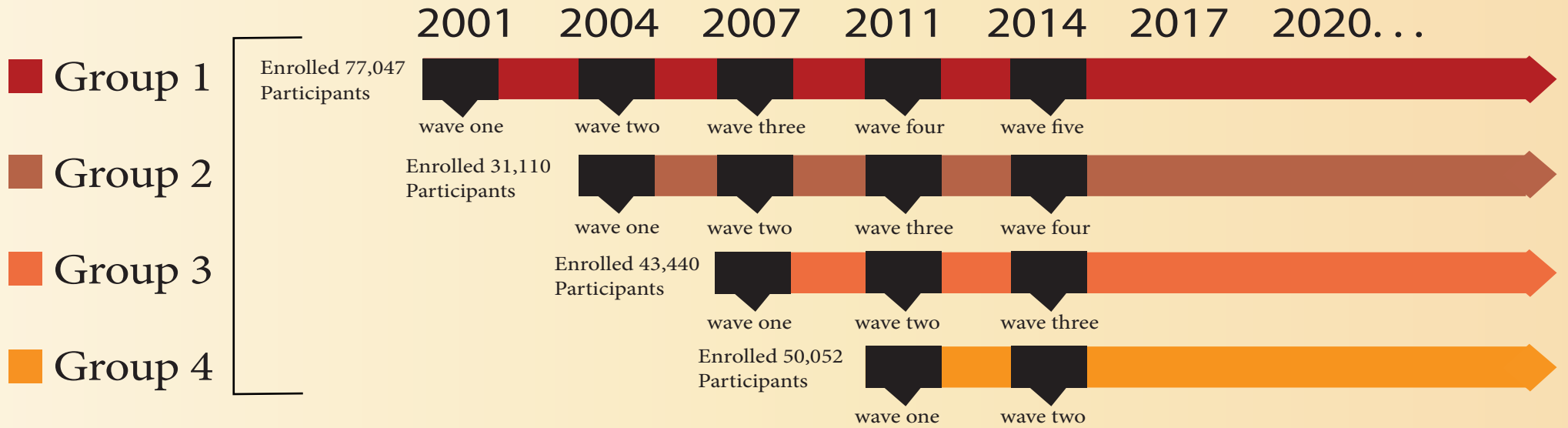


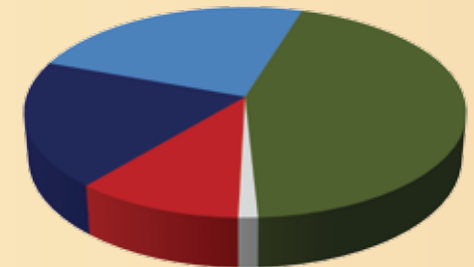
# Study Timeline



## Study Facts

- Over **200,000** Service members have enrolled since 2001
- Participants are from all **five service branches** and include active duty, Reservists and National Guard members
- The study is being conducted at the **Naval Health Research Center**, in San Diego, California
- The study follows each Service member over the course of their life **including after military separation**
- The Millennium Cohort Study is a **DoD-sponsored** study with the backing of military leaders

## The Cohort by Service Branch



- Air Force
- Army
- Coast Guard
- Marines
- Navy

## Please Keep Us Updated

Have you recently **moved** or **changed your email** address?

- Please visit our website and **log in** to **update** your information
- Use your **Subject ID**, located near the **barcode** on the address side of most correspondence we have sent you, to **log in** and **update** your personal information



[www.millenniumcohort.org](http://www.millenniumcohort.org) ♦ (888) 942-5222 ♦ DSN 553-7465



# What has the Millennium Cohort Study been up to...

## What have we learned?

- Those who were *deployed* or had *returned from deployment* were more likely to report *trouble sleeping* compared to those who had not deployed
- Deployment in general* did not result in post-deployment breathing issues
- Physical *activity* is associated with *decreased PTSD* symptoms

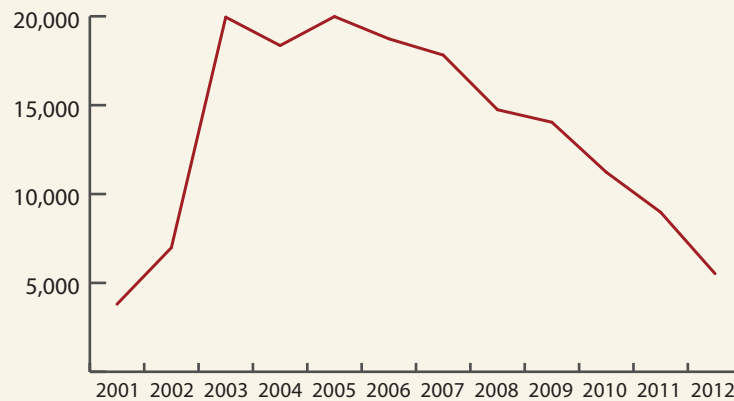
*“The most methodologically rigorous study on American troops is the U.S. Millennium Cohort Study, a population based, longitudinal investigation of active duty and Reserve/National Guard personnel.”*  
-Science Magazine

## Deployment Experiences

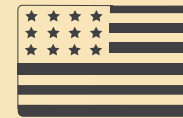
### Number of Deployments

Two or more	31%
One	30%
None	39%

Number of Participants Deployed by Year



## THE NUMBERS



**61%** of the cohort have deployed in support of the recent operations in Iraq and Afghanistan



**42%** of participants are veterans of military service

**44%** of participants are Reserve/National Guard

**31%** of participants are women