



# 2018 MILITARY FAMILY LIFESTYLE SURVEY RESULTS

# 10,192

## RESPONDENTS INCLUDING MILITARY SPOUSES SERVICE MEMBERS & VETERANS

MILITARY FAMILIES ARE ASSETS TO NATIONAL DEFENSE AND THEIR LOCAL COMMUNITIES. They are central to the health and capability of the All-Volunteer Force and are good neighbors actively engaged in making their civilian communities great places to live.

Blue Star Families' annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family and is a blueprint for strengthening America by supporting military families.

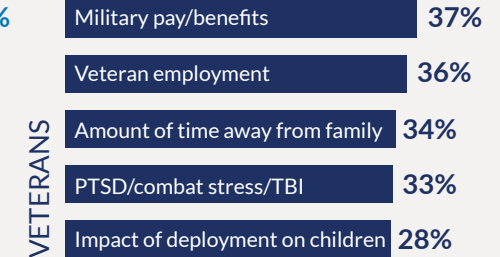
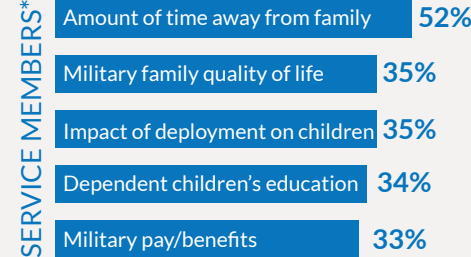


IN COLLABORATION WITH:



Funding for the 2018 Military Family Lifestyle Survey provided through the generosity of our presenting sponsor USAA and from supporting sponsors Lockheed Martin Corporation, CSX Corporation, Facebook, BAE Systems, Northrop Grumman Corporation, and the Walmart Foundation.

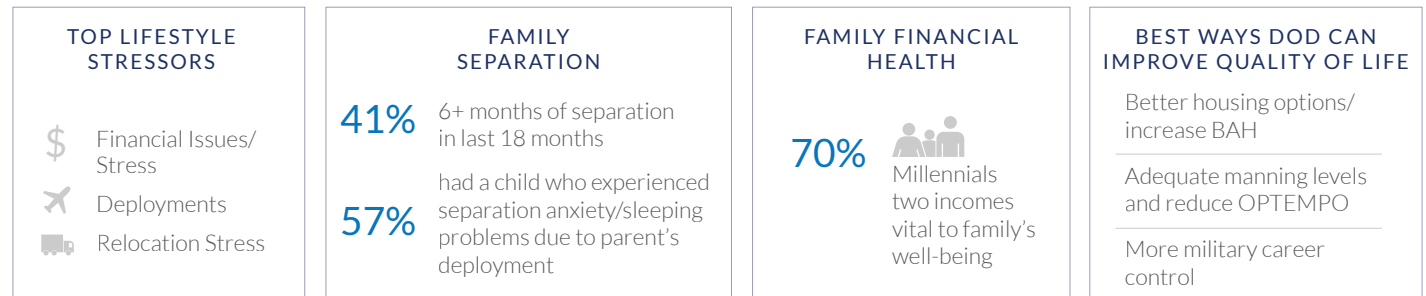
## TOP 5 ISSUES



\* Top issues for service members differ by gender

## IMPACT OF SERVICE ON QUALITY OF LIFE

MILITARY FAMILIES WANT TO SERVE. THEY WORRY SERVICE MAY HURT THEIR FAMILY'S WELL-BEING.



## COMMUNITY CONNECTEDNESS & BELONGING

MILITARY FAMILIES ARE GOOD NEIGHBORS, YET MANY FEEL THEY DO NOT BELONG.



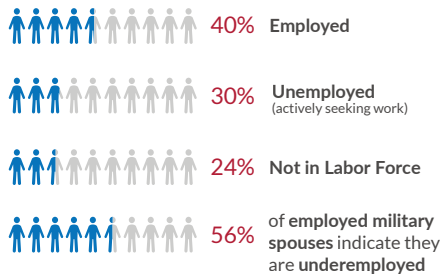


# 2018 MILITARY FAMILY LIFESTYLE SURVEY



## SNAPSHOT *of the* MILITARY LIFESTYLE

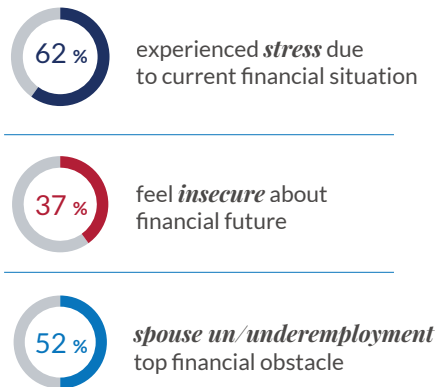
### SPOUSE EMPLOYMENT



Frequent relocation causes spouse underemployment

47% want large corporations to design military spouse-friendly *flexible work options*

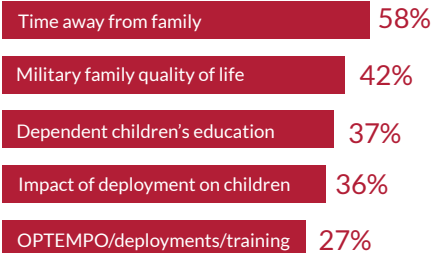
### FINANCIAL READINESS



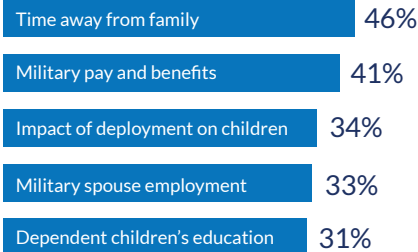
### WOMEN IN UNIFORM

#### Top Issues of Concern by Gender

##### Female Service Members



##### Male Service Members



#### Top Improvements to Quality of Life by Female Service Member

Adequate manning levels and reduce OPTEMPO\*

More military career control\*

Increase access to affordable childcare

\*Same for males and females

### CIVIL-MILITARY DIVIDE



### MENTAL HEALTH & WELLNESS

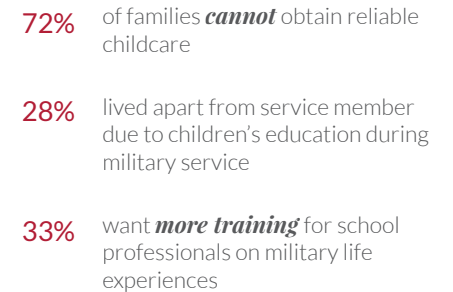
27% of veterans and service members say better appointment availability would make seeking mental health care more comfortable

Spouses and veterans top improvement - *full dependent alternative care coverage*

32% of LGBT feel better health care most important quality of life improvement

Families who have a *child with special needs* significantly less likely than peers to feel Tricare provides appropriate medical support

### MILITARY CHILDREN

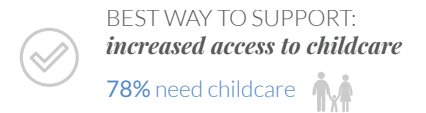


### SUICIDE

#### Experienced suicidal thoughts during time in military



### MILITARY SPOUSE CAREGIVERS



Report *significantly lower levels of family resilience factors* (open communication, meaning making of adversity, family connectedness, and internal family support) than peers