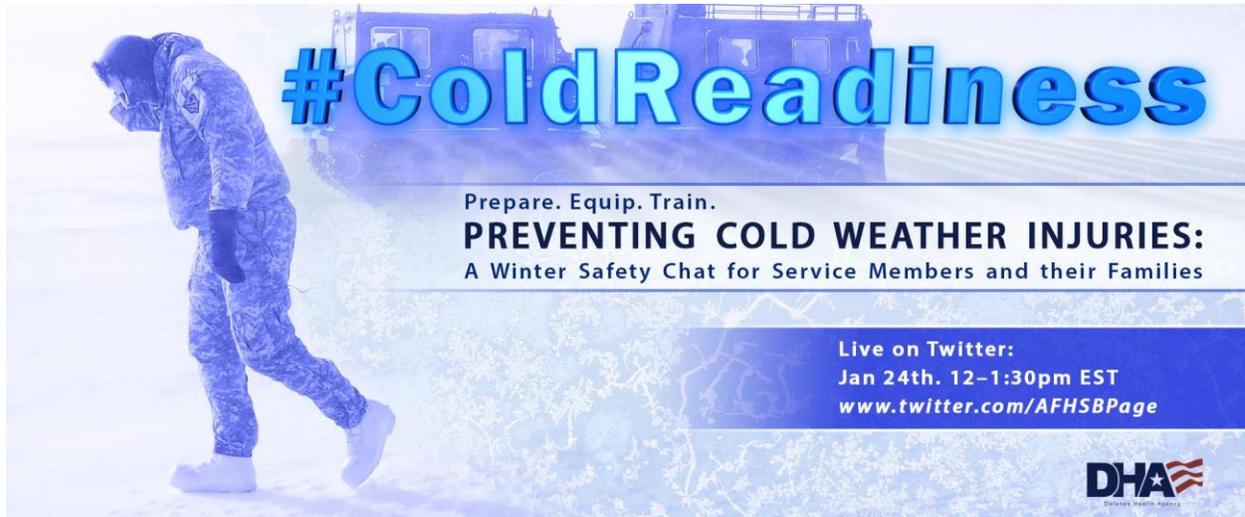


2018 #ColdReadiness Twitter Chat
recap. Winter Safety: Preventing Cold
Weather Injuries for service members
and their families



#ColdReadiness

Prepare. Equip. Train.
PREVENTING COLD WEATHER INJURIES:
A Winter Safety Chat for Service Members and their Families

Live on Twitter:
Jan 24th. 12-1:30pm EST
www.twitter.com/AFHSBPage

DHA
Defense Health Agency



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A warm welcome to our [#Military](#) [#Health](#) experts and [@Twitter](#) followers.
[#ColdReadiness](#)



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

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Let's get started. [#ColdReadiness](#) . [#Military](#)
[#Service](#)

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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](#)

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(Cont.) And protective equipment and clothing to counter [#Cold](#) weather injuries. [#ColdReadiness](#)

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Cold and wet environmental conditions pose the threat of [#Hypothermia](#), [#Frostbite](#) and non-freezing [#ColdWeather](#) Injury.
[#ColdReadiness](#) / [#Military](#)

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Example of non-freezing [#ColdWeather](#) injury is immersion injury. [#ColdReadiness](#)

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

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

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The response includes constriction of the peripheral (superficial) vascular system, which may result in non- [#Freezing](#) injuries.
[#ColdReadiness](#) / [#Military](#)

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Or hasten the onset of actual freezing of tissues – [#Frostbite](#). [#ColdReadiness](#) / [#Military](#)

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[#POLL](#): Have you had a [#ColdWeather](#) injury?
[#ColdReadiness](#) / [#Military](#)



5 votes • Final results



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.@USNationalGuard Soldiers, have you gotten a [#ColdWeather](#) injury? Answer on the [#ColdReadiness](#) chat's poll.

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[#POLL](#): Have you had a [#ColdWeather](#) injury? [#ColdReadiness](#) / [#Military](#)



Air Force Medicine ✓
@USAFHealth

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#Airmen, have you experience an injury due to cold weather? Take the poll below and comment to join the #ColdReadiness twitter chat.

