

MILLENNIUMCOHORT.ORG
The Millennium Cohort Study
Deployment Health Research Department
PO Box 85777
San Diego, CA 92186-5777
Toll-free: 888-942-5222
DSN: 553-7465
Email: milcohortinfo@med.navy.mil



Dear [\[name\]](#),

A few years ago, you were very helpful in completing a survey for the Millennium Cohort Study which assesses the health and well-being of Service members over time. We are writing to ask for your continued help with the largest effort ever undertaken to understand if military service affects the health of military members during, as well as after, their military service is completed.

We appreciate greatly your previous help with this effort that involves all branches and components of the military. You may notice that this year's questionnaire has been changed, removing some questions and adding others that seem to be helpful in understanding what happens over time with regard to health issues.

Please complete the survey by going to: **www.millenniumcohort.org**, click on **Start Survey**, and enter your **Subject ID: xxxxxx**.

Thank you for your continued help in making this the largest and most important DoD study in US military history and working with us to protect the health of members of our military service.

Very sincerely,

The Millennium Cohort Study Team

Dear [\[name\]](#),

During the last few weeks, we have requested your continued help with this long-term study of the health and well-being of Service members. It is the only prospective study that is able to evaluate the effects of military service on long-term health.

We have not, to the best of our knowledge, heard from you. We have enclosed a paper survey, hoping that this will make it easier for you to fill out and return.

As a member of this study, you are adding to the picture of the overall health of military Service members throughout their lives. Your past participation, and the participation of others like you, has already helped us to provide valuable information the health impacts of deployments and other military experiences. For example, we found that combat-related trauma and predeployment insomnia symptoms increased the risk for developing post-traumatic stress symptoms, depression, and anxiety following deployment. Findings from this study are intended to influence training, health care, and policies of Department of Defense as well as Department of Veterans Affairs related to serving in the U.S. military.

We thank you for completing the enclosed survey and returning it in the postage-paid envelope. Or, to complete the survey online, please go to the website:

<http://www.MillenniumCohort.org>

Enter your unique Subject ID: **xxxxxx**.

Be assured that this is an authorized study supported by the highest levels of the Department of Defense. Defense Manpower Data Center Reference # 00-0019, Report Control Symbol # DD-NAVY(X)XXXX, Office of Management and Budget Approval # 0703-0064, Office of the Assistant Secretary of Defense (Health Affairs), TRICARE Management Activity Protocol # CDO-06-206, and Primary Institutional Review Board Protocol # NHRC.2000.0007.

We look forward to hearing from you as one of our valued Millennium Cohort members!

[Insert Signature]

If you have any questions, please contact the Millennium Cohort team at our toll-free number, 1-888-942-5222, or DSN 553-7465, or email info@millenniumcohort.org.

Please complete your survey

We hope to hear from **each one of you**, so that the study is as informative as it can be to you and to future generations of Service members and Veterans.

Another survey? Why?

Since you enrolled in the Millennium Cohort Study, you have been asked to complete a health survey every 3 years.

The study is designed as a "follow-up study" where the same participants are followed over time. No one can take your place. This type of study helps researchers to examine a variety of factors and their influence on a variety of health conditions that may occur **over the course of a lifetime**. This is the largest follow-up study of its kind in military history, and you are key to its success.

Your continuing participation and dedication make it possible to learn about the long-term impact of military service, even after you have left the service.



www.millenniumcohort.org

Each survey cycle, we ask many of the same questions, such as level of physical activity and amount of cigarette smoking. Habits **may change** over time, and asking about these factors every 3 years provides a series of "snapshots" that will help give us a better picture over time. Even if not very much has changed, or if you have stayed healthy, **we ask that you respond**. Keeping your information up to date is critical to our ability to draw the correct conclusions from this kind of study.

What about new questions?

As we learn more as time goes on, we may add new survey questions to better understand the various health concerns of Service members and Veterans.

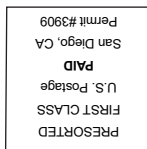
For example, on the current survey, we have added questions about diagnoses of **traumatic brain injury** and **degenerative joint disease**. Rest assured that when we add new questions, we will work to prioritize and scale back other questions. We value your time and appreciate your ongoing help.

Thank you

Special thanks to those who have completed the survey. It's still not too late!



ADDRESS SERVICE REQUESTED



FOR OFFICIAL USE ONLY - DO NOT MARK

Department of Defense
Deployment Health Research Center
c/o Naval Health Research Center
P.O. Box 85777
San Diego, CA 92186-5777



PLEASE KEEP US UPDATED

Have you recently moved or changed your email address?
Has your name changed?



