

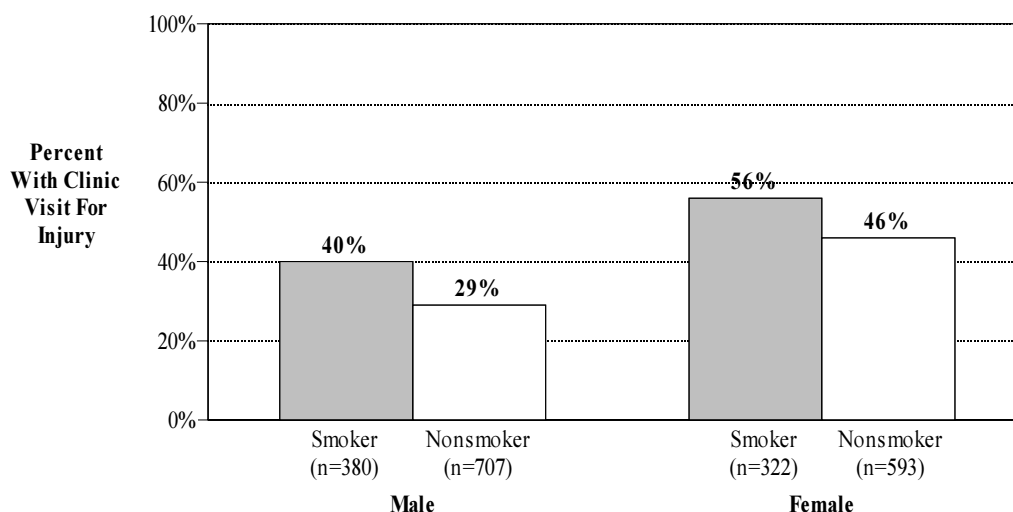
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Smoking Army Recruits Have More Exercise-Related Injuries

Army recruits who reported smoking at least one cigarette in the month prior to basic training (which was conducted in a smoke-free environment) had significantly higher injury rates during the eight-week basic training than those who did not report smoking, according to a study of enlisted recruits at Fort Jackson, South Carolina. Forty percent of male recruits who smoked had at least one injury requiring medical attention, compared to 29% of nonsmokers. Similar results were found for female recruits. Smokers were more likely to have injuries even after taking into consideration such factors as prior injuries, prior physical activity, prior illness, and physical fitness. The authors conclude that “these data show that at least some of the detrimental effects of cigarette smoking may occur at an early age and have immediate consequences” (p. 101).

Percentage of Male and Female Army Recruits With At Least One Exercise-Related Injury by Smoking Status, Fort Jackson, South Carolina, 1988



NOTES: The difference between smokers and nonsmokers for both male and female recruits was significant at $p < .001$. Data were collected from questionnaires, anthropometric measurements, physical fitness tests, company training logs, and medical records of all clinic visits.

SOURCE: Adapted by CESAR from data from Altarac M., et. al., “Cigarette Smoking and Exercise-Related Injuries Among Young Men and Women,” *American Journal of Preventive Medicine* 18(3S):96-102, 2000.