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

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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

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

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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](#)

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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 ...](http://health.mil/News/Gallery/I...) .
[#ColdReadiness](#) / [#Military](#)



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Of all affected reserve component members, 71.7% were members of the #Army during the past 5 #Cold seasons: [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) . #ColdReadiness / #Military

COLD WEATHER INJURIES DURING BASIC TRAINING

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 (61.6%) of all cold injuries affecting active and reserve component service members.

Of all affected reserve component members, 71.7% (n=294) were members of the Army.

Of all active component service members who were diagnosed with a cold weather injury (n=2,307), 230 (10.0% of the total) were affected during basic training.

Additionally, during the surveillance period, 60 service members

The Army (n=122) and Marine Corps (n=99) comprised 96.1% of all basic trainees who were diagnosed with a cold weather injury.

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

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Following

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

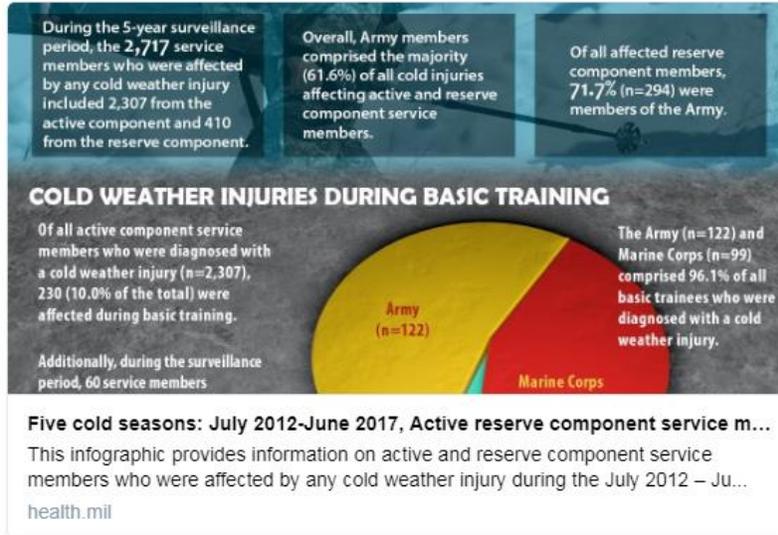
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During the past five cold seasons, July 2012 — June 2017, a total of 2,717 members of the active and reserve components were affected by #Cold #Weather injuries: health.mil/News/Gallery/I... . #ColdReadiness / #Military

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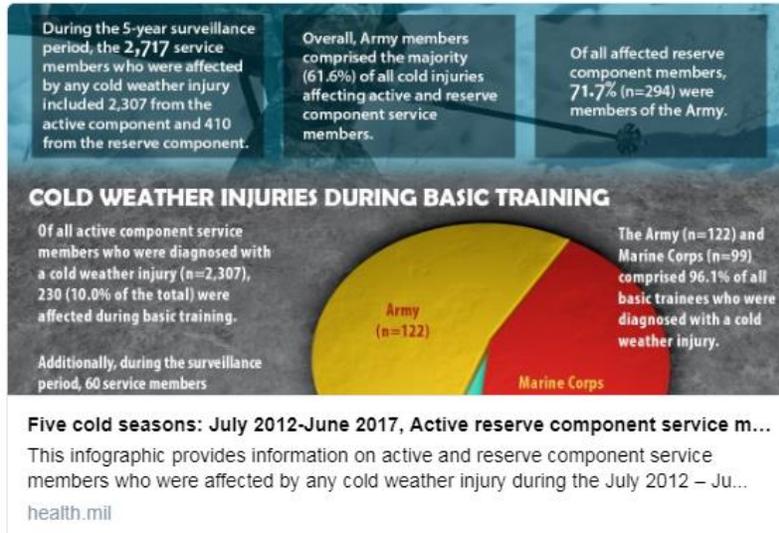


Past 5 #Cold seasons: Of all active component #Service members who were diagnosed with a #ColdWeather injury were affected during #BasicTraining : [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) . #ColdReadiness / #Military





