Blue Star Families’ annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family. This infographic represents a geographic cross-section of the 2020 survey results, which includes active-duty families, Veteran families, National Guard families, and Reserve families. When referencing this data, please consider the following sample demographics:

- 74% are white, non-Hispanic
- 76% are female
- 45% are active-duty spouses, 22% are Veterans, 10% are active-duty service members, and 10% are Veteran spouses
- 77% are enlisted ranks
- 63% are affiliated with the Army, 30% Air Force, 3% Navy, and 3% Marine Corps
- The average age of respondents is 41
- 90% have children

### Top Lifestyle Issues (n=264)

- Time away from family: 46%
- Spouse employment: 34%
- Children’s education: 32%
- Military pay: 27%
- Military family stability: 25%

### Top Lifestyle Stressors (n=259)

- Financial issues/stress: 49%
- Deployments: 38%
- Spouse employment: 34%
- Isolation from family/friends: 34%
- Relocation: 28%

### Financial Readiness

- Experience stress due to current financial situation (n=216): 63%
- Top contributors to current financial stress (n=136):
  - Excessive Credit Card Debt: 35%
  - Student Loans: 28%
  - Out-of-Pocket Housing Costs: 23%

### Belonging

- Feel welcome in their local community (n=245): 56%
- Feel a sense of belonging to their local community (n=246): 41%

### Mental Health

- Do you currently receive mental health care? (n=179):
  - Yes: 24%
  - No, but I would like to: 11%
  - No, and I don’t want or need it: 65%

### Spouse Employment*

- Are you currently employed? (n=95):
  - Yes: 46%
  - No, but I want or need paid employment: 32%
  - No, and I do not want or need paid employment: 22%

### K-12 Education

- Believe their oldest child is thriving in his/her school (n=100): 77%
- Agree that their oldest child feels a strong sense of belonging to his/her school (n=95): 69%

### Food Insecurity

- In the past year, it was sometimes true that:
  - The food I bought did not last and I did not have money to get more (n=207): 23%
  - I was unable to afford to eat balanced meals (n=211): 19%

### Caregiving

- Have provided unpaid care in the past year (n=233): 40%
- Do not have someone who could be a backup caregiver if needed (n=101): 47%
OVERALL TAKEAWAYS

The majority of Missouri respondents (most of whom are enlisted) report experiencing financial stress.

Only half (56%) of Missouri military families feel welcome in their community.

Despite COVID-19’s impact on K-12 education, most Missouri military families believe their children are thriving in school.

COVID-19 has negatively impacted the employment situation of military spouses; the majority of whom are women.

FINANCES

To what degree did COVID-19 impact your personal financial situation?

All respondents (n=199)

Better | No change | Worse
--- | --- | ---
10% | 58% | 32%

HEALTH AND MENTAL HEALTH

believe COVID-19 has made their mental health worse (n=196)

48%

believe COVID-19 has made their child(ren)’s mental health worse (n=164)

40%

believe COVID-19 has made their personal health worse (n=197)

34%

MILITARY CHILDREN’S EDUCATION

Method of delivery for oldest child (n=104)

In-Person | Online/Virtual | Hybrid | Other
--- | --- | --- | ---
68% | 14% | 13% | 4%

believe COVID-19 has made their child(ren)’s education worse (n=161)

38%

EMPLOYMENT

To what degree did COVID-19 impact your employment situation?

Active-duty spouses (n=82)

Better | No change | Worse
--- | --- | ---
2% | 72% | 26%

Questions about the annual Military Family Lifestyle Survey and how you can offer support? Contact survey@bluestarfam.org

Questions about Blue Star Families’ Missouri chapter? Contact missouri@bluestarfam.org

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