



Nutrition Research Background

The 71 percent data: Measurement

- Eligibility estimates - Qualified Military Available (QMA)
- DoD's official metric estimating the number of youth who are eligible and available for military service without a waiver



The 71 percent data: Findings

- 71 percent of young people ages 17-24 would not qualify for military service
- The DoD reports that 31 percent of young adults ages 17-24 would be disqualified for multiple reasons, while 40 percent would be disqualified for one reason only (adding up to 71 percent)

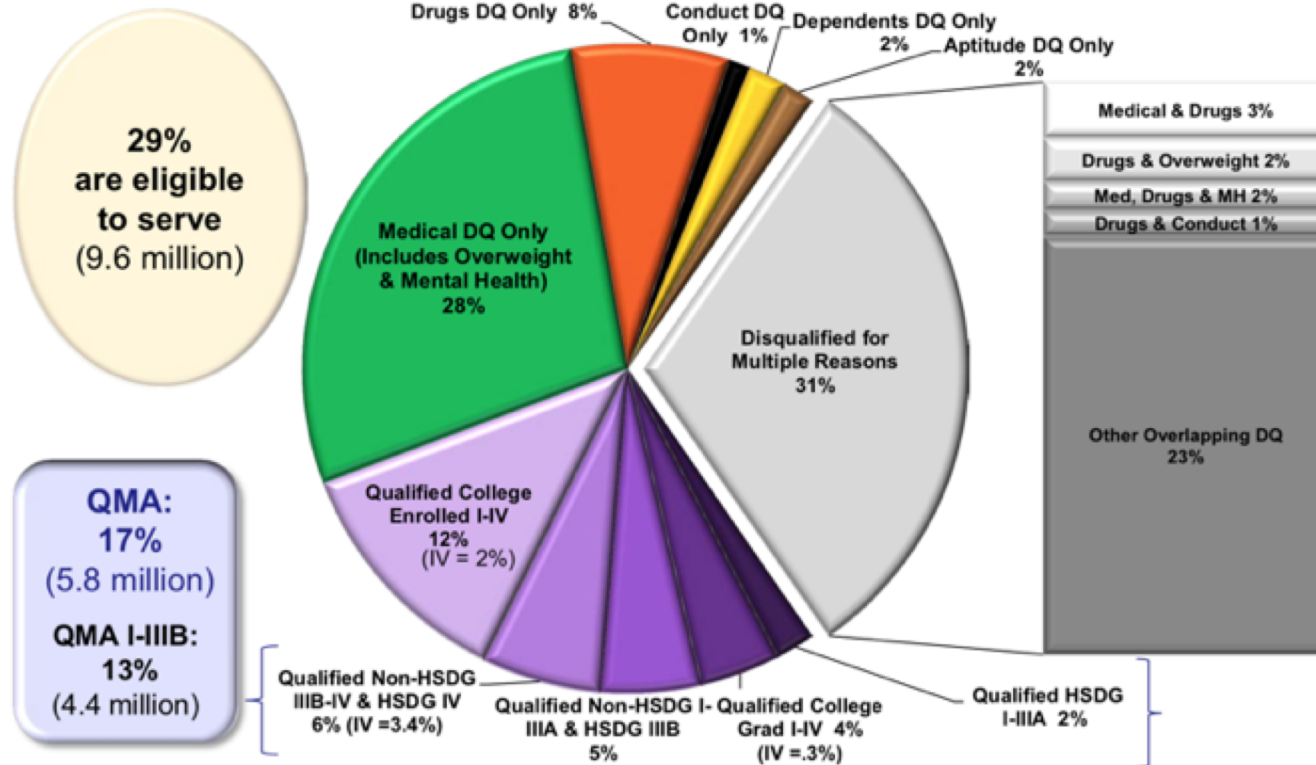


The 71 percent data: Major disqualifiers

- Health: Nearly one-third (31 percent) of young people ages 17-24 are too overweight to qualify
- Education: 10 percent of young adults do not have a high school diploma
- Crime/drug abuse: 10 percent have a criminal record that disqualifies them from service; 30 percent have a history of drug abuse



Qualified Military Available (QMA): 2013 Estimates



Note: Percentages may not sum due to rounding.

Source: DoD Qualified Military Available (QMA) Study 2013

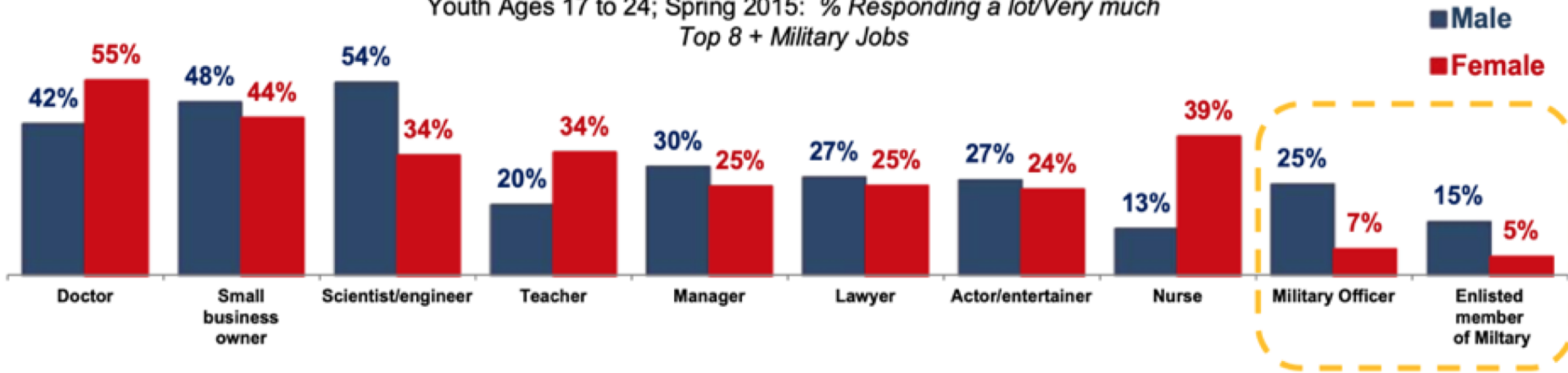
Note: Youth ages 17-24

JAMRS

Propensity to serve

If you were completely free to choose, how much would you like to have each of these jobs/positions when you are 35 years old?

