

11,228
RESPONDENTS
INCLUDING SERVICE
MEMBERS,
MILITARY SPOUSES &
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. For that reason, it is a blueprint for strengthening America, identifying how we can continue to enhance military family life.



IN COLLABORATION WITH:



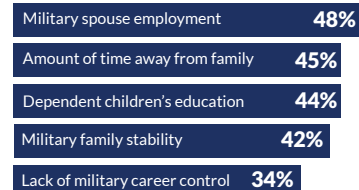
Funding for the 2019 Military Family Lifestyle Survey is provided through the generosity of our presenting sponsor USAA and from supporting sponsors Lockheed Martin Corporation, Craig Newmark Philanthropies, CSX Corporation, Hunt Companies, OptumServe, AARP, BAE Systems, Booz Allen Hamilton, Northrop Grumman Corporation, and Walmart.



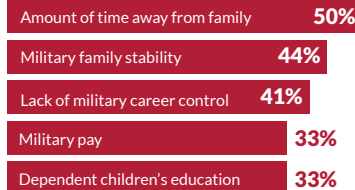
2019 MILITARY FAMILY LIFESTYLE SURVEY

TOP 5 ISSUES RANKED

MILITARY SPOUSES

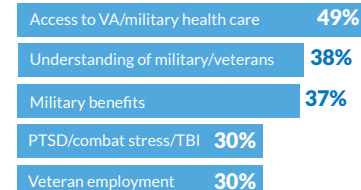


SERVICE MEMBERS*



*Top five issues for service members differ by gender

VETERANS



MILITARY FAMILY STABILITY: Predictability and choice enhance the capacity to thrive

TOP LIFESTYLE STRESSORS

1. **Financial** Issues/Stress
2. **Relocation** Stress
3. **Isolation** from Family/Friends



FAMILY SEPARATION



39% 6+ months of separation in last 18 months

- 52% find friends most helpful during separation
- 39% no one in local community to talk to
- 35% no one to ask for a favor

RELOCATION & EFFORTS TO STABILIZE



48% of EFMP families cite relocation as a top stressor; 40% can't receive a referral and be seen in a reasonable amount of time

Families with orders 2 months or less had significantly less belonging to local community than families with more notice



are homeschooling

Most cited reasons: flexibility for family time, stabilizing child's academics, poor public schools



VIBRANT COMMUNITIES: Validating military family experiences supports capacity to belong

CULTURAL COMPETENCE

47% feel their local civilian community has limited awareness of, appreciation, understanding, support, and respect for military and veteran families

VETERAN TRANSITION

Female veterans are more socially isolated than male veterans



of female veterans



of male veterans

not prepared to navigate resources in local community

RESOURCES



of National Guard families



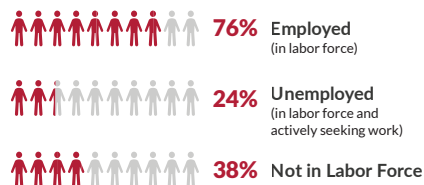
of Reserve families

feel local civilian community doesn't have resources designed for military families

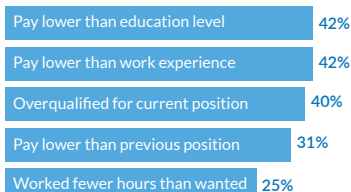
46% of National Guard families
45% of Reserve families
feel local civilian support agencies aren't effectively addressing their needs

SNAPSHOT OF THE MILITARY LIFESTYLE

SPOUSE EMPLOYMENT



Underemployment Circumstances



Flexible work:
flexible scheduling,
remote/telework

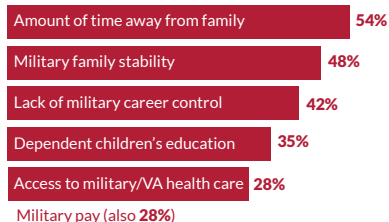


Top barrier to employment: service member's **day-to-day** job demands

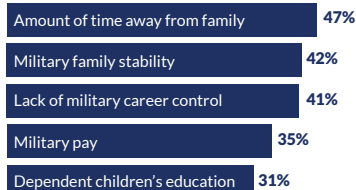
WOMEN IN UNIFORM

Top Issues Ranked by Gender

Female Service Members



Male Service Members



CHILDCARE



of female service members



of male service members

feel lack of childcare impacted their pursuit of education/employment



68% can't always find childcare for current situation

MILITARY CHILDREN'S EDUCATION



Children with strong sense of belonging to school have: friends, activities/clubs, good teachers/staff, and school welcoming practices



lived apart due to **child's education** (40% for civilian spouse's career)

Top training for schools: understanding impact of frequent moves on child

LOCAL COMMUNITY SUPPORT



do not feel a sense of belonging to their local civilian community
27% neutral*

Families want better **engagement, communication, and understanding** from local civilians

CIVILIAN-MILITARY DIVIDE



feel the **general public understands** their sacrifices
7% have no opinion*



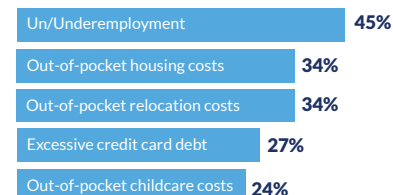
feel the **general public is aware** of challenges military service places on families
7% have no opinion*

FINANCIAL READINESS



experience stress due to current financial situation

TOP CONTRIBUTORS TO CURRENT FINANCIAL STRESS



SUICIDE

Experienced suicidal thoughts during time in military

