2018 #ColdReadiness Twitter Chat recap. Winter Safety: Preventing Cold Weather Injuries for service members and their families
A warm welcome to our #Military #Health experts and @Twitter followers.
#ColdReadiness

@AFHSBPAGE is the central epidemiological #Health resource for U.S. #Military and #Health providers. #Epidemiology #ColdReadiness

Let’s get started. #ColdReadiness . #Military #Service
Cold #Weather injuries are a major threat to the #Health and operational readiness of U.S. #Service members. #ColdReadiness
12:05 PM - 24 Jan 2018

Cold #Weather injuries are particularly a threat during training sessions and deployments in #Cold and #Wet environments. #ColdReadiness / #Military
12:05 PM - 24 Jan 2018

For years U.S. Armed Forces have developed and improved robust training, doctrine, procedures... #ColdReadiness
12:06 PM - 24 Jan 2018

(Cont.) And protective equipment and clothing to counter #Cold weather injuries. #ColdReadiness
12:07 PM - 24 Jan 2018
Cold and wet environmental conditions pose the threat of #Hypothermia, #Frostbite and non-freezing #ColdWeather Injury. #ColdReadiness / #Military

12:08 PM - 24 Jan 2018

Example of non-freezing #ColdWeather injury is immersion injury. #ColdReadiness

12:08 PM - 24 Jan 2018

Our human physiologic response to #Cold exposure is to preserve core body #Temperature. #ColdReadiness / #Military

12:09 PM - 24 Jan 2018

But preserving core body temperature may not be sufficient to prevent, for example, #Hypothermia if #Heat loss is prolonged. #ColdReadiness / #Military

12:09 PM - 24 Jan 2018
The response includes constriction of the peripheral (superficial) vascular system, which may result in non- Freezing injuries. ColdReadiness / Military

12:10 PM - 24 Jan 2018

Or hasten the onset of actual freezing of tissues – Frostbite. ColdReadiness / Military

12:11 PM - 24 Jan 2018

# POLL: Have you had a ColdWeather injury?
ColdReadiness / Military

40% Yes
60% No
0% Not Sure

5 votes • Final results

Guard Your Health @ARNGHealth

@USNationalGuard Soldiers, have you gotten a ColdWeather injury? Answer on the ColdReadiness chat's poll.
#Airmen, have you experienced an injury due to cold weather? Take the poll below and comment to join the #ColdReadiness twitter chat.

AFHSB @AFHSBPAGE
#POLLS: Have you had a #ColdWeather injury? #ColdReadiness / #Military

12:18 PM - 24 Jan 2018

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Traditional measures to counter the dangers associated with #Cold environments include:

1. Minimizing loss of body #Heat. #ColdReadiness

2. Protecting superficial tissues. #Military

12:13 PM - 24 Jan 2018

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Superficial tissues can be protected through protective clothing, shelter, physical activity and #Nutrition. #ColdReadiness / #Military

12:14 PM - 24 Jan 2018
Continuous #Surveillance of #ColdWeather injuries is essential to inform steps to reduce their impact and also to remind #Military leaders of the predictable threat of #Cold weather injuries. #ColdReadiness

During the past five cold seasons, July 2012 — June 2017, a total of 2,717 members of the active and reserve components were affected by #Cold #Weather injuries: health.mil/News/Gallery/I ... . #ColdReadiness / #Military
Of all affected reserve component members, 71.7% were members of the #Army during the past 5 #Cold seasons: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military

Five cold seasons: July 2012-June 2017. Active reserve component service m... This infographic provides information on active and reserve component service members who were affected by any cold weather injury during the July 2012 – Ju...

Guard Your Health

Have you been affected by a #ColdWeather injury? #ColdReadiness

AFHSB @AFHSBPAGE
During the past five cold seasons. July 2012 — June 2017, a total of 2,717 members of the active and reserve components were affected by #Cold #Weather injuries: health.mil/News/Gallery/1... . #ColdReadiness / #Military
Past 5 #Cold seasons: Of all active component #Service members who were diagnosed with a #ColdWeather injury were affected during #BasicTraining: health.mil/News/Gallery/I ... . #ColdReadiness / #Military

During the 5-year surveillance period, the 2,717 service members who were affected by any cold weather injury included 2,307 from the active component and 410 from the reserve component.

Overall, Army members comprised the majority (61.0%) of all cold injuries affecting active and reserve component service members.

Of all affected reserve component members, 21.7% (n=264) were members of the Army.

COLD WEATHER INJURIES DURING BASIC TRAINING

Of all active component service members who were diagnosed with a cold weather injury (n=7,307), 2,307 (31.8%) of the total were affected during basic training.

