



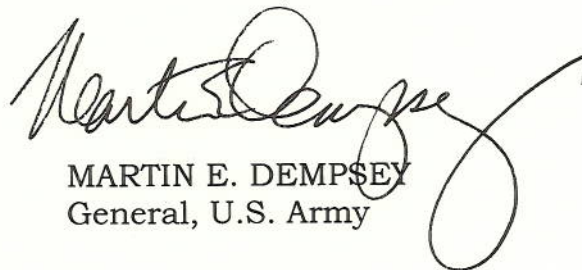
CHAIRMAN OF THE JOINT CHIEFS OF STAFF

WASHINGTON, D.C. 20318-9999

MEMORANDUM FOR MEMBERS OF THE MILITARY ASKED TO PARTICIPATE IN THE  
MILLENNIUM COHORT STUDY

SUBJECT: Request for Participation in Service Member Health Study and  
Referral of Spouse to Military Family Health Research Study

1. Recently you were asked to participate in a research effort known as the Millennium Cohort Study. As part of America's commitment to you, the Department of Defense launched this long-term study, and I encourage you to participate.
2. In conjunction with this Service member study, this research team is conducting a study of the impact of military service on families. Family relationships play an important role in the functioning and well-being of U.S. military Service members. However, extended separations associated with deployment can have a negative impact on relationships and create significant distress in Service members and family members. These unique studies are designed to follow Service members and their spouses from all branches of the military over an extended period of time as they experience the rewards and challenges of military life.
3. The Service Member Study and the Family Study work in partnership to provide top military leaders with the information necessary to develop interventions that can build resilience and reduce stress in Service members and their families.
4. In addition to completing the Service member survey, I encourage you to provide permission to the study team to contact your spouse for participation in the Family Study.
5. Thank you for your selfless service and dedication to these important health studies.

A handwritten signature in black ink, which appears to read "Martin E. Dempsey", is written over the typed name and title.

MARTIN E. DEMPSEY  
General, U.S. Army



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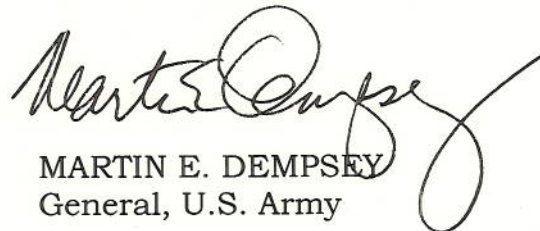
SUBJECT: Request for Help with Military Health Research

1. Recently you were asked to participate in a research effort known as the Millennium Cohort Study. As part of America's commitment to you, the Department of Defense launched this long-term study, and I encourage you to participate.

2. The Millennium Cohort is the largest congressionally directed study on military health and captures data from personnel across all branches of the military. The purpose is to evaluate the impact of military service, including deployments, on various health indices to better understand the health concerns and needs of our Service members.

3. Never in history has such a large group of Active Duty, Reservists, and Veterans from all military branches been included in a health study of this magnitude. This unique study is designed to follow a group of people over an extended period of time to provide invaluable input on health risk and resilience factors. By participating in a study designed to last more than 20 years, you have a hand in a very powerful form of research and contribute toward military health improvement. The continued participation of cohort members, even those no longer in the military, is essential. As a result of previous contributions, the Department of Defense has already been able to make critical, informed decisions on deployment-related issues such as stress and respiratory health.

4. I encourage you to give some of your time to represent the many Service members defending this great Nation. Thank you in advance for your selfless service and dedication to this study.



MARTIN E. DEMPSEY  
General, U.S. Army