Injury Risk Factors Among Male and Female Army Trainees

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

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