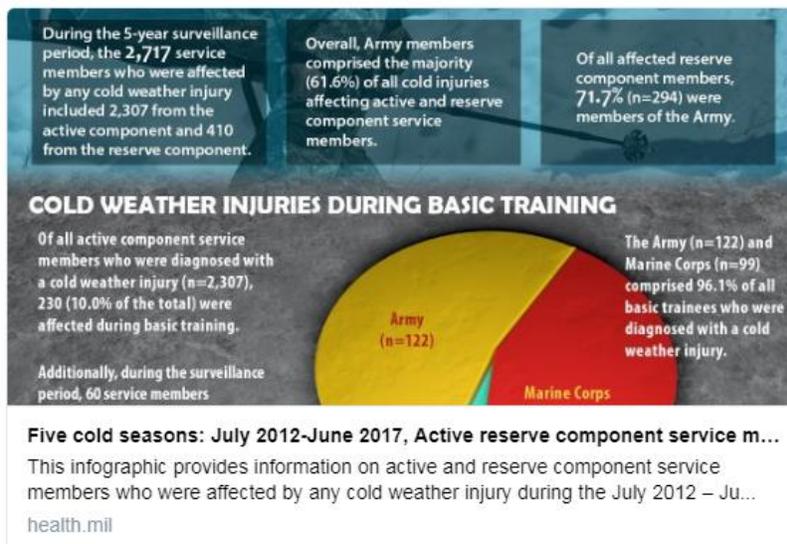
From July 2012 – June 2017, **#Army** & **#Marine** Corps accounted for 96.1% of all basic trainees who suffered a **#ColdWeather Injury**: [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) .
#ColdReadiness / **#Military**



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Also during the 5 year surveillance period, 60 #Service members diagnosed with #ColdWeather injuries were hospitalized: [health.mil/News/Gallery/I ...](http://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/1 ...](http://health.mil/News/Gallery/1...)
#ColdReadiness / #Military

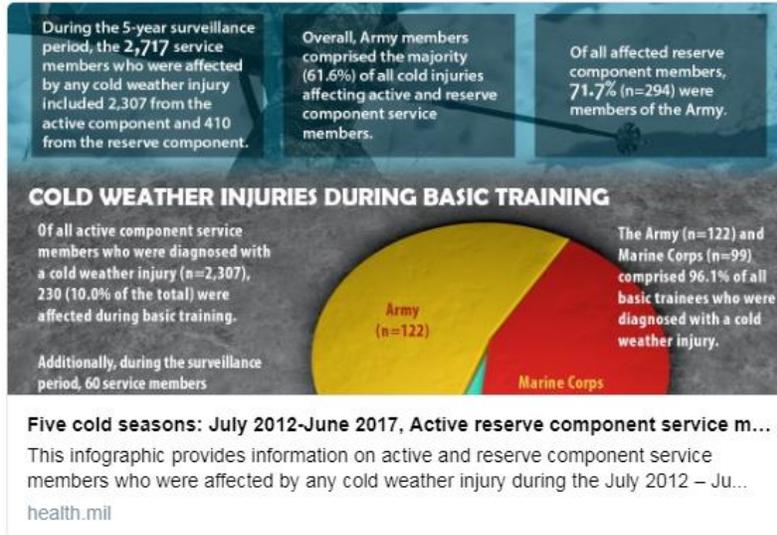




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During July 2012 – June 2017, [#ColdWeather](#) injury rates tended to be higher among the youngest [#Service](#) members, female, non-Hispanic black, or in the [#Army](#) :
[health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) . [#ColdReadiness](#)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



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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 ...](http://health.mil/Reference-Cent...) .
[#ColdReadiness](#) / [#MilitaryFirst](#)

12:27 PM - 24 Jan 2018



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This was mainly because of the striking difference between the rates for female & male [#Service](#) members in the [#Army](#).
[#ColdReadiness](#) / [#Military](#)

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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](#)

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(Cont.) except in the [#AirForce](#).
[#ColdReadiness](#) / [#Military](#)

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Is this true for you, [@USNationalGuard](#) Soldiers? [#ColdReadiness](#)

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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](#)

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But let's not forget about [#ColdWeather](#) injuries with overseas deployments.
[#ColdReadiness](#) / [#Military](#)

