



## Patterns of Veterans Health Outcomes

What are Veterans' health outcome patterns after they return from combat?

Researchers looked at the medical and mental health diagnoses of Iraq and Afghanistan war Veterans who were cared for in the VA for 3 or more years of VA care between 2002-2011 to see if there were patterns. Here are the main findings:

- ★ Veterans had five groups of health-related outcomes that were labeled:
  - Healthy
  - Chronic Medical
  - Mental Health
  - Pain
  - Combined Medical, Mental Health and Pain
- ★ These five health-related outcome patterns were similar for men and women and did not change over time
- ★ Men were more likely to be in the Mental Health and Pain groups. The mental health diagnosis was usually substance use. The pain diagnosis was usually back pain. Men also were more likely to have a diagnosis of concussion.
- ★ Women were more likely to be in the Pain and Mental Health groups. The mental health diagnosis was usually depression. The pain diagnosis was usually headaches.



For more information on CENC visit:  
<http://www.cencstudy.org>

### Reference:

Pugh M.J., Finley E.P., Wang C.P., Copeland L.A., Jaramillo C.A., Swan A.A., Elnitsky C.A., Leykum L.K., Mortensen E.M., Eapen B.A., Noel P.H. A retrospective cohort study of comorbidity trajectories associated with traumatic brain injury in veterans of the Iraq and Afghanistan wars. *Brain injury*. 2016 Oct 14;30(12):1481-90.