Strategies for ensuring readiness lethality, and longevity among our nation’s current, future, and former service members.

PROBLEMS

1. RECRUITMENT:
   - Physical inactivity and obesity levels of American youth are on the rise.
   - Only 41% of young adults (aged 17–24 years) are adequately physically active and weight-eligible for military training.

2. READINESS AND RETENTION:
   - Musculoskeletal injuries (MSKIs) are strongly correlated with low physical fitness.
   - MSKIs cause 25 million days of limited duty, costing the Department of Defense (DoD) $3.7 billion annually.
   - Obesity prevalence among active component service members increased 20% from 2014-2020, while 22% of Army National Guard Members were categorized as obese in 2020.

3. RETIREMENT:
   - MSKIs are the most common medical condition among Veterans of recent military operations.
   - Veterans have significantly higher rates of chronic physical and mental illness compared to general population.

SOLUTIONS

- Implement recommendations from the Military Settings Sector of the U.S. National Physical Activity Plan (NPAP), along with its other nine sectors:
  - Opportunity to get “left and right of bang” (address the issue upstream and downstream).
  - Directly supports current Lines of Effort within the DoD and Department of Veterans Affairs.

- Increase coordinated efforts across government, industry, and academia to address low physical activity and its impact on multiple domains of fitness and health.

RESULTS OF INACTION

- Decreased readiness and lethality for fighting near peer threats.
- Continued decline in quality and quantity of life among Veterans.
- Unsustainable costs for treating largely preventable physical and mental conditions.