2020 CALIFORNIA RESULTS

Top Lifestyle Issues (n=283)

- Time away from family: 54%
- Spouse employment: 50%
- Children’s education: 41%
- Military pay: 31%
- Family quality of life: 30%

Top Lifestyle Stressors (n=283)

- Spouse employment: 49%
- Financial issues/stress: