



AMES IN ACTION

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EXPLORING CARDIOVASCULAR DISEASE IN ACTIVE-DUTY MILITARY



WHAT DID AMES DO?

A team of AMES faculty and student researchers, led by AMES intern Sophie Vincent, recently conducted a study exploring trends in both diagnoses and risk factors for cardiovascular disease among active-duty military. They found that rates for most cardiovascular disease diagnoses decreased from 2016 and 2021. Over this time period, some risk factors increased (such as inappropriate diet), but other factors decreased (such diagnoses of overweight/obesity, high cholesterol, diabetes mellitus, hypertension, and tobacco use).

HOW DOES THIS APPLY TO THE MILITARY, VETERANS, EMERGENCY SERVICES, AND/OR THE COMMUNITY?

Cardiovascular health is an important component of physical and occupational health, especially for military service members. Previous research has reported increases in diagnoses of cardiovascular disease in military populations, and that cardiovascular disease or associated risk factors negatively impact service member health and mission readiness.

HOW CAN YOU APPLY THIS INFORMATION?



**CONTINUE & EXPAND
SCREENING PROGRAMS**



**PROVIDE EDUCATION
ABOUT HEART HEALTH**

Decreasing rates of risk factors and diagnoses could represent a trend in more effective disease screening and management. Screening should continue, and more research should be dedicated to make screening and treatment effective for vulnerable subpopulations. Screening and treatment resources could also be in place after service.

Decreasing rates of risk factors and diagnoses could also represent a trend in effective education about methods to protect and promote heart health. Organizations should consider providing psychoeducation to employees or community members about behavioral modifications to reduce cardiovascular disease risk.