Please visit our website and log in to
update your information.



Use your Subject ID located below the
barcode on the address side of this
newsletter to log in and update your
personal information.



Take Action

How do I fill out my survey?

If you haven't already, you can complete your
survey online:

www.millenniumcohort.org

Click on **Start Survey** and enter your Subject ID
located below the barcode on the address side of
this newsletter.

Feel free to contact us with questions:

Email: dod.milcohortinfo@mail.mil

Toll-free: 1-888-942-5222

DSN: 553-7465

Millennium Cohort F.A.Q.

www.millenniumcohort.org



VIETNAM VETERANS MEMORIAL WALL, WASHINGTON, D.C.

MEMORIAL DAY

WE WILL NOT FORGET



Department of Defense
Deployment Health Research Department
c/o Naval Health Research Center
P.O. Box 85777
San Diego, CA 92186-5777

PRESORTED
FIRST CLASS
U.S. Postage
PAID
San Diego, CA
Permit #3909

FOR OFFICIAL USE ONLY - DO NOT MARK

ADDRESS SERVICE REQUESTED

On this Memorial Day, we recognize the valiant efforts of the hundreds of thousands of men and women who put country before self and gave their lives for our nation. They felt a sense of duty, and they dedicated their lives to fulfill that duty.

We want to remind you that you are a part of the largest health study in military history and one of the largest cohort studies in world history! You should feel confident that you are contributing to an effort of profound public health importance. Please know that you are making a difference by remaining engaged in the Cohort over time.

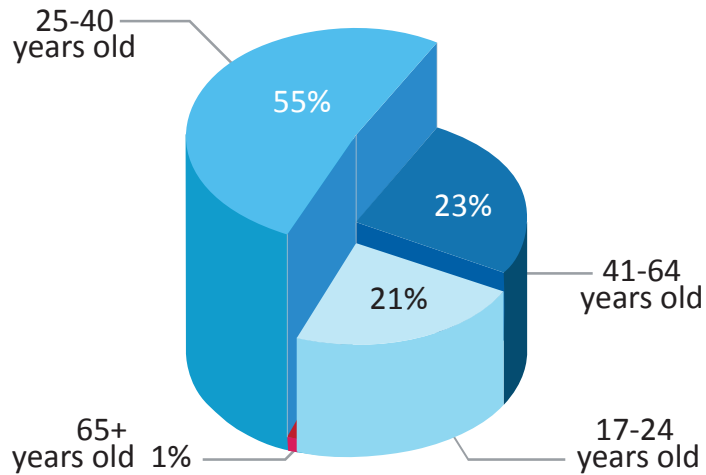
Thank you for your continued support of this important project!

