

TABLE 1. Incident Cases^a and Rates^b of Exertional Hyponatremia, Active Component, U.S. Armed Forces, 2021–2025

	2025		Total, 2021–2025	
	No. ^a	Rate ^b	No. ^a	Rate ^b
Total	106	8.1	609	9.2
Sex				
Male	87	8.1	496	9.1
Female	19	8.0	113	9.7
Age, y				
<20	7	7.8	55	12.9
20–24	15	3.8	131	6.5
25–29	14	4.5	110	7.1
30–34	15	7.0	83	7.7
35–39	31	18.3	92	11.0
40+	24	17.3	138	20.3
Race and ethnicity				
White, non-Hispanic	58	8.8	344	9.9
Black, non-Hispanic	17	7.7	107	10.1
Hispanic	16	5.8	93	7.3
Other, unknown	15	9.2	65	8.0
Branch of service				
Army	40	9.0	218	9.6
Navy	20	6.0	122	7.3
Air Force	29	9.0	142	8.8
Marine Corps	13	7.6	108	12.6
Coast Guard	4	9.7	19	9.5
Military rank				
Enlisted	73	7.0	390	7.4
Officer	28	11.5	164	13.5
Recruit	5	17.6	55	43.5
Military occupation				
Combat-specific ^c	13	8.1	90	10.6
Motor transport		0.0	9	4.1
Pilot, air crew	5	11.5	20	8.8
Repair, engineering	18	5.1	116	6.2
Communications, intelligence	22	8.2	129	9.3
Health care	15	14.4	55	10.3
Other	33	9.7	190	12.7
Home of record				
Midwest	14	7.2	100	9.7
Northeast	12	7.7	77	9.7
South	42	7.2	259	9.0
West	31	10.2	130	8.5
Other, unknown	7	9.0	43	11.5

Abbreviation: No., number; y, years

^a Count 1 per person per year

^b Cases per 100,000 person-years

^c Includes infantry, artillery, combat engineering, armor.

Source: Defense Medical Surveillance System (DMSS) as of 16MAR2026

Prepared by Armed Forces Health Surveillance Division (AFHSD)