



Defense Health Agency (DHA) Clinical Communities Speaker Series

Resource List – September 2020

Military Health Care- Select Promising Practices

The Female Force Readiness Strategy: Increasing Medical Readiness, Resiliency and Retention of the Female Force

It is important to understand the preconception risk of women service members and veterans of childbearing age. The study, [Preconception health risk factors in women with and without a history of military service](#), analyzed data from the 2013 and 2014 Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System. Data was collected on health behaviors, chronic conditions and mental health among women of childbearing age and compared amongst women with and without a history of service. Results of this study found that women with a history of service reported a higher prevalence of insufficient sleep and diagnosed depression, were more likely to smoke in the 25 to 34 age group and were less likely to have obesity compared to women without a history of service. This study suggests that it is critical that providers are aware of their patients' military status and potential associated risks.

The Health.mil website has published an article on the [Women's Reproductive Health Survey \(WRHS\)](#) produced by the Department of Defense (DoD). The WRHS is the first survey specifically focused on the reproductive health of female service members in over 30 years. The WRHS is scheduled to begin in August and be available until October 2020. Survey participants will be randomly selected from a sample of active-duty female service members from the various services. This survey will provide female service members the opportunity to provide feedback to help the military identify policies and practices that best meet their needs. The goal is to use the data to shape clinical services and evaluate if the reproductive health needs of active duty women are being met.

The U.S. Department of Veterans Affairs (VA) has a webpage for the [Women Veterans Health Care Program](#). This program was created in 1988 to streamline services for women Veterans in order to provide more cost-effective medical and psychological care. The strategic priorities include comprehensive primary care, health education, reproductive health, communication and partnerships, research and special populations. There is also a Women Veterans Call Center (WVCC) to help answer questions about VA benefits and services.

A study was conducted to assess the attitudes of female soldiers toward physical fitness tests and physical performance requirements. [Perceptions and attitudes of female soldiers toward physical performance and fitness standards in soldiers](#) suggests that there might be a need for better communication about fitness requirements and targeted interventions for better integration of women in the military environment. Nearly half (48 %) of the female soldiers in the study reported that it creates inequality when there are the same fitness standards for both genders. Participants of the study also reported experiencing bullying and discrimination because of their physical fitness.



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References

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