

Millennium Cohort Family Study

John Fairbank, PhD, Duke University
Charles Marmar, MD, University of Calif. San Francisco
William Schlenger, PhD, Abt. Associates Inc.
Tyler Smith, MS, PhD, Naval Health Research Center



Report Documentation Page

Form Approved
OMB No. 0704-0188

Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.

1. REPORT DATE DEC 2009	2. REPORT TYPE	3. DATES COVERED 00-00-2009 to 00-00-2009			
4. TITLE AND SUBTITLE Millennium Cohort Family Study		5a. CONTRACT NUMBER			
		5b. GRANT NUMBER			
		5c. PROGRAM ELEMENT NUMBER			
6. AUTHOR(S)		5d. PROJECT NUMBER			
		5e. TASK NUMBER			
		5f. WORK UNIT NUMBER			
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Naval Health Research Center, DoD Center for Deployment Health Research, San Diego, CA, 92106-3521		8. PERFORMING ORGANIZATION REPORT NUMBER			
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)		10. SPONSOR/MONITOR'S ACRONYM(S)			
		11. SPONSOR/MONITOR'S REPORT NUMBER(S)			
12. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution unlimited					
13. SUPPLEMENTARY NOTES The Second Annual Trauma Spectrum Disorders Conference: A Scientific Conference on the Impact of Military Service on Families and Caregivers, 10 Dec 2009, Bethesda, MD					
14. ABSTRACT					
15. SUBJECT TERMS					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT Same as Report (SAR)	18. NUMBER OF PAGES 11	19a. NAME OF RESPONSIBLE PERSON
a. REPORT unclassified	b. ABSTRACT unclassified	c. THIS PAGE unclassified			

Background



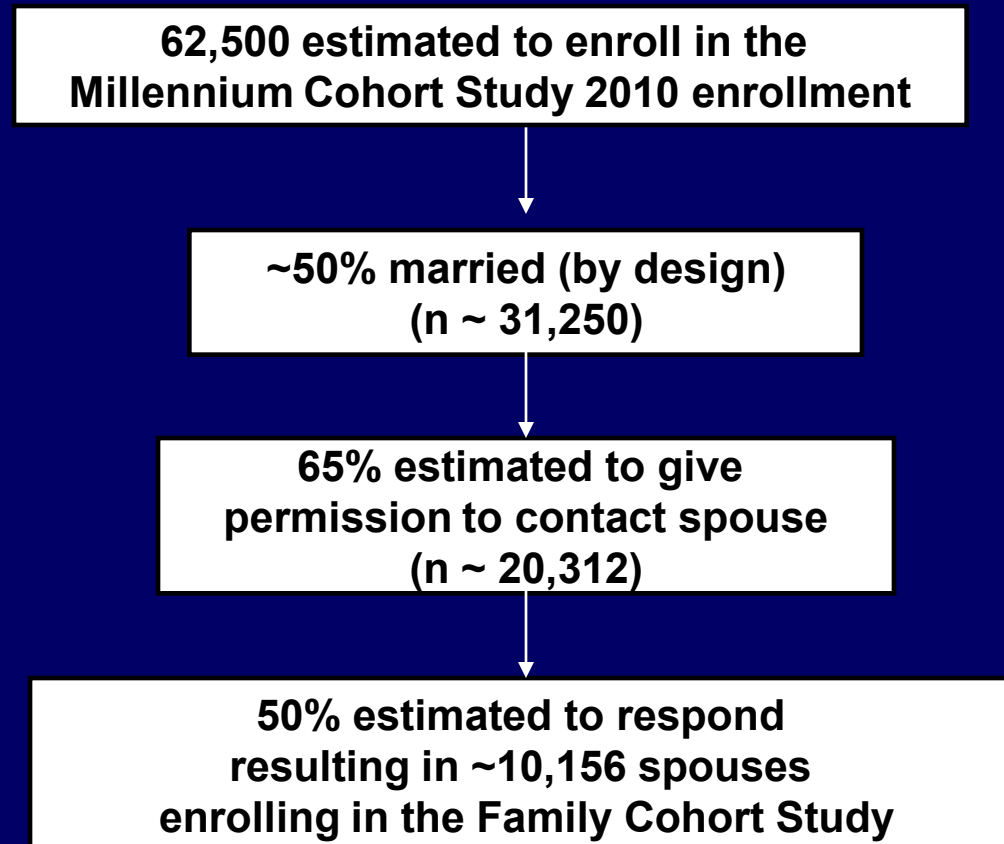
- Few epidemiologic studies have examined the impact of deployment on family members and family functioning
- Family relationships can be a source of support or stress for service members
- The Millennium Cohort Study has enrolled over 151,000 members since 2001 that are surveyed every 3 years to understand the health effects of military service
- A family cohort will be added to the 2010 Millennium Cohort enrollment cycle to assess the interrelated health effects of military service and deployment on service members, spouses, and co-resident children
- Family survey will include topics such as impact of deployment and military service on spouse and family, services received, family cohesion, and behavior and development of children

Objectives

- Answer important health related questions about military service members and their families in the context of military deployment and other occupational exposures
- Assess the importance of family support and other factors on health outcomes



Family Study Enrollment Design



Methodology



- **1% sample pilot testing**
- **Married service members will be asked to grant permission to contact spouse**
- **Target: Enroll ~10,000 spouses**
 - **Estimated half of spouses' service member will have been deployed to OIF/OEF at least once**
- **Link to other military data to complement subjective measures with objective measures of exposures and health outcomes**

