



## Carter visits troops, coalition partners in Middle East

U.S. Department of Defense

Defense Secretary Ash Carter is in the Middle East this week to visit troops far from home during the holiday season and to speak with coalition partners about upping the fight against the Islamic State in Iraq and the Levant. [READ MORE](#)

## Soldiers struggle with sleep, healthful eating

Military Times

Active-duty soldiers have difficulty getting enough sleep and eating a healthful diet, according to a report from the Army surgeon general's office. The report looked at troop health at 30 installations in the US in 2014, focusing on injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders and other factors. [READ MORE](#)

## Army cuts 2,664 active-component soldiers in October

Army Times

The Regular Army's soldier population dropped by 2,664 in October, bringing personnel strength for the first month of this fiscal year to 488,701, some 13,700 shy of the force reduction goal for 2016. [READ MORE](#)

## Connecting separating service members to more civilian employers

Military Times

Officials say the upcoming focus for military transition assistance programs will be creating connections to civilian employers, in an effort to more quickly link separating service members with eager employers. Unemployment among the latest generation of servicemembers has fallen to eight-year lows in recent months, progress hailed as wider acceptance of veterans in the civilian workforce. [READ MORE](#)