Respectfully,

Dennis Faix, CDJR, MC, USN
On Behalf of the Millennium Cohort Study Team

A SNAPSHOT OF THE MILLENNIUM COHORT STUDY

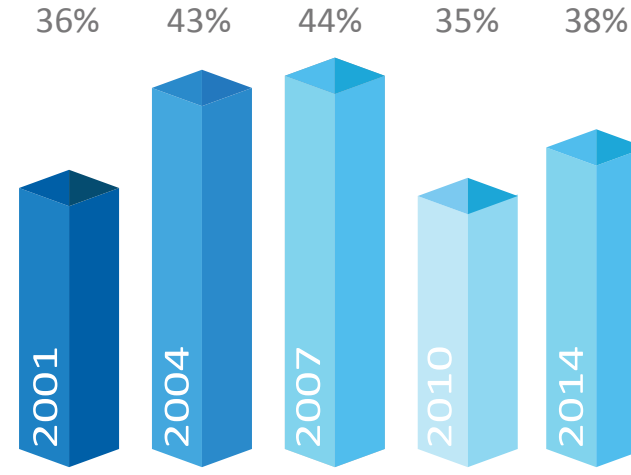
AGE OF THE COHORT



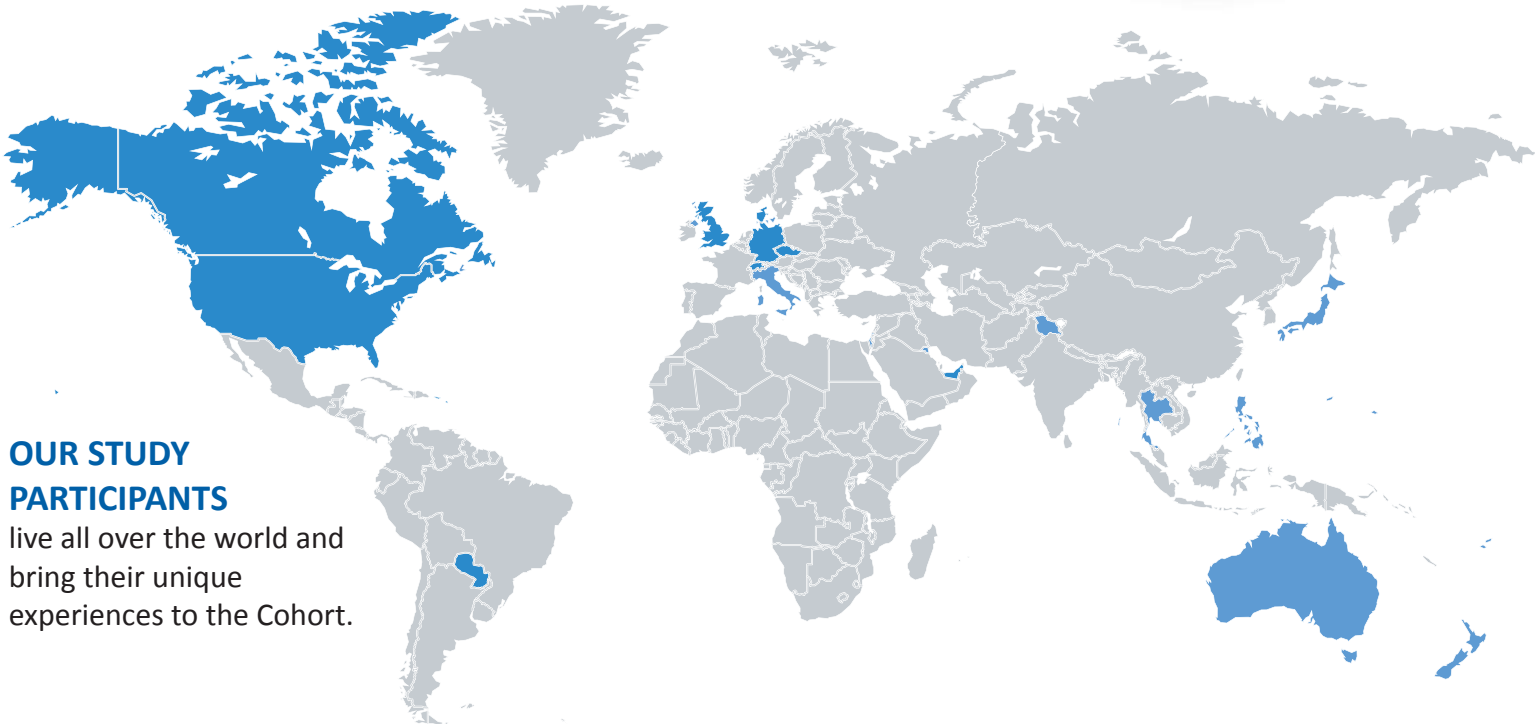
EDUCATION LEVEL



COHORT RESPONSE RATE

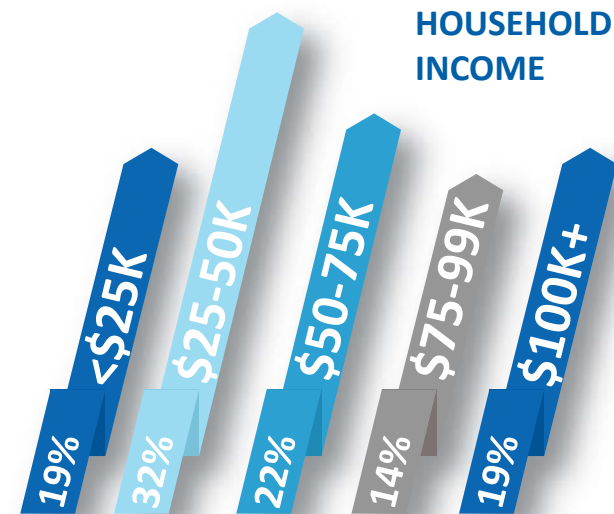


47% OF ELIGIBLE PARTICIPANTS RECEIVE DISABILITY FROM THE VA

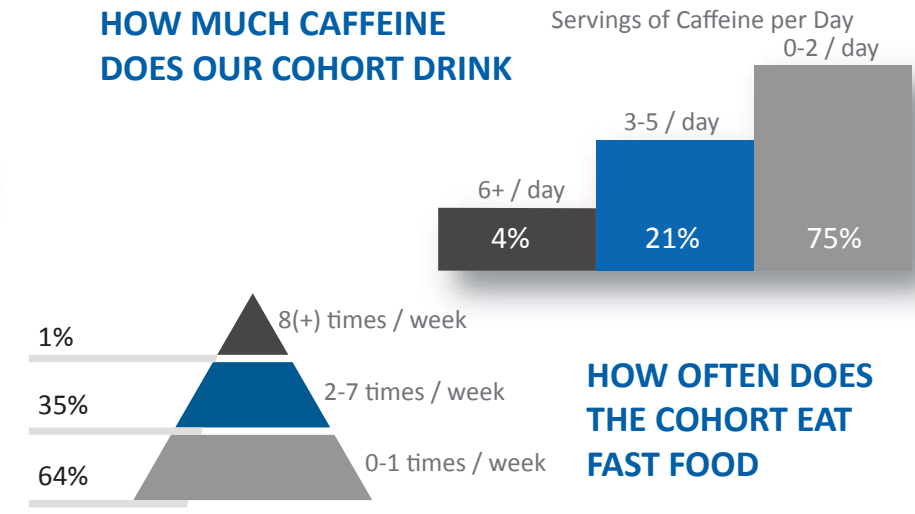


OUR STUDY PARTICIPANTS live all over the world and bring their unique experiences to the Cohort.

HOUSEHOLD INCOME



HOW MUCH CAFFEINE DOES OUR COHORT DRINK

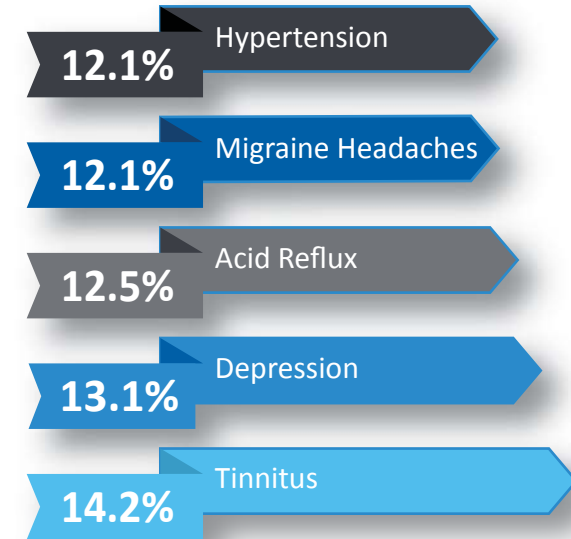


HOW OFTEN DOES THE COHORT EAT FAST FOOD

WHY SHOULD YOU CONTINUE TO PARTICIPATE?

The purpose of this study is to assess the health risks of military deployment, military occupations, and general military service. You were selected to represent your fellow soldiers, sailors, airmen, and Marines, and your continued participation positively impacts former, current and future Service members. Ultimately, the greatest benefits of this study will not be known for many years. This is why it is essential to stay involved with the study even after you are out of the service.

MOST COMMON HEALTH ISSUES