12:30 PM - 24 Jan 2018



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



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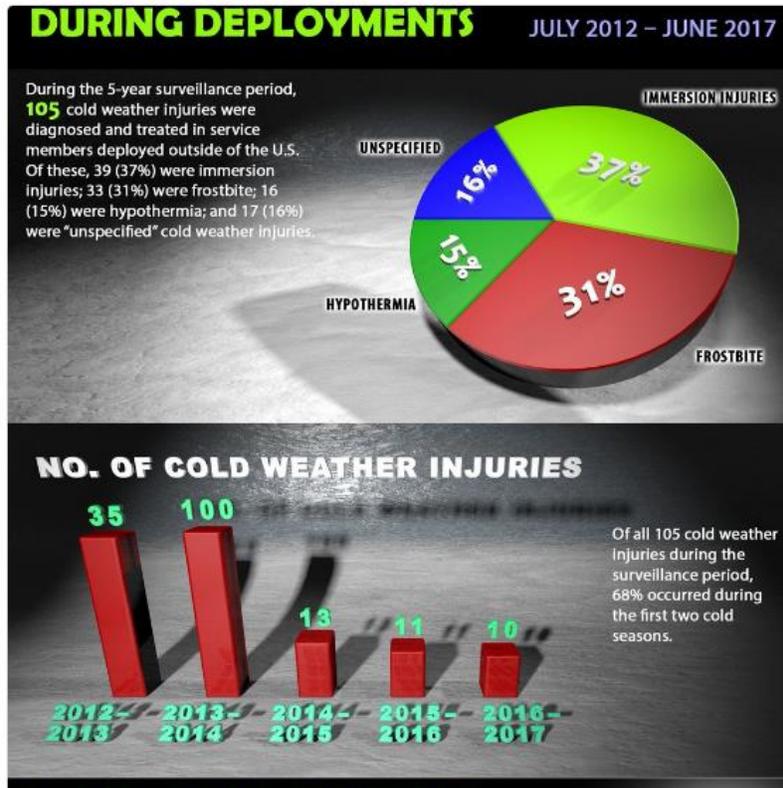


During the 5-year surveillance period, 105 [#ColdWeather](#) injuries were diagnosed and treated in [#Service](#) members deployed outside of the U.S. health.mil/Reference-Cent [#ColdReadiness](#) / [#Military](#)

12:33 PM - 24 Jan 2018

Here's the breakdown of #ColdWeather injuries during deployments , July 2012 – June 2017:

[health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...)
[#ColdReadiness](#) / [#Military](#)

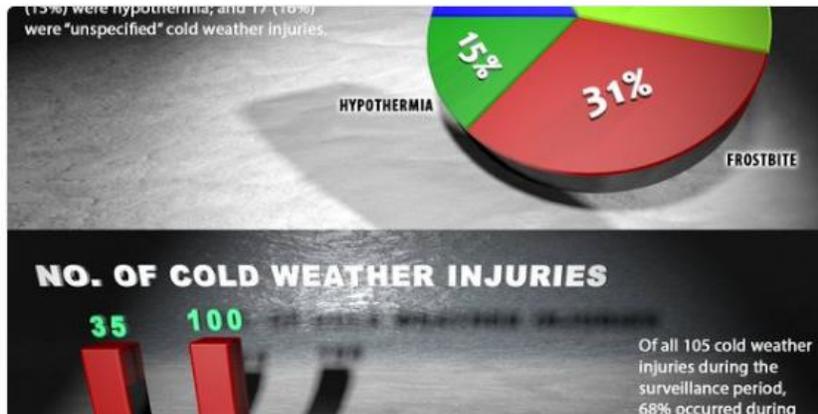




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68% of #ColdWeather injuries diagnosed and treated in #Service members deployed outside of the U.S. occurred in the first 2 #Cold seasons: [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) . #ColdReadiness / #Military



Cold weather injuries during deployments, July 2012 – June 2017

This infographic documents cold weather injuries during deployments for the July 2012 – June 2017 cold seasons.

