This infographic represents a geographic cross-section of the results, which includes active-duty families, Veteran families, National Guard families, and Reserve families. When referencing this data, please consider the following sample demographics:

- 82% are white, non-Hispanic
- 61% are female
- 30% are active-duty spouses, 30% are Veterans, 8% are Veteran spouses, and 7% are active-duty service members
- 80% are enlisted ranks
- 48% are affiliated with the Air Force, 38% Army, 8% Marine Corps, and 6% Navy
- The average age of respondents is 40
- 84% have children
- 45% are unpaid caregivers

**Top Lifestyle Issues (n=137)**

- Time away from family: 40%
- Military pay: 40%
- Impact of deployment on family: 34%
- Lack of control over military career: 25%
- Spouse employment: 22%
- Child(ren)'s education: 21%

**Top Lifestyle Stressors (n=136)**

- Financial issues/stress: 52%
- Deployments: 38%
- Isolation from family/friends: 32%
- Job stress: 32%
- Impact of military life on child(ren): 28%
- Relocation: 28%

**Financial Readiness**

- 76% experience stress due to current financial situation (n=103)

**Top contributors to current financial stress (n=75)**

- Un/Under-employment: 28%
- Excessive Credit Card Debt: 28%
- Student Loans: 24%

**Time Away**

- 62% find OPTEMPO stressful for healthy work/family life (n=47)*
- 33% experienced 6+ months of separation in the last 18 months (n=177)**

**Mental Health**

- Do you currently receive mental health care? (n=89)
  - Yes: 24%
  - No, but I would like to: 24%
  - No, and I don't want or need it: 53%

**Food Insecurity**

- In the past year, it was sometimes true that:
  - 27% I was unable to afford to eat balanced meals (n=100)
  - 27% The food I bought didn't last and I didn't have money to get more (n=97)
  - 15% I was hungry but didn't eat because there wasn't money for food (n=97)

**Local Community**

Utah respondent families believe their local communities:

- 55% are supportive of military and Veteran families (n=113)
- 33% feel they have a voice in their local community (n=112)
- 59% do not truly understand the sacrifices made by military families (n=111)
- 53% feel welcome in their local community (n=115)
- 38% feel they are a valued member of their local community (n=114)

**Belonging**

- 76% have two or more friends in their local community (n=102)
- 69% know two or more people in their local community well enough to ask for a favor (n=104)
OVERALL TAKEAWAYS

Three in four military family respondents in Utah report experiencing financial stress.

Nearly a quarter (24%) of respondents do not currently receive mental health services but would like to.

Most respondents (56%) believe that COVID-19 has worsened their mental health.

One in four Utah respondents report experiencing low food security at some point during the past year.

MILITARY CHILDREN’S EDUCATION

Method of delivery for oldest child (n=47)**

- 49% In-Person
- 34% Hybrid
- 15% Online/Virtual
- 2% Other

55% believe COVID-19 has made their child(ren)’s education worse (n=76)

FINANCES

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

Active-duty, National Guard, Reserve, and Veteran families (n=87)

- 9% Better
- 66% No change
- 25% Worse

HEALTH AND MENTAL HEALTH

56% believe COVID-19 has made their mental health worse (n=90)

46% believe COVID-19 has made their child(ren)’s mental health worse (n=78)

41% believe COVID-19 has made their personal health worse (n=92)

EMPLOYMENT

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

Active-duty spouses (n=31)

- 3% Better
- 84% No change
- 13% Worse

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

Questions about Blue Star Families’ Utah Chapter? Contact utah@bluestarfam.org

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