

# SELECT FINDINGS FROM THE MILLENNIUM COHORT STUDY

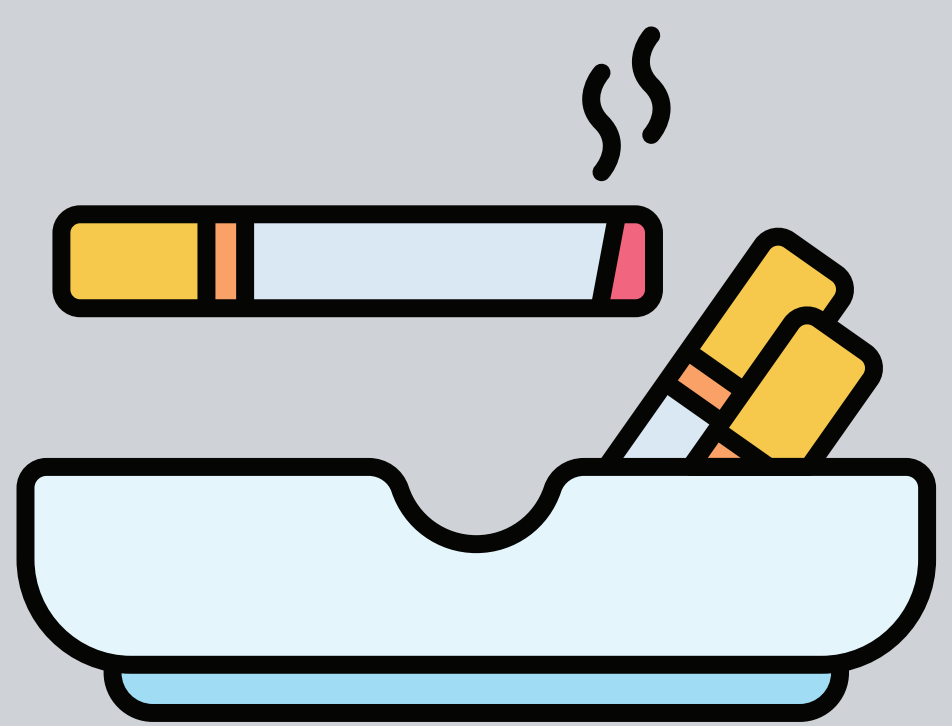
## HEALTH-RELATED BEHAVIORS RESEARCH PORTFOLIO



Positive health behaviors, such as physical activity, were associated with better overall health, including post-deployment wellness and reduced risk of PTSD.<sup>1</sup>



Service members who reported insomnia symptoms were more likely to report missed work days and early attrition from service compared to those without insomnia symptoms.<sup>2</sup>



Sexual assault survivors were more likely to relapse to cigarette smoking (among men) or unhealthy alcohol use (among women) compared to those who did not report experiencing sexual assault.<sup>3</sup>



Reserve, National Guard, and younger service members who deployed and experienced combat had increased risks of new-onset heavy weekly drinking, binge drinking, and alcohol-related problems.<sup>4</sup>



Engagement in multiple healthy behaviors (e.g., not smoking, adequate sleep), was associated with reduced risk for obesity, mental disorders, bodily pain, and somatic symptoms.<sup>5</sup>