

THE MILLENNIUM COHORT STUDY PROTECTING THE HEALTH OF SERVICE MEMBERS AND VETERANS

FALL NEWSLETTER 2019

WWW.MILLENNIUMCOHORT.ORG

The Millennium Cohort Study Enters Its 18th Year!

Please keep us updated

❓ Have you recently moved or changed your email address?

❓ Has your name changed?

Please visit our website to update your information.

Use your Subject ID located below the barcode on the address side of this newsletter to update your contact information.

The Millennium Cohort Study, now in its 18th year, has supplied vital information on the physical and mental health issues that affect our service men and women during and following their service.

Through this work, we've learned so much about chronic illnesses and new or continued health-related behaviors, such as tobacco use, nutrition habits and more, that may be associated with service. Women's health issues are among the top priorities.

It's again time to update your health information. The 2019 health survey will be available on our website soon.

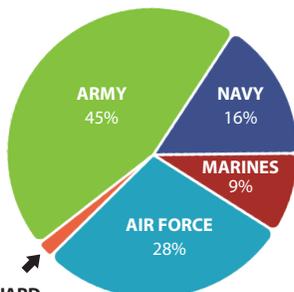
21.3% Tinnitus (ringing in the ears)

19.6% High blood pressure

17.3% Depression

16.8% Acid reflux

Most commonly reported health issues from the 2014-2016 survey data.



Cohort by service branch

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Questions? Please feel free to contact us at our toll free number 1-888-942-5222 or DSN 553-7465 or email at DoD.milcohortinfo@mail.com

THANKS TO YOU

we continue to find out more than we've ever known before about long-term health outcomes of those who have served their country with honor.

Your dedication and commitment to this effort assists not only current service members and veterans, but also the many dedicated men and women who will serve in the near and distant future.

Recent findings tell us both the positive – overall satisfaction with the military is up – and inform us on the areas where we need to focus our attention, such as the fact that those that are close to separation or retirement are the most at risk for gaining a significant amount of weight and developing obesity. We're learning more every year.

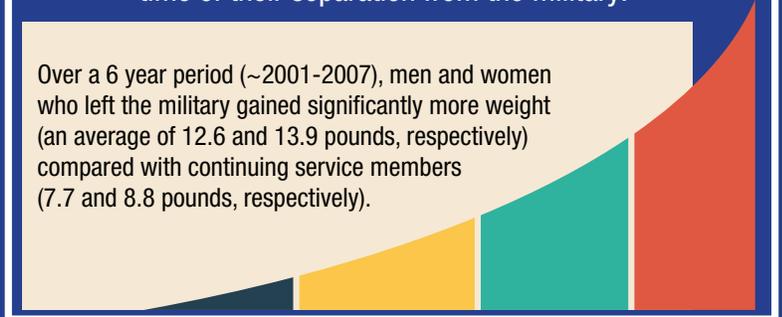
The future of the study is encouraging. In 2013, we received an extension to continue the Millennium Cohort Study beyond its original 21-year mission, and now the study will extend to 67 years. The continued assessments of service members over the total lifespan of the study is imperative for the complete understanding for the long-term health outcomes associated with military service.

Simply put, we need your help in keeping the study as helpful and informative as it is now. Thank you for your participation, and thank you for your service.

WHO IS AT RISK?

While current service members are less likely to be obese compared with civilians, this rapidly changes around the time of their separation from the military.

Over a 6 year period (~2001-2007), men and women who left the military gained significantly more weight (an average of 12.6 and 13.9 pounds, respectively) compared with continuing service members (7.7 and 8.8 pounds, respectively).



HERE'S AN OPPORTUNITY

to earn a \$5 gift card and "go green" at the same time.

The Millennium Cohort Study encourages you to complete the study online. Each survey cycle, more than 80,000 participants complete their survey online, saving themselves time, and saving the government some money.

If taking the online survey doesn't work for you, we are happy to accept the paper version that will be mailed out later this year.

Otherwise, visit www.millenniumcohort.org and keep it simple. A \$5 gift card will then come your way!



PROTECTING YOUR PRIVACY IS OUR HIGHEST PRIORITY

In a time when privacy seems to be disappearing with each passing year, it's important that agencies and institutions collecting private information keep it just that – private.

Unfortunate cases of misused or careless use of private data in the not too distant past have made many people feel reluctant to continue their involvement in survey-based research.

We want to assure you that we remain committed to the protection of your information. Our research group has collected similar information from numerous studies over many years without any cases of inappropriate disclosure. Additionally, we have made numerous improvements to ensure the security of our data collection and storage systems.

Furthermore, we have obtained a Certificate of Confidentiality from the National Institutes of Health. The investigators can use this certificate to refuse to disclose information (for example if there were a court subpoena) that may identify you in any federal, state, or local, civil, criminal, administrative, legislative, or other proceedings. The information you provide on these surveys will not be shared with your chain of command and you will not lose benefits to which you are otherwise entitled.

Please rest assured that your privacy continues to be our highest priority.



THE MILLENNIUM COHORT STUDY
PROTECTING SERVICE MEMBER HEALTH



Your continued participation in the Millennium Cohort Study is critical to understanding the relationship between military service and long-term health.

My support of your participation in this national research effort reflects the continued commitment and devotion of the American Legion to the health and welfare of our service members and veterans.



Joseph C. Sharpe Jr.
Army Veteran and Director
Veterans Employment & Education Division
The American Legion

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