

2018 MILITARY FAMILY LIFESTYLE SURVEY RESULTS

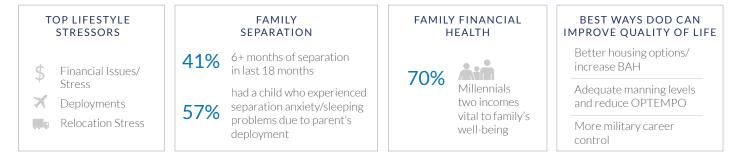
TOP 5 ISSUES



* 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.

COMMUNITY BELONGING



Military spouses have lowest sense of belonging and least connection to both communities of all respondent groups

BEST WAY TO **IMPROVE SENSE** OF BELONGING

Service member and military spouses increase military spouse jobs

TRANSITION

Employment in early transition *positively impacts* veteran families' community connections and belonging

TOP WAY TO IMPROVE TRANSITION **EXPERIENCE**

Strong *support* network

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:

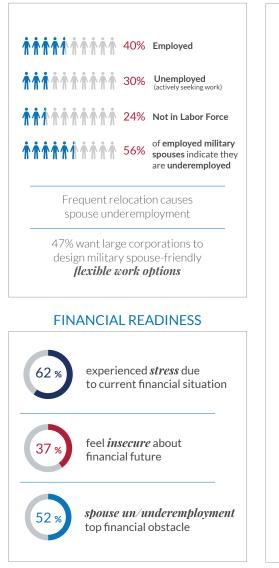


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SNAPSHOT of the MILITARY LIFESTYLE

SPOUSE EMPLOYMENT



WOMEN IN UNIFORM						
Top Issues of Concern by Gender						
Female Service Members						
Time away from	58%					
Military family	42%					
Dependent children's education 37%						
Impact of deployment on children 36%						
OPTEMPO/deployments/training 27%						
Male Service Members						
Time away fror	46%					
Military pay an	41%					
Impact of deployment on children 34%						
Military spouse	33%					
Dependent children's education 31%						
Top Improvements to Quality of Life by Female Service Member						
Adequate manning levels	More military career	Increase access to affordable				

*Same for males and females

control*

childcare

and reduce

OPTEMO*

18%		19%	96%			
feel the general public understands their sacrifices		feel the general public is <i>aware of</i> <i>challenges</i> military service places on families	working with neighbors to <i>improve</i> <i>communities</i> important			
MENT	AL HEAL	TH & WELLNESS	5		MILITARY CHILDREN	
27% sa	ay better ap vould make	and service members opointment availabili seeking mental healt	ty	72%	of families cannot lobtain reliable childcare	
Spouses		ns top improvement native care covera		28%	lived apart from service member due to children's education durir military service	
32% m		better health care ant quality of life t	_	33%	want <i>more training</i> for school professionals on military life experiences	
		<i>hild with special ne</i> ely than peers to fee		MIL	ITARY SPOUSE CAREGIVE	
Tricare pro	ovides appro	opriate medical supp	ort		BEST WAY TO SUPPORT: increased access to childcard	
	SUI	CIDE			78% need childcare	
Experienced suicidal thoughts during time in military Military Veterans Service Spouses (5% in past year) (5% in past year) (5% in past year) (5% in past year)			0	Report <i>significantly lower levels</i> <i>f family resilience factors</i> (open		

(4% in past year)

13%

23%

CIVIL-MILITARY DIVIDE

ITARY CHILDREN milies *cannot*lobtain reliable Icare

apart from service member o children's education during ary service

more training for school essionals on military life riences

Y SPOUSE CAREGIVERS



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