

**TABLE 1.** Incidence Rate (per 1,000 person-years) of First Diagnosis and Total Average Annual Prevalence of Vitamin D Deficiency Diagnosis, Active Component, U.S. Armed Forces, 2018–2022

	Incidence		Average Annual Prevalence	
	No.	Rate	No.	%
Total	104,994	16.4	146,753	2.2
<b>Sex</b>				
Male	69,562	12.9	94,009	1.7
Female	35,432	34.4	52,744	4.6
<b>Age group, y</b>				
<20	6,114	13.1	6,499	1.5
20–29	45,494	12.5	56,970	1.5
30–39	33,807	19.2	49,915	2.6
40+	19,579	35.6	33,369	5.2
<b>Race and ethnicity</b>				
White, non-Hispanic	47,096	13.2	64,023	1.7
Hispanic	18,741	16.9	25,685	2.2
Black, non-Hispanic	26,872	27.1	39,764	3.7
Other	10,254	15.6	14,158	2.0
Unknown	2,031	19.7	3,123	2.8
<b>Military rank</b>				
Recruit	4,900	37.2	4,935	4.5
Enlisted (non-recruit)	81,789	15.8	113,204	2.1
Warrant officer	1,866	21.7	2,889	3.1
Officer	16,439	15.8	25,725	2.3
<b>Branch of service</b>				
Army	44,693	19.3	63,808	2.6
Navy	22,955	14	30,371	1.8
Air Force	30,289	19.4	43,611	2.6
Marine Corps	7,057	7.8	8,963	1.0
<b>Latitude of military unit</b>				
>33 degrees	68,868	18	96,423	2.4
≤33 degrees	35,509	14	49,446	1.9
Unknown	617	12.7	884	1.6
<b>Obese</b>				
No	81,464	14.2	111,406	1.9
Yes	23,530	35.4	35,347	4.7
<b>Malabsorption syndrome</b>				
No	103,132	16.2	143,448	2.1
Yes	1,862	58.1	3,305	8.2
<b>Multivitamin supplementation</b>				
≤Once a week	58,629	15.3	80,669	2.0
>Once a week	34,822	19.8	51,270	2.7
Unknown	11,543	13.9	14,814	1.8
<b>Dairy and calcium-containing foods</b>				
<2 servings per day	76,875	17.1	108,887	2.3
≥2 servings per day	16,576	15.1	23,052	2.0
Unknown	11,543	13.9	14,814	1.8
<b>Fish consumption</b>				
<1 serving per day	85,168	16.9	120,479	2.2
≥1 serving per day	8,283	15	11,460	2.0
Unknown	11,543	13.9	14,814	1.8
<b>Primary occupational category</b>				
Combat-specific	10,216	11.6	13,766	1.5
Motor transport	3,893	18.2	4,756	2.2
Pilot/air crew	1,313	6.4	1,714	0.8
Repair/engineering	22,124	12.1	29,387	1.5
Communications/intelligence	26,867	20.7	39,645	2.8
Health care	14,315	30	22,516	4.2
Other	26,266	17.3	34,969	2.2
<b>Occupation group</b>				
Indoor	23,685	27	36,605	3.7
Outdoor	10,669	13.1	14,206	1.7
All other	70,640	14.9	95,942	1.9
<b>Occupation subgroup</b>				
Indoor: administrative and legal	7,274	26.4	11,341	3.7
Indoor: unmanned vehicle operators	85	7.6	109	0.9
Indoor: non-medical scientists, mathematicians	433	24.7	675	3.5
Indoor: chaplains and assistants	653	26.4	1,014	3.7
Indoor: health care worker	12,763	29.7	19,967	4.1
Indoor: veterinarian services	306	34.5	467	4.6
Indoor: food service and sales	2,171	20.2	3,032	2.6
Outdoor: combat professions	4,846	10.8	6,328	1.4
Outdoor: EOD/UDT/divers	337	12.1	470	1.6
Outdoor: security/firefighters	4,110	14.7	5,360	1.8
Outdoor: military training instructor	1,376	23.8	2,048	3.3
All other	70,640	14.9	95,942	1.9

Abbreviations: No., number; y, years; EOD, explosive and ordnance disposal; UDT, underwater demolition team.