Additionally, during the surveillance period, 66 service members

Five cold seasons: July 2012-June 2017, Active reserve component service m... This infographic provides information on active and reserve component service members who were affected by any cold weather injury during the July 2012 – Ju... health.mil

12:21 PM - 24 Jan 2018
From July 2012 – June 2017, #Army & #Marine Corps accounted for 96.1% of all basic trainees who suffered a #ColdWeather Injury: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military

Five cold seasons: July 2012-June 2017, Active reserve component service members who were affected by any cold weather injury during the July 2012 – June 2017 period... health.mil
Also during the 5 year surveillance period, 60 #Service members diagnosed with #ColdWeather injuries were hospitalized: health.mil/News/Gallery/I ... . #ColdReadiness / #Military
And 93.3% of the hospitalized cases were members of either the #Army or #Marine Corps:

health.mil/News/Gallery/I ... .
#ColdReadiness / #Military
During July 2012 – June 2017, #ColdWeather injury rates tended to be higher among the youngest #Service members, female, non-Hispanic black, or in the #Army: health.mil/News/Gallery/I ... . #ColdReadiness / #Military

Did you know during the past 5-years, overall rates of #ColdWeather injuries in the active component were higher in females than in males? Learn more here: health.mil/Reference-Cent ... . #ColdReadiness / #MilitaryFirst
This was mainly because of the striking difference between the rates for female & male Service members in the Army. ColdReadiness / Military

12:27 PM - 24 Jan 2018

In all the services during 2012–2017, females had lower rates of Immersion injury than did males but higher rates of Frostbite: health.mil/Reference-Cent ... . ColdReadiness / Military

12:29 PM - 24 Jan 2018

(Cont.) except in the AirForce. ColdReadiness / Military

12:29 PM - 24 Jan 2018

Is this true for you, @USNationalGuard Soldiers? ColdReadiness

Guard Your Health @ARNGHealth

Did you know during the past 5-years, overall rates of ColdWeather injuries in the active component were higher in females than in males? Learn more here: health.mil/Reference-Cent... . ColdReadiness / MilitaryFirst

12:29 PM - 24 Jan 2018
But let’s not forget about #ColdWeather injuries with overseas deployments. #ColdReadiness / #Military

12:30 PM - 24 Jan 2018

Cold #Weather injuries associated w/ overseas deployments have fallen precipitously in the past 3 #Cold seasons: health.mil/Reference-Cent ...
#ColdReadiness / #Military / #News

During the 5-year surveillance period, 105 #ColdWeather injuries were diagnosed and treated in #Service members deployed outside of the U.S. health.mil/Reference-Cent ...
... . #ColdReadiness / #Military

12:33 PM - 24 Jan 2018
Here's the breakdown of #ColdWeather injuries during deployments, July 2012 – June 2017:

health.mil/News/Gallery/I ... . #ColdReadiness / #Military

**During Deployments**

During the 5-year surveillance period, 105 cold weather injuries were diagnosed and treated in service members deployed outside of the U.S. Of these, 20 (37%) were immersion injuries; 33 (31%) were frostbite; 16 (15%) were hypothermia; and 17 (16%) were “unspecified” cold weather injuries.

**No. of Cold Weather Injuries**

Of all 105 cold weather injuries during the surveillance period, 66% occurred during the first two cold seasons.
68% of #ColdWeather injuries diagnosed and treated in #Service members deployed outside of the U.S. occurred in the first 2 #Cold seasons: health.mil/News/Gallery/... #ColdReadiness / #Military
There were just 10 #cases of #ColdWeather injuries in the most recent year: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military

12:39 PM - 24 Jan 2018

#POLL: Can you guess the most common type of #ColdWeather injury from July 2016 through June 2017? #ColdReadiness / #Military

0% Hypothermia

33% Frostbite

67% Immersion Injury

3 votes • Final results

12:41 PM - 24 Jan 2018
Here's the occurrence of ColdWeather injuries from July 2016 through June 2017:

health.mil/News/Gallery/L... #ColdReadiness / #Military

The total number of cold weather injuries among active component service members in the 2016–2017 cold season was the lowest since 1999.

2016–2017 versus the previous four cold seasons

A total of 387 members of the active (320) and reserve (67) components had at least one medical encounter with a primary diagnosis of cold weather injury.

Cold weather injuries associated with overseas deployments were RAISEN (predominantly in the past three cold seasons due to changes in military operations in Iraq and Afghanistan). There were just 10 CASES in the 2016–2017 season.

Frostbite was the most common type of cold weather injury.

