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| 4. TITLE AND SUBTITLE<br><br>Injury Risk Factors Among Male and Female Army Trainees  |  |   | 5. FUNDING NUMBERS  |  |
| 6. AUTHOR(S)<br><br>Nicole S. Bell and Bruce H. Jones   |  |   | 8. PERFORMING ORGANIZATION REPORT NUMBER                  |  |
| 7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)<br><br>U.S. Army Research Institute of Environmental Medicine<br>Natick, MA 01760-5007   |  |   | 9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) |  |
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| 12a. DISTRIBUTION / AVAILABILITY STATEMENT<br><br>Approved for public release; distribution is unlimited  |  |   | 12b. DISTRIBUTION CODE                                    |  |
| 13. ABSTRACT (Maximum 200 words)<br>This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BD, Situps, and Run Time, only Run Time was significantly associated with odds of injury per se may be less important than physical fitness in predicting injury among very active young adults. |  |   |   |  |
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Title Injury Risk Factors Among Male and Female Army Trainees

Author(s) Nicole S. Bell and Bruce H. Jones

Intended for publication in \_\_\_\_\_

Intended for presentation before APHA 121st Annual Meeting

Location San Francisco, CA

Date Oct 28, 1992

2. Budget Project No. STO 3W; Task WR 3M162787A879 Cost Code 3-30285WB3A0024

3. Enclosed contains no classified material. It meets accepted standards for scientific accuracy and propriety. It contains no potentially sensitive or controversial items.

*Bruce H. Jones*

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Chief, Occupational  
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*James A. Vogel*

JAMES A. VOGEL, Ph.D.  
Director, Occupational Health and  
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Call for Abstracts

APHA 121st Annual Meeting  
San Francisco, CA—October 24 – 28, 1993

(Author making presentation)

Name and title Nicole S. Bell, MPH.

Address # 8 NONESUCH DRIVE

City NATICK State MA Zip 01760

Telephone (508) 651-8116

Persons wishing to contribute presentations or papers to be considered for the APHA Annual Meeting must submit an abstract of work on the form provided below. The abstract form must be accompanied by an Author/Co-Author ID Form. The 2 forms should be mailed to the designated Section, SPIG, or Caucus Representative and RECEIVED no later than February 10, 1993. Do not submit the same abstract to more than one Section or APHA component.

**TYPE ABSTRACT TITLE IN UPPER CASE LETTERS.**  
Type author(s) and co-author(s) name(s) using upper and lower case letters and underline, with presenter's name listed first as the only one to receive the detailed program participant mailing. Four abstracts without the authors' names should also be sent for blind review. Type abstract text, flush left, single-spaced, within parameters of box, using carbon ribbon standard size type. Abstract should be of camera-ready quality, suitable for 50% reduction. A completed author/co-author ID form must accompany each abstract. If the total number of authors and/or co-author exceeds three, please xerox and complete the appropriate number of ID Forms. Send original abstract and 4 copies of the abstract to the appropriate chairperson, accompanied by a self-addressed stamped envelope for notification of acceptance or rejection. Enclose a stamped, self-addressed postcard if you want notification of receipt of abstract. FAX copies of the abstracts will **NOT** be accepted. Deadline for receipt of abstracts is February 10, 1993. Notification will be mailed in June. Consult the January issue of the *The Nation's Health* or the February issue of the *American Journal of Public Health* for the specific topics and requirements for Sections, SPIGs, and Caucuses. If requirements and instructions are not followed, your abstract will not be considered for review. **NOTE TO NON-MEMBERS:** Contributed papers may only be read by APHA members. Non-members may submit a contributed paper but it may **ONLY** be read by an APHA member.

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**INJURY RISK FACTORS AMONG MALE AND FEMALE ARMY TRAINEES**  
Nicole S. Bell, M.P.H., Bruce H. Jones, M.D.

This study documents incidence of and risk factors for injury among women and men during 8 wks of Army Basic Training. Participants were 745 trainees (293 women, 452 men). Data included demographics (age, race, sex), anthropometrics (HT, WT, %Fat), fitness scores (pushups, situps, run time) and injury incidence. Injury data were obtained by review of every participant's medical record. The crude relative risk (RR) of injury, for women v men, was 2.1 (60% injured v 29%) and the crude RR for time-loss injury was 2.3 (42% v 19%). There was a significant trend of increasing injury risk for successively slower quintiles of run times (women: risks, fast to slow= 46%, 57%, 62%, 71%, 67%, MH trend p=.005; men: risks, fast to slow= 21%, 21%, 30%, 33%, 41%, MH trend p=.0005). Adjusted RR for women vs men, stratified on run time, was 1.4 (p=.01). In a logistic regression model containing Age, Race, Sex, Ht, %BF, Situps, and Run Time, only Run Time was significantly associated with odds of injury (OR=1.2 per min., p=.02). The data suggest that gender per se may be less important than physical fitness in predicting injury among very active young adults.