146 **RESPONDENTS**

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



IN COLLABORATION WITH

Syracuse University Institute for Veterans & Military Families

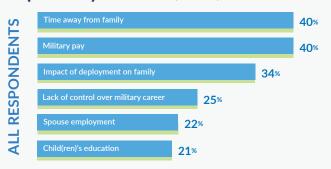
FUNDING FOR THE 2020 MILITARY FAMILY LIFESTYLE SURVEY IS PROVIDED SUPPORTING SPONSORS LOCKHEED MARTIN, AARP, CSX, HUNT COMPANIES, BAE SYSTEMS, THE BARRY ROBINSON CENTER, COMCAST, NORTHROP GRUMMAN, WALMART FOUNDATION, AND THE BOEING COMPANY.

2020 UTAH RESULTS BLUE STAR FAMILIES

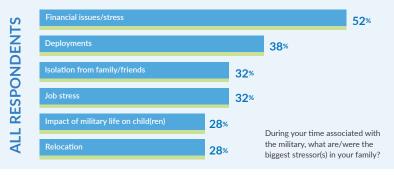


2020 MILITARY **FAMILY**

Top Lifestyle Issues (n=137)



Top Lifestyle Stressors (n=136)



FINANCIAL READINESS



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

Top contributors to current financial stress (n=75)



Un/Underemployment



Excessive Credit Card Debt



Student Loans

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)







would like to

No, but I No, and I don't want or need it

FOOD INSECURITY

In the past year, it was sometimes true that:

2/% I was unable to afford to eat balanced meals (n=100)

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:



are supportive of military and Veteran families (n=113)



do not truly understand the sacrifices made by military families (n=111)

n = total responses to each question OPTEMPO = operational tempo *Asked only of active-duty family respondents **Currently serving families

BELONGING



feel welcome in their local community (n=115)



feel they are a valued member of their local community (n=114)

feel they have a voice in their local community (n=112)

LOCAL CONNECTIONS



have two or more friends in their local community (n=102)



know two or more people in their local community well enough to ask for a favor (n=104)



2020 COVID-19 IMPACTS IN UTAH

MILITARY CHILDREN'S EDUCATION



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









In-Person

Hybrid

Online/Virtual

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

Other

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

EMPLOYMENT

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

Active-duty spouses (n=31)



FINANCES

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

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



HEALTH AND MENTAL HEALTH



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



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



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

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

Funding for the 2020 Military Family Lifestyle Survey is provided through the generosity of our presenting sponsor USAA and from supporting sponsors Lockheed Martin, AARP, CSX, Hunt Companies, BAE Systems, The Barry Robinson Center, Comcast, Northrop Grumman, Walmart Foundation, and The Boeing Company.

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.