health.mil

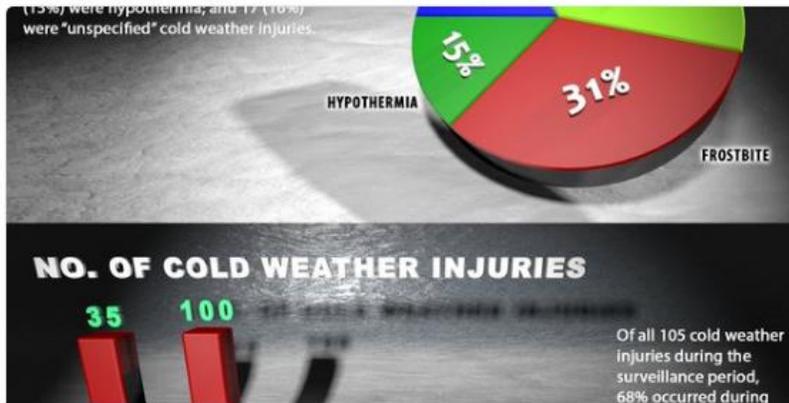
12:39 PM - 24 Jan 2018



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There were just 10 #cases of #ColdWeather injuries in the most recent year:
[health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...)
#ColdReadiness / #Military



Cold weather injuries during deployments, July 2012 – June 2017

This infographic documents cold weather injuries during deployments for the July 2012 – June 2017 cold seasons.

health.mil

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#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



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The Answer is #Frostbite. #ColdReadiness / #Military



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Here's the occurrence of #ColdWeather injuries from July 2016 through June 2017:

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





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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 ...](http://health.mil/News/Gallery/I...)
#ColdReadiness / #Military / #USA

2016–2017 versus the previous four cold seasons

A total of **387** members of the active (n=328) and reserve (n=59) components had at least one medical encounter with a primary diagnosis of cold weather injury.

Rates tended to be higher among service members who were in the youngest age groups, female, non-Hispanic black, or in the Army.

Cold weather injuries associated

ns with cold weather injuries

Service Branch	Approximate Number of Injuries
Air Force	100
Marine Corps	100
Navy	100
Army	77

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



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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

2016–2017 versus the previous four cold seasons

A total of **387** members of the active (n=328) and reserve (n=59) components had at least one medical encounter with a primary diagnosis of cold weather injury.

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Navy	100
Army	77

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



During the 2016 – 2017 #Cold season, #Frostbite was the most common type of #ColdWeather injury: [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) . #ColdReadiness / #Military



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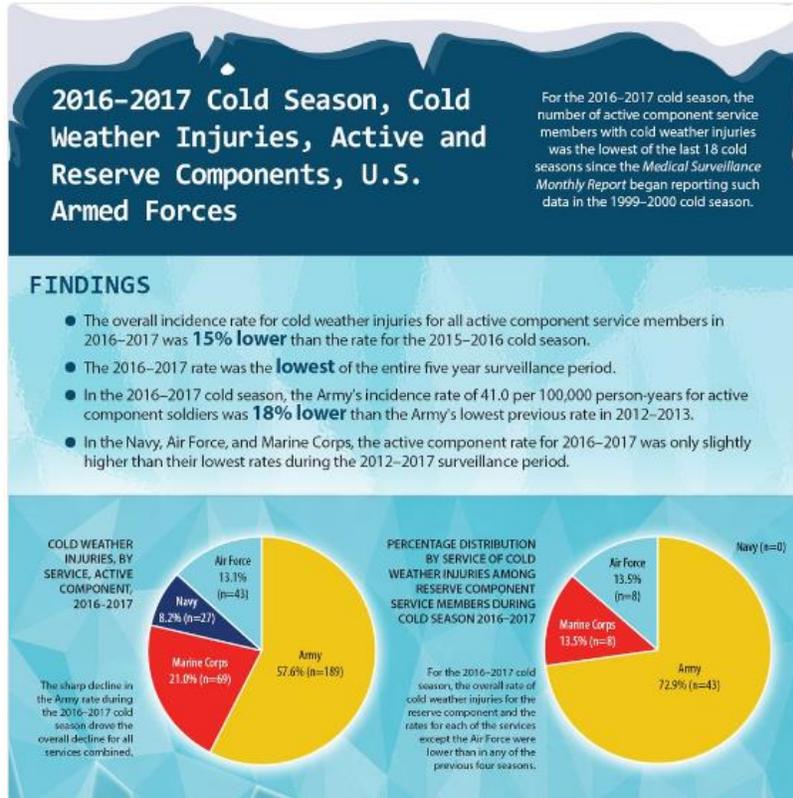
Watch for symptoms of #Frostbite such as skin discoloration, numbness or waxy feeling skin: health.mil/News/Gallery/I... . #ColdReadiness / #Military



