

**TABLE 1.** Incident Cases<sup>a</sup> and Incidence Rates<sup>b</sup> of Exertional Hyponatremia, Active Component, U.S. Armed Forces, 2008–2023

	2023		Total 2008–2023	
	No.	Rate <sup>b</sup>	No.	Rate <sup>b</sup>
Total	153	11.7	1,812	8.3
<b>Sex</b>				
Male	123	11.4	1,524	8.2
Female	30	13.1	288	8.4
<b>Age group, y</b>				
<20	16	20.0	226	16.0
20–24	33	8.3	501	7.2
25–29	24	7.8	346	6.6
30–34	24	11.0	231	6.6
35–39	17	10.1	214	8.2
40+	39	28.8	294	12.8
<b>Race and ethnicity</b>				
White, non-Hispanic	75	10.9	1,153	9.0
Black, non-Hispanic	31	15.0	239	6.9
Hispanic	30	12.0	216	6.7
Other/unknown	17	10.6	204	8.1
<b>Service</b>				
Army	57	12.7	637	8.0
Navy	27	8.3	283	5.4
Air Force	38	11.8	362	7.0
Marine Corps	30	17.8	483	16.1
Coast Guard	1	2.6	47	7.5
<b>Military status</b>				
Enlisted	93	8.9	1,117	6.3
Officer	39	16.0	408	10.6
Recruit	21	90.2	287	64.4
<b>Military occupation</b>				
Combat-specific <sup>c</sup>	23	13.8	311	10.2
Motor transport	2	4.6	37	5.2
Pilot/air crew	4	8.8	46	5.8
Repair/engineering	33	8.9	328	5.1
Communications/intelligence	29	10.4	316	6.7
Health care	11	10.4	140	7.5
Other/unknown	51	17.3	634	14.5

Abbreviation: No., number; y, years.

<sup>a</sup> One case per person per year.<sup>b</sup> Rate per 100,000 person-years.<sup>c</sup> Infantry/artillery/combat engineering/armor.