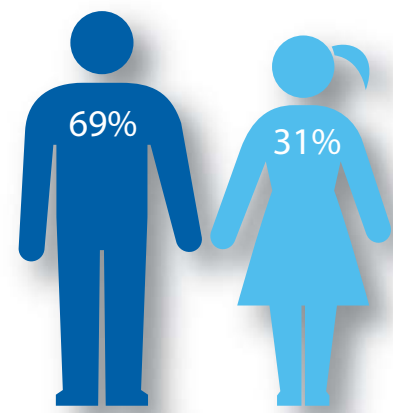


25% of our participants CURRENTLY smoke



60% of those who have EVER smoked in their lifetime have successfully quit

GENDER





Semper Parati

UNITED STATES MARINE CORPS





Department of Defense
 Deployment Health Research Department
 c/o Naval Health Research Center
 P.O. Box 85777
 San Diego, CA 92186-5777

PRESORTED
 FIRST CLASS
 U.S. POSTAGE
PAID
 SAN DIEGO, CA
 PERMIT #3909

FOR OFFICIAL USE ONLY - DO NOT MARK

ADDRESS SERVICE REQUESTED



Subject ID: XXXXXX Mail ID: XXXXXX-XXXXXX

The Millennium Cohort survey cycle is coming to a close. So far, only 40% of your fellow Marines have responded to their surveys. In order for us to fully understand how military service affects long-term health, we need to hear from you.

Even if you have left the service or are not experiencing any health problems, we want to hear from you! You may complete your survey online at www.millenniumcohort.org. Just click Start Survey and enter your Subject ID (found below the barcode above).

Thank you for considering our request and for your service.

Very respectfully,

Dennis Faix, CDR, MC, USN
 On Behalf of the Millennium Cohort Study Team

*****AUTO

Sample Name
 Any Street
 Any Street 2
 Any City, State Zip_Code

