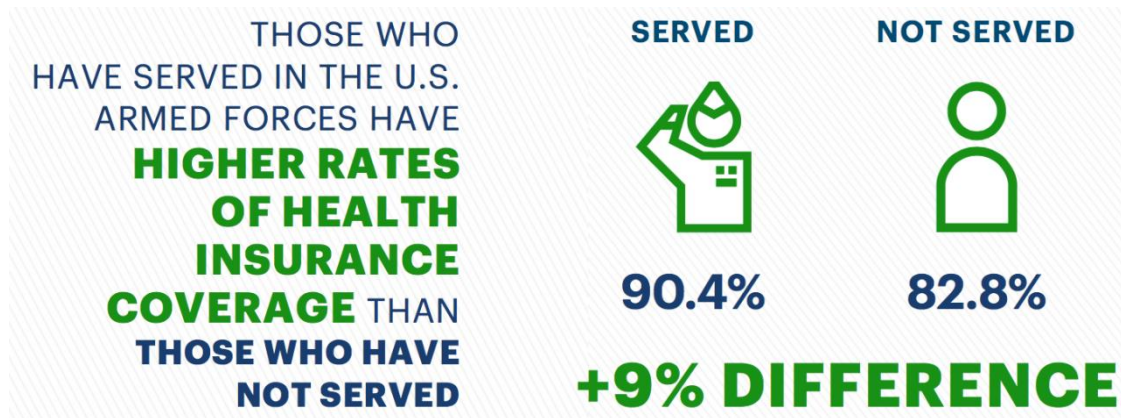


25.2%



# Those Who Have Served Have Different Health Care Experiences Than Civilians

Those who have served have higher rates of health insurance coverage . . .

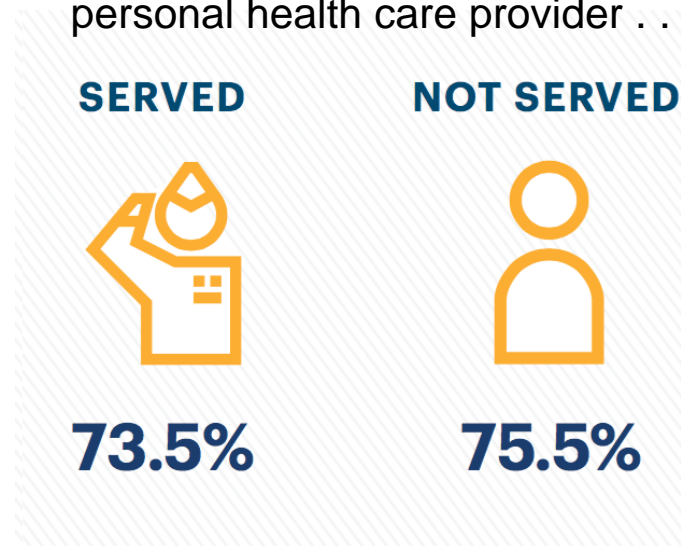


... And are more likely to use key clinical preventive services

	THOSE WHO HAVE SERVED	THOSE WHO HAVE NOT SERVED
COLORECTAL CANCER SCREENINGS	72.7%	64.9%
DENTAL VISITS	69.5%	63.7%
FLU VACCINES	50.3%	36.5%

# Those Who Have Served Are Less Likely to Report Having a Personal Health Care Provider

Overall, those who have served are slightly less likely to report having a personal health care provider . . .



. . . A notable difference that persists across all age groups

	AGE 18 – 39	AGE 40 – 59	AGE 60 – 79	AGE 80+
SERVED	59.3%	78.7%	91.4%	94.3%
NOT SERVED	61.9%	80.5%	92.8%	95.5%

# Utilizing the Report's Findings and Insights

*America's Health Rankings Health of Those Who Have Served Report* serves as a data-driven resource for stakeholders at the national, state, and local levels to:

- Describe the health of those who have served to better understand how military service influences their health and health care experiences.
- Provide a benchmark to monitor trends over time.
- Build awareness of the breadth of notable health issues facing those who have served.
- Stimulate dialog and action to inform health priorities and improve the health of those who have served.