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The total number of #ColdWeather injuries in the 2016–2017 #Cold season was the lowest since 1999 : [health.mil/News/Gallery/I ...](http://health.mil/News/Gallery/I...) .
#ColdReadiness / #MSMR



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Keep up the good work! #ColdReadiness



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The total number of #ColdWeather injuries in the 2016–2017 #Cold season was the lowest since 1999 : health.mil/News/Gallery/I... .
#ColdReadiness / #MSMR



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The overall incidence rate for all active component service members in 2016–2017 was 15% lower than the rate for 2015–2016 [health.mil/News/Gallery/I ...](#) .
[#ColdReadiness](#) / [#News](#) / [#Military](#)



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2016 – 2017 was also the lowest rate among the five [#Cold](#) seasons of the 2012–2017 surveillance period [health.mil/News/Gallery/I ...](#) . [#ColdReadiness](#) / [#Military](#) / [#News](#)



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[#POLL](#): Which of the [#Services](#) contributed the most to all [#ColdWeather](#) injury diagnoses in the active component? [#ColdReadiness](#) / [#Military](#)

67% Army

33% Marine Corps

0% Navy



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Answer: [#Army](#) contributed 57.6% of all [#ColdWeather](#) injury diagnoses in the active component during the 2016 – 2017 cold season. Learn more: health.mil/Reference-Cent... [#ColdReadiness](#) / [#Military](#)



Army Medicine 
@ArmyMedicine

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Go on over to [@AFHSBPAGE](#) now to join the [#COLDReadiness](#) Twitter chat! [#StayReady](#) It's cold out there!



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But let's break down [#Demographics](#) more for the five [#ColdWeather](#) seasons. [#ColdReadiness](#) / [#Military](#)



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Did you know overall rates of [#ColdWeather](#) injuries were higher among non-Hispanic [#black](#) service members than any other race/ethnicity groups? [#ColdReadiness](#) / [#Military](#)



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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](#)



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(Cont.) or "other" race/ ethnicity groups. This was also the case for all services combined. [#ColdReadiness](#) / [#Military](#)



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The rates of [#Frostbite](#) among non-Hispanic black [#Service](#) members were triple those of the other race/ ethnicity groups:
health.mil/News/Gallery/I
[#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




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But what about [#ColdWeather](#) injuries by [#Military](#) locations for the 5 [#Cold](#) seasons? We've got answers. [#ColdReadiness](#)



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During the surveillance period, 24 [#Military](#) locations had at least 30 incident [#ColdWeather](#) injuries among active & reserve component [#Service](#) members: [health.mil/News/Gallery/1 ...](http://health.mil/News/Gallery/1...) .
[#ColdReadiness](#)





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

#ColdReadiness / #Military



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Access the full #ColdWeather injuries report in #MSMR Vol. 24 No. 10 October 2017:

health.mil/Reference-Cent

#ColdReadiness / #Military



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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-Healthcar ...
[#ColdReadiness](#) [#Military](#) [#WashingtonDC](#)
[#MilHealth](#) [#WinterSaftey](#)



MilitaryHealth

@MilitaryHealth

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Replying to @AFHSBPAGE

Stay safe and warm while exercising in the cold! #ColdReadiness



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Part of #ColdReadiness is avoiding #cold weather injuries, especially for #military members: gyh.tips/WinterSafety





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Don't let cold weather keep you from staying fit this #winter: gyh.tips/FitWinter
#ColdReadiness #Military



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



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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



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#APFT or another #military PT test coming up in the spring? Prepare today with the Guard Fit mobile app: gyh.tips/GuardFit
#ColdReadiness



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For more information on how to stay safe during the #Cold #Weather, follow @AFHSBPAGE on #Facebook: facebook.com/AFHSBPAGE . #ColdReadiness / #Military



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Use the hashtag [#ColdReadiness](#) to continue spreading the word on [#ColdWeather](#) injury prevention & [#WinterSafety](#). [#MilitaryFamily](#) / [#Military](#)



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