



## Top military doctor says trend toward overweight troops is troubling

Military Times

The growing ranks of overweight troops is a worrisome trend and the Defense Department should look for ways to help today's force live a healthier lifestyle, the Pentagon's top health official said Thursday. Recent military health data shows that about 7.8 percent of the force -- or about one in every 13 troops -- is clinically overweight. That figure has roughly doubled during the past five years. [READ MORE](#)

## More than 450 Guard soldiers to deploy to the Middle East

Army Times

More than 450 soldiers from the 29th Infantry Division are mobilizing for federal active duty in the Middle East, officials announced Wednesday. The soldiers, who belong to both the Virginia and Maryland Army National Guard, are deploying to provide mission command for more than 18,000 troops supporting Operation Spartan Shield. [READ MORE](#)

## Get out and vote but obey your oath, general tells officers

Army Times

"Wednesday's New York Times includes an opinion column suggesting military officers shouldn't vote. It is good for the Army and for the nation to hear from its officers and enlisted service members. However, I could not disagree more strongly with the author," stated Retired Gen. Carter F. Ham, president and CEO of the Association of the U.S. Army. [READ MORE](#)

## Veterans' health care key issue in presidential election

The Associated Press

Health care for veterans and their families is a significant issue in the presidential race. Clinton says she'll work to make sure veterans receive timely care and to block privatization, while Trump says he'll increase the number of programs that give veterans the option to choose their own doctor. Veterans groups are encouraged by the increased focus on the VA but say the VA must do more to improve access to health care, address veterans' suicide, and change VA's culture. [READ MORE](#)