Youth Ages 17 to 24; Spring 2015: % Responding a lot/Very much
Top 8 + Military Jobs



Data sources

- National Health and Nutrition Examination Survey (NHANES)
- National Survey on Drug Use and Health (NSDUH)
- Joint Advertising, Market Research & Studies Youth Poll surveys (JAMRS - YP)



Data sources

- Military Entrance Processing Command (MEPCOM)
- Armed Forces Qualification Test (AQFT) Score Database



Data sources

- Centers for Disease Control and Prevention
- State of Childhood Obesity
- United States Department of Agriculture



CDC/Mission: Readiness factsheet

INELIGIBLE TO SERVE

71%

71% of young people in the U.S. would not be able to join the military if they wanted to.

3 most common reasons young people are ineligible.



Overweight or obesity



Educational deficits



Criminal or drug abuse record

OVERWEIGHT AND OBESITY IMPACTS MILITARY READINESS

73%

Overweight and obesity among active duty service members has risen 73% between 2011 and 2015

These individuals are less likely to be medically ready to deploy. Between 2008 and 2017 active duty soldiers had more than 3.6 million musculoskeletal injuries. One study found that active duty soldiers with obesity were 33 percent more likely to get this type of injury.



IMPROVED NUTRITION AND INCREASED PHYSICAL ACTIVITY CAN BUILD A STRONG NATION

Healthy eating and physical activity can provide multiple performance and health benefits for current and future service members.



Healthy Eating Benefits

- Improved brain function
- Delayed muscle fatigue
- Accelerated recovery from strenuous activity
- Improved overall military readiness
- Sustained health and disease prevention

Physical Activity Benefits

- Improved aerobic and muscular fitness
- Improved balance and bone health
- Improved joint mobility
- Improved mental health
- Reduced risk of falling
- Extended years of active life

“If we don't take steps now to build a strong, healthy foundation for our young people, then it will not just be our military that pays the price – our nation as a whole will suffer also.”

Richard R. Jeffries, Rear Admiral, U.S. Navy (Retired) and former Medical Officer of the U.S. Marine Corps

March 2019



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FOR MORE INFORMATION PLEASE VISIT:
Division of Nutrition, Physical Activity, and Obesity
www.cdc.gov/nccddp/dnpao



DNPAO

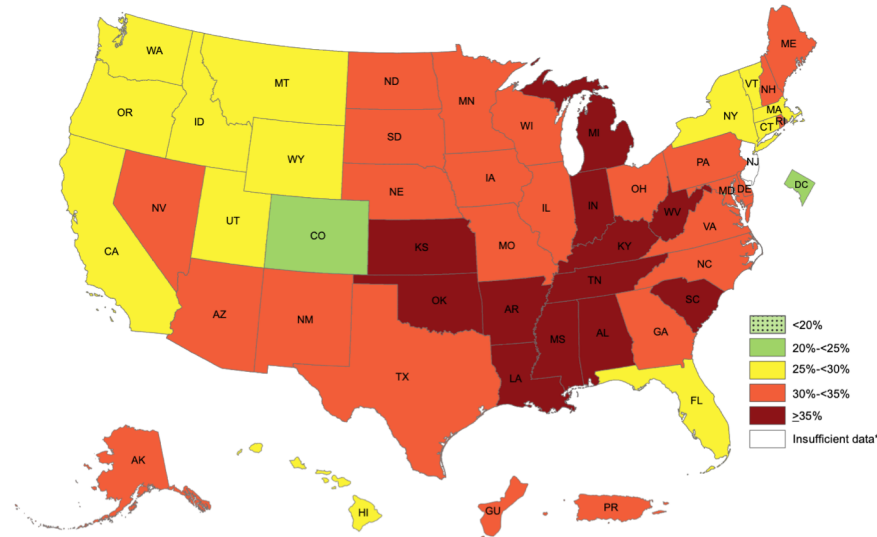
Recruitment challenges due to obesity

- Children with obesity are more likely to experience:
 - Asthma
 - Type II diabetes
 - Heart disease
 - Bone and joint problems



Recruitment challenges due to obesity

- Obesity rates are highest in Southern states, which have a high number of military recruits



Research behind programs we support

- SNAP/SNAP Nutrition Incentives
- WIC
- National School Lunch Program
- Summer Food Service Program



SNAP

- SNAP can:
 - Improve food security
 - Benefit children's academic performance
 - Improve children's health



- Among children who participated in WIC, obesity rates declined from 16 percent in 2010 to 14 percent in 2016
- This decline occurred in 41 states/territories



National School Lunch Program

- Participation is associated with:
 - Lower BMI
 - Reduced obesity rates
 - Improved academic performance



Summer meals

- Participation is associated with:
 - Improved nutrition during the summer
 - Reduced food insecurity



Food insecurity and food deserts

- Food insecurity: insufficient access to enough food for a healthy, active life
- Food deserts: areas where residents lack options to access affordable and nutritious foods



Questions?

- If you have any questions, or want more information on the research behind the programs we support, you can email Heather Maxey at hmaxey@councilforastrongamerica.org