More info can be found in the October 2017 MSMR (Vol. 26, No. 10). Go to www.health.mil/MSMR.
A total of 387 members of the active and reserve components had at least one #Medical encounter w/ a primary diagnosis of #ColdWeather injury:
health.mil/News/Gallery/I ... .
#ColdReadiness / #Military / #USA

Update: Cold Weather Injuries, Active and reserve components, U.S. Armed F...
This infographic provides an update for cold weather injuries among active and reserve components, U.S. Armed Forces, July 2012 – June 2017.

health.mil

From July 2016 – 2017, the overall incidence rate was lower than in any of the previous four #Cold seasons ; health.mil/News/Gallery/I... . #ColdReadiness / #Military / #News
During the 2016 – 2017 #Cold season, #Froshbite was the most common type of #ColdWeather injury: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military

In the Air Force and Army, respectively, 60.9% and 58.9% of all cold weather injuries were froshbite, whereas the proportions in the Marine Corps (42.9%) and Navy (25.0%) were much lower.

For the Navy, the 2016–2017 number and rate of frostbite injuries in active component service members were the lowest of the past 5 years.

The number of laceration injury cases in 2016–2017 in the Marine Corps was the lowest of the 5-year surveillance period.

**Percentages of each Service’s cold weather injuries that were froshbite, 2016–2017 cold season**

**AIR FORCE 60.9%**

**ARMY 58.9%**

**MARINE CORPS 42.9%**

**NAVY 25.0%**

For all active component service members during 2016–2017, the proportions of non-frostbite cold weather injuries were as follows:

Watch for symptoms of #Froshbite such as skin discoloration, numbness or waxy feeling skin: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military
The total number of #ColdWeather injuries in the 2016–2017 #Cold season was the lowest since 1999: health.mil/News/Gallery/... #ColdReadiness / #MSMR
The overall incidence rate for all active component service members in 2016–2017 was 15% lower than the rate for 2015–2016. 

2016 – 2017 was also the lowest rate among the five #Cold seasons of the 2012–2017 surveillance period. This infographic documents cold weather injuries among the active and reserve components of the U.S. Armed Forces for the 2016–2017 cold season.

**POLL:** Which of the #Services contributed the most to all #ColdWeather injury diagnoses in the active component? 

- 67% Army
- 33% Marine Corps
- 0% Navy
Go on over to @AFHSBPage now to join the #ColdReadiness Twitter chat! #StayReady It’s cold out there!

But let’s break down #Demographics more for the five #ColdWeather seasons. #ColdReadiness / #Military

Did you know overall rates of #ColdWeather injuries were higher among non-Hispanic #black service members than any other race/ethnicity groups? #ColdReadiness / #Military
Within the #Army and Marine Corps, rates of #ColdWeather injuries were twice as high in non-Hispanic black #Service members as in non-Hispanic white: health.mil/Reference-Cent ... . #ColdReadiness / #Military

(Cont.) or “other” race/ ethnicity groups. This was also the case for all services combined. #ColdReadiness / #Military
The rates of #Frostbite among non-Hispanic black #Service members were triple those of the other race/ ethnicity groups: health.mil/News/Gallery/1 ... . #ColdReadiness / #Military

INCIDENCE RATES OF COLD WEATHER INJURIES
Non-Hispanic black service members, five cold weather seasons: July 2012–June 2017

DID YOU KNOW...?
For all of the services, overall rates of cold weather injuries were higher among non-Hispanic black service members than among those of other race/ethnicity groups.

Rates of COLD WEATHER INJURIES among non-Hispanic black service members were 2x as high as those among non-Hispanic white or other race/ethnicity groups.

The rates of FROSTBITE among non-Hispanic black service members were 3x.

But what about #ColdWeather injuries by #Military locations for the 5 #Cold seasons? We've got answers. #ColdReadiness
During the surveillance period, 24 #Military locations had at least 30 incident #ColdWeather injuries among active & reserve component #Service members: health.mil/News/Gallery/I ... . #ColdReadiness

2016–2017 COLD SEASON

During the 2016–2017 cold season, the numbers of incident cases of cold weather injuries were higher than the counts for the previous 2015–2016 cold season at seven of the 24 locations. The most noteworthy increase was found at the Army’s Fort Wainwright, where there were 48 total cases diagnosed in 2016–2017, compared to just 18 during the 2015–2016 cold season.

health.mil
The #Military locations with the highest 5-year counts of incident #ColdWeather injuries were: health.mil/News/Gallery/I ... . #ColdReadiness

From July 2016 through June 2017, a total of 24 military locations had at least 30 incident cold weather injuries (one per person per year) among active and reserve component service members.