Methodology



- Questionnaire leverages standard instruments (PHQ, PCL, SF-36V, CAGE, FACES IV, ISI, others)
- Includes measures of physical health, behavioral health, mental health, and family functioning
- Includes important exposure questions and other metrics (CAM use, sleep, etc.)
- Participants respond via secure website: www.familycohort.org

A screenshot of the website for the Family Millennium Cohort Study. The page has a green header with the logo and title. Below the header is a navigation bar with links for HOME, SURVEY, PARTICIPANTS, F.A.Q., and ABOUT US. The main content area is divided into two columns. The left column contains a sidebar with links for "Have you relocated?", "WHAT'S NEW" (Study Update, Veterans Day Postcard, Free Gift!), "ENDORSEMENTS", "RESEARCH" (Publications, Presentations, Awards), "PRESS", and "CONTACT US". The right column features a section titled "The Family Cohort Study" with a photograph of a soldier and a child. Below the photo is text describing the study's purpose and enrollment process. At the bottom of the page, there is a small disclaimer about the study's funding and approval.

Partnering Organizations and Co-Principal Investigators



- **DoD funding via Military Operational Medicine Research Program (MOMRP), administered by USAMRMC**

- **Cooperative Research and Development Agreement (CRADA) between NHRC and Abt Associates, Inc.**

- **Co-Principal Investigators:**
 - **John Fairbank, PhD, Duke University**
 - **Charles Marmar, MD, New York University**
 - **William Schlenger, Abt Associates Inc. and Duke University**
 - **Tyler Smith, MS, PhD, Naval Health Research Center**

Important Partners



- Defense Manpower Data Center



- Henry M. Jackson Foundation



- Anderson Direct Mailing Company



- Others



Measured Health Outcomes and Impact



Main Survey Topics

- Demographic information
- General health (including sleep)
- Spouse, family, child, and service member stress
- Impact of deployment and military service
- Family cohesion, expressiveness, and conflict
- Child behavioral, developmental, and general health
- Health services
- Alcohol and tobacco use
- Military specific questions for active-duty spouses

Research will facilitate identification of specific interventions:

- Deployment-related stress
- Family member resilience
- Family support dynamics
- Service member and family well-being
- Force readiness

Future Direction



- In 2010, the Millennium Cohort Family Study is projected to launch and enroll spouses of military service members
- By 2012, data collected from the Millennium Cohort Family Study would provide strategic information for DoD leadership
- Securing funding for this longitudinal study is essential to better understand the long-term effects of military service on military member and family health

Acknowledgments

Millennium Cohort Study Co-Investigators

COL Paul J. Amoroso, MC, USA, Dept of Clinical Investigation, Madigan Army Medical Center, Tacoma, WA
Edward J. Boyko, MD, MPH, VA Epidemiology Research Information Center, Univ Washington, Seattle, WA
Gary D. Gackstetter, DVM, MPH, PhD, Analytic Services, Inc., Washington DC
Tomoko I. Hooper, MD, MPH, Uniformed Services University of the Health Sciences, Bethesda MD
CAPT Margaret A. K. Ryan, MC, USN, Naval Hospital, Camp Pendleton, CA
Tyler C. Smith, MS, PhD, DoD Center for Deployment Health Research, NHRC, San Diego CA
Col Timothy S. Wells, USAF, BSC, Air Force Research Laboratory, Wright-Patterson Air Force Base, OH

Scientific Steering and Advisory Committee

Dr. Elizabeth Barrett-Connor, University of California, San Diego CA
Dr. Dan Blazer, Duke University Medical Center, Durham NC
Dr. Harold Koenig, Vice Admiral, US Navy (retired), Edward Martin & Associates, San Diego, CA
Mr. Michael O'Rourke, Veterans of Foreign Wars, Washington DC
Dr. Larry Palinkas, University of Southern California, Los Angeles CA
Dr. Michael Peddecord, School of Public Health, San Diego State University, San Diego CA
Mr. Joe Sharpe, The American Legion, Washington DC
Dr. G. Marie Swanson, Indiana University, Terra Haute IN

Additional Collaborators and Supporters

Scott Seggerman, Management Information Division, DMDC; Dr. Carl Castro, Dr. Dennis Goodes, Mr. Mark Bither, MAJ Pedro Bonilla-Vazquez, Dr. Joan Hall, and Dr. Kate Nassauer, MOMRP; Dr. Karl Friedl and Dr. Richard Satava, MRMC; Dr. Charles Hoge, WRAIR; Dr. Susan Proctor and Dr. Kristin Heaton, USARIEM; COL Charles Engel, WRAMC; Dr. William Schlenger, Abt Associates; Dr. John Fairbank, Duke University; Dr. Charles Marmar, UCSF; Dr. Seth Eisen, VA; Dr. Roger Gibson, USUHS; Dr. Deborah Wingard, Dr. Donna Kritz-Silverstein, and Dr. Thomas Patterson, UCSD; Dr. Caroline Macera, Dr. James Sallis, and Dr. Donald Sylmen, SDSU; Dr. Pam Keel, Univ of Iowa; Dr. Gaston Bathalon, USARIEM; Dr. Alyson Littman, Seattle ERIC; Anna Bukowinski, Sydney Lee and Carter Sevick, DoD BIHR; Dr. Chris Philips, RAP; Dr. Robin Harris, Dr. Eyal Shahar, Dr. Grant Skrepnek, and Dr. Stephen Coons, Univ of Arizona; Dr. Sarah Fortuna, AFRL; CAPT Robert Koffman, BUMED; and professionals from the Institute for Systems Biology

We are indebted to the Millennium Cohort Study members for their continued participation!