

**TABLE 1.** Incident Cases<sup>a</sup> and Incidence Rates<sup>b</sup> of Exertional Hyponatremia, Active Component, U.S. Armed Forces, 2007–2022

	2022		Total 2007–2022	
	No.	Rate <sup>a</sup>	No.	Rate <sup>a</sup>
Total	104	8.0	1,690	7.9
<b>Sex</b>				
Male	87	8.1	1,420	7.8
Female	17	7.5	270	8.1
<b>Age group, y</b>				
<20	12	14.8	218	15.5
20–24	23	5.6	502	7.3
25–29	17	5.6	314	6.2
30–34	17	8.1	204	6.1
35–39	16	10.0	198	7.9
40+	19	14.9	254	11.5
<b>Racial/ethnic group</b>				
Non-Hispanic White	47	6.7	1,106	8.8
Non-Hispanic Black	24	11.5	216	6.3
Hispanic	16	6.8	186	6.2
Other/unknown	17	11.3	182	7.7
<b>Service</b>				
Army	32	6.9	608	7.6
Navy	21	6.2	266	5.1
Air Force	30	9.3	333	6.4
Marine Corps	21	12.1	483	16.1
<b>Military status</b>				
Recruit	10	46.8	279	63.1
Enlisted	68	6.5	1,048	6.1
Officer	26	11.2	363	9.8
<b>Military occupation</b>				
Combat-specific <sup>c</sup>	10	5.6	291	9.4
Motor transport	3	7.7	34	5.3
Pilot/air crew	3	6.4	46	5.8
Repair/engineering	21	5.6	290	4.6
Communications/intelligence	24	8.7	301	6.4
Health care	7	6.5	129	7.0
Other/unknown	36	13.4	599	14.6

Abbreviation: No., number.

<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.