The locations with the HIGHEST 5-year counts of incident injuries were:

- Fort Irwin, CA (47)
- Fort Lee, VA (9)
- Fort Hood (55)
- Fort Campbell, KY (70)
- Twentynine Palms, CA (65)
- Fort Riley, KS (60)
- Joint Base Lewis McChord, WA (70)
- Fort Carson, CO (84)
- Ann Arbor, MI (110)
- Fort Bliss, TX (115)
- Fort Leonard Wood, MO (115)
- Fort Huachuca, AZ (123)
- Marine Corps Recruit Depot Parris Island, SC (132)

2016–2017 COLD SEASON

During the 2016–2017 cold season, the numbers of incident cases of cold weather injuries were higher than the counts for the previous 2015–2016 cold season at seven of the 24 locations. The most noteworthy increase was found at the Army’s Fort Irwin, where there were 47 total cases diagnosed in 2016–2017, compared to just 16 during the 2015–2016 cold season.
For 17 of the 24 installations, the numbers of cases in 2016–2017 were at or below the median counts for the previous 4 years: [health.mil/News/Gallery/I](http://health.mil/News/Gallery/I) .... #ColdReadiness / #Military

**2016–2017 COLD SEASON**

During the 2016–2017 cold season, the numbers of incident cases of cold weather injuries were higher than the counts for the previous 2015–2016 cold season at seven of the 24 locations. The most noteworthy increase was found at the Army’s Fort Wainwright, where there were 48 total cases diagnosed in 2016–2017, compared to just 16 during the 2015–2016 cold season.

**Cold weather injuries by military location, U.S. Armed Forces, July 2012 – June 2017**

This infographic documents cold weather injuries by military location among U.S. Armed Forces for the July 2012 – June 2017 cold seasons.

[health.mil](http://health.mil)

Access the full #ColdWeather injuries report in #MSMR Vol. 24 No. 10 October 2017: [health.mil/Reference-Cent](http://health.mil/Reference-Cent) .... #ColdReadiness / #Military
Share your #WinterSafety tips and #Health resources for heading outside in #ColdWeather. Use hashtag #ColdReadiness. #Military

Check out our Winter Safety toolkit for information on cold weather injuries and how to prevent them:
airforcemedicine.af.mil/Your-Healthcare  ...
#ColdReadiness #Military #WashingtonDC #MilHealth #WinterSafety
Stay safe and warm while exercising in the cold! #ColdReadiness

WINTER
RUNNING TIPS
Stay SAFE and WARM while exercising in the cold.

Layer Up
Check in layers that you can remove as you start to sweat and then put back on as needed. Avoid cotton, which stays wet next to your skin.

Pay Attention to Weather Conditions
Before heading out, check the forecast for the time you'll be outside. Temperature, wind, and moisture are key considerations in planning a cold-weather workout.

Drink Plenty of Fluids
Drink water or a sports drink before, during, and after your workout, even if you're not really thirsty to avoid dehydration.

Avoid Frostbite
Frostbite is most common on exposed skin such as your nose, ears, hands, and feet. Early warning signs include numbness or a tingling sensation.

Source: mayoclinic.org

Part of #ColdReadiness is avoiding #cold weather injuries, especially for #military members: gyh.tips/WinterSafety
Don’t let cold weather keep you from staying fit this #winter: gyh.tips/FitWinter
#ColdReadiness #Military

Brrrrr, it’s #cold out there! Stay inside for PT today with Drill Deck: gyh.tips/DrillDeckToGo
#ColdReadiness

These are some great tips! #ColdReadiness

Be Ready Utah • @BeReadyUtah
Bundling up in layers and staying dry is one of the best things you can do to stay safe this winter. #Shelter #WinterSafety
weather.gov/cold
#APFT or another #military PT test coming up in the spring? Prepare today with the Guard Fit mobile app: gyh.tips/GuardFit

#ColdReadiness

For more information on how to stay safe during the #Cold #Weather, follow @AFHSBPAGE on #Facebook: facebook.com/AFHSBPAGE . #ColdReadiness / #Military
Use the hashtag #ColdReadiness to continue spreading the word on #ColdWeather injury prevention & #WinterSafety. #MilitaryFamily / #Military

More #ColdReadiness information. Thank you @USARECPAO!

U.S. Army Recruiting @USARECPAO
The weather can be unpredictable, but we can always be prepared. Make sure you and your families stay safe and healthy in these winter months. Check out these winter safety tips. #WinterSafety cdc.gov/features/winte...

MilitaryHealth @MilitaryHealth
Thanks everyone for joining @AFHSBPage #ColdReadiness twitter chat. We hope you learned some valuable information about #ColdWeather injury prevention.