

WG 2 (Preventive Medicine and Healthcare Policies)

### Assessment of Nutritional Consumption and Health Habits of IDF Military Personnel (MABAT Survey) – Update

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Feeding military personnel remains a dynamic and multifaceted challenge that requires continuous evaluation to ensure optimal nutrition, performance, and well-being. This update builds upon the initial findings of the Military General Health and Nutrition Descriptive Survey (MABAT-IDF) that was presented during previous Shoresh conference, with data collected from a significantly larger and more diverse sample of IDF personnel. The expanded dataset provides a more comprehensive analysis of dietary consumption patterns, nutritional adequacy, and health-related behaviors across different military populations. It includes a refined assessment of energy intake, macronutrient distribution, and adherence to recommended dietary guidelines. Additionally, longitudinal comparisons highlight trends in eating habits, physical activity, body weight, and smoking prevalence. The study further explores the impact of sleep patterns and body image perception on overall health. These findings provide critical input for future adjustments to the IDF's nutritional policies, enhancing the effectiveness of dietary planning and implementation.

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### Lifestyle and Health Behavior Trends Among IDF Recruits. Possible Implications of the “Iron Swords” War

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**Background:**

In recent decades, the body mass index (BMI) of Israeli adolescents eligible for military service has steadily increased, reflecting broader shifts in lifestyle and health behaviors. Additionally, emergencies and crises—such as wars, terrorist attacks, and economic instability—significantly impact health-related behaviors. Research following the October 7th attack has identified notable behavioral changes, including increased smoking rates, weight fluctuations, and reduced physical activity. These findings highlight the psychological distress experienced by individuals and their direct influence on health choices, emphasizing the need for effective public health strategies during and after crises.

**Rationale:**

This study aims to analyze trends in health behaviors and BMI among IDF combat unit recruits before and during the "Iron Swords" war, covering the period from January 2021 to December 2024. Data were collected from standard enrollment questionnaires completed by recruits on their recruitment day, alongside measured body weight records. Key variables include physical activity levels, smoking status, significant weight loss (>5 kg in the past three months), and dietary preferences.

**Methods:**

Our analysis examines these trends across different demographic factors, such as residential area, gender, and religiosity. We anticipate observing shifts in smoking habits, BMI patterns, and physical activity levels among recruits, aligning with findings from previous studies. A systematic evaluation of these trends will provide valuable insights for shaping health policies and designing targeted public health interventions within the IDF.