HEALTH 2: SERVICE PROGRAMS' EFFECT ON HEALTH

PHILIP DOWDELL
OVERVIEW

Military vs Civilian Service

- Eligibility
- Health Effects
EFFECTS OF MILITARY SERVICE
ELIGIBILITY

• Many Americans ineligible to join military

• Greatest single contributor is obesity

• Asthma, mental health issues, and other conditions also contribute largely

About 75 percent of Americans ages 17–24 would not be able to join the military. Of those, here are the four largest reasons:

- Health problems: 32%
- Physical fitness: 27%
- Education: 25%
- Criminality: 10%

NOTE: Individuals may be rejected for more than one reason.
HEALTH EFFECTS OF MILITARY SERVICE

- Military Service linked to poor health outcomes
- Greater risk of Substance Abuse, Anxiety, Depression, PTSD, Anger, Suicide [PD3], [PD14]
- Suicide Rate is 1.5 times greater for veterans than for non-veteran adults
- Additionally, these poor health outcomes generally are not related to whether service members have been deployed [PD3]
- Some benefit to physical fitness
EFFECTS OF CIVILIAN SERVICE
ELIGIBILITY

- Unlike Military, no large concerns about not being eligible to serve due to health concerns
- Very wide range of potential programs
- Proper accommodations necessary for some, shouldn’t be a large issue
HEALTH EFFECTS OF CIVILIAN SERVICE

- Many health benefits strongly associated with volunteer service
- Linked to lower depression and resting heart rate, higher self-rated life satisfaction and well-being [PD1], [PD6]
- Greater volunteer/community service work will likely benefit the health of the community, unclear as to what extent
TAKEAWAYS

- Military Service seems to lead to worse health outcomes, even when not deployed

- Many young Americans are ineligible for military service under current standards

- Civilian Service seems to lead to positive health outcomes, both for participants and for the community
WORKS CITED


