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 results that only includes active-duty families. When referencing this data, please consider the following sample demographics:

- 79% are white, non-Hispanic
- 86% are female
- 78% are active-duty spouses
- 58% are enlisted ranks
- 39% are affiliated with the Army, 17% Coast Guard, 14% Navy, 10% Air Force, and 8% Marine Corps
- The average age of respondents is 38
- 90% have children
- 38% are unpaid caregivers

### Top Family Issues (n=129)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse employment</td>
<td>45%</td>
</tr>
<tr>
<td>Time away from family</td>
<td>41%</td>
</tr>
<tr>
<td>Children's education</td>
<td>36%</td>
</tr>
<tr>
<td>Military pay</td>
<td>28%</td>
</tr>
<tr>
<td>Military family stability</td>
<td>28%</td>
</tr>
</tbody>
</table>

### Top Family Issues* (n=129)

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<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military pay</td>
<td>40%</td>
</tr>
<tr>
<td>Time away from family</td>
<td>40%</td>
</tr>
<tr>
<td>Access to military/VA health care</td>
<td>29%</td>
</tr>
<tr>
<td>PTSD/combat stress/TBI</td>
<td>28%</td>
</tr>
<tr>
<td>Military benefits</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Financial Readiness

- 63% experience stress due to current financial situation (n=104)

<table>
<thead>
<tr>
<th>Source of Stress</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse Un/ Underemployment</td>
<td>28%</td>
</tr>
<tr>
<td>Student Loans</td>
<td>28%</td>
</tr>
<tr>
<td>Out-of-Pocket Relocation Costs</td>
<td>25%</td>
</tr>
</tbody>
</table>

### Belonging

- 35% feel supported by their local civilian community (n=114)
- 33% feel a sense of belonging to their local civilian community (n=115)

### Mental Health

- 19% do not receive mental health care but would like to (n=95)

### Time Away

- 62% find OPTEMPO stressful for healthy work/family life (n=116)
- 33% experienced 6+ months of separation in the last 18 months (n=109)

### Spouse Employment*

- Are you currently employed? (n=75)
  - Yes: 53%
  - No, but I want or need paid employment: 28%
  - No, and I do not want or need paid employment: 18%

### Local Connections

- 45% do not know anyone in their local civilian community well enough to ask for a favor (n=100)
- 51% have no friends in their local civilian community with whom they feel at ease (n=93)
OVERALL TAKEAWAYS

The majority of respondents report experiencing financial stress.

Three in five military family respondents in the New York Tri-State Area pay over $200 each month in out-of-pocket housing costs.

Two-thirds of respondents believe their child(ren)'s education worsened due to COVID-19.

Only a third (35%) of military family respondents agree they feel supported by their local community.

FINANCES

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

All respondents (n=99)

- 10% Better
- 55% No change
- 35% Worse

HEALTH AND MENTAL HEALTH

believe COVID-19 has made their mental health worse (n=99)

- 63% Better
- 35% No change
- 1% Worse

believe COVID-19 has made their child(ren)'s mental health worse (n=87)

- 55% Better
- 34% No change
- 10% Worse

believe COVID-19 has made their personal health worse (n=99)

- 43% Better
- 55% No change
- 12% Worse

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

Questions about Blue Star Families' Craig Newmark New York Tri-State chapter? Contact newyork@bluestarfam.org

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