

**TABLE 1.** Incident Cases<sup>a</sup> and Rates<sup>b</sup> of Exertional Hyponatremia, Active Component, U.S. Armed Forces, January 2009–December 2024

	2024		Total 2009–2024	
	No.	Rate <sup>b</sup>	No.	Rate <sup>b</sup>
Total	134	10.4	1,829	8.4
Sex				
Male	107	10.1	1,534	8.3
Female	27	11.7	295	8.5
Age Group, y				
<20	12	14.6	223	16.0
20–24	30	7.7	491	7.1
25–29	36	11.8	363	7.0
30–34	12	5.6	236	6.7
35–39	14	8.4	215	8.3
40+	30	22.0	301	13.2
Race and ethnicity				
White, non-Hispanic	78	11.7	1,151	9.1
Black, non-Hispanic	20	9.5	246	7.2
Hispanic	19	7.4	226	6.8
Other/unknown	17	10.6	206	8.1
Service branch				
Army	55	12.5	652	8.3
Navy	21	6.5	288	5.5
Air Force	29	9.0	369	7.2
Marine Corps	24	14.2	470	15.8
Coast Guard	5	12.6	50	7.7
Military rank				
Enlisted	81	7.9	1,130	6.4
Officer	40	16.5	417	10.8
Recruit	11	47.3	280	64.0
Military occupation				
Combat-specific <sup>c</sup>	18	11.1	309	10.2
Motor transport	3	7.1	39	5.5
Pilot/air crew	5	11.1	49	6.3
Repair/engineering	21	5.8	335	5.2
Communications/intelligence	32	11.5	327	6.9
Health care	13	12.3	137	7.4
Other	42	13.9	633	14.3
Home of record				
Midwest	21	10.7	327	8.5
Northeast	15	9.7	264	9.6
South	57	10.1	779	8.4
West	31	10.3	363	7.3
Other/unknown	10	12.7	96	9.5

Abbreviations: 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.