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Post-Traumatic Stress Disorder, Obesity, and Marijuana Use in Marine Corps Veterans

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Higher rates of obesity are seen in people diagnosed with Post-Traumatic Stress Disorder (PTSD). Those with PTSD often turn to substance use/abuse. There is a lack of information on the relationship between marijuana use, PTSD, and obesity in military veterans. **PURPOSE:** This study examined the association between marijuana use, PTSD, and obesity in Marine Corps veterans. **METHODS:** A survey assessing Marine Corps veteran demographic information (height, weight), service history (years of service, number of deployments), and health habits (exercise, substance use, and PTSD history) was administered via a Facebook group of Marine Corps veterans. One hundred (70 male, 30 female) subjects completed the survey. Paired sample t-tests were used to compare dependent variables between PTSD and non-PTSD subjects. **RESULTS:** Subjects with PTSD had been deployed more times (1.90 ± 1.73 times) vs subjects without PTSD (0.94 ± 1.12 ; $p=0.02$). Subjects with PTSD had a higher body mass index (BMI) (34.15 ± 8.23 kg/m²) vs subjects without PTSD (28.14 ± 4.71 kg/m²; $p=0.004$). Subjects with PTSD did not consume alcohol (AL; 2.76 ± 1.2), tobacco (TO; 1.48 ± 1.87), or marijuana (MJ; 0.90 ± 1.67) to a greater extent vs. subjects without PTSD (AL: 3.08 ± 0.96 ; $p=0.27$; TO: 1.30 ± 1.68 ; $p=0.27$; MJ: 0.68 ± 1.2 ; $p=0.58$). Subjects with PTSD did not exercise more frequently (2.23 ± 1.91) vs subjects without PTSD (2.05 ± 2.16 ; $p=0.65$). **CONCLUSION:** BMI is significantly higher in Marine Corp veterans diagnosed with PTSD compared to veterans without PTSD while substance use and exercise was not different between groups.