**2018 MILITARY FAMILY LIFESTYLE SURVEY RESULTS**

**TOP 5 ISSUES**

<table>
<thead>
<tr>
<th>MILITARY SPOUSES</th>
<th>SERVICE MEMBERS</th>
<th>VETERANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount of time away from family</td>
<td>51%</td>
<td>Amount of time away from family</td>
</tr>
<tr>
<td>Military spouse employment</td>
<td>45%</td>
<td>Military family quality of life</td>
</tr>
<tr>
<td>Dependent children’s education</td>
<td>42%</td>
<td>Impact of deployment on children</td>
</tr>
<tr>
<td>Impact of deployment on children</td>
<td>39%</td>
<td>Dependent children’s education</td>
</tr>
<tr>
<td>Military pay/benefits</td>
<td>35%</td>
<td>Military pay/benefits</td>
</tr>
</tbody>
</table>

*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.

<table>
<thead>
<tr>
<th>TOP LIFESTYLE STRESSORS</th>
<th>FAMILY SEPARATION</th>
<th>FAMILY FINANCIAL HEALTH</th>
<th>BEST WAYS DOD CAN IMPROVE QUALITY OF LIFE</th>
</tr>
</thead>
<tbody>
<tr>
<td>$ Financial issues/ Stress</td>
<td>41%</td>
<td>6+ months of separation in past 18 months</td>
<td>Millennials two incomes vital to family’s well-being</td>
</tr>
<tr>
<td>Deployments</td>
<td>57%</td>
<td>had a child who experienced separation anxiety/sleeping problems due to parent’s deployment</td>
<td>Better housing options/increase BAH</td>
</tr>
<tr>
<td>Relocation Stress</td>
<td></td>
<td></td>
<td>Adequate manning levels and reduce OPTEMPO</td>
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</tbody>
</table>

**COMMUNITY CONNECTEDNESS & BELONGING**

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

<table>
<thead>
<tr>
<th>COMMUNITY BELONGING</th>
<th>BEST WAY TO IMPROVE SENSE OF BELONGING</th>
<th>TRANSITION</th>
<th>TOP WAY TO IMPROVE TRANSITION EXPERIENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>Military spouses have lowest sense of belonging and least connection to both communities of all respondent groups</td>
<td>Employment in early transition positively impacts veteran families’ community connections and belonging</td>
<td>Strong support network</td>
</tr>
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<td></td>
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</tbody>
</table>

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 local 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.

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.
2018 MILITARY FAMILY LIFESTYLE SURVEY

SNAPSHOT of the MILITARY LIFESTYLE

SPouse EMPLOYMENT

- 40% Employed
- 30% Unemployed (actively seeking work)
- 24% Not in Labor Force
- 56% of employed military spouses indicate they are underemployed

Frequent relocation causes spouse underemployment

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

WOMEN IN UNIFORM

Top Issues of Concern by Gender

Female Service Members
- Time away from family: 58%
- Military family quality of life: 42%
- Dependent children’s education: 37%
- Impact of deployment on children: 36%
- OPTEMPO/deployments/training: 27%

Male Service Members
- Time away from family: 46%
- Military pay and benefits: 41%
- Impact of deployment on children: 34%
- Military spouse employment: 33%
- Dependent children’s education: 31%

CIVIL-MILITARY DIVIDE

- 18% feel the general public understands their sacrifices
- 19% feel the general public is aware of challenges military service places on families
- 96% working with neighbors to improve communities important

MENTAL HEALTH & WELLNESS

- 27% of veterans and service members say better appointment availability would make seeking mental health care more comfortable
- 32% of LGBT feel better health care most important quality of life improvement

MILITARY CHILDREN

- 72% of families cannot obtain reliable childcare
- 33% want more training for school professionals on military life experiences

MILITARY SPOUSE CAREGIVERS

BEST WAY TO SUPPORT: increased access to childcare

- 78% need childcare

SUICIDE

- Experienced suicidal thoughts during time in military
  - Military Spouses (4% in past year)
  - Veteran Spouses (1% in past year)
  - Active Duty Service Members (4% in past year)
  - Veterans (5% in past year)
  - Post-9/11 Veterans (5% in past year)

- 9% 13% 13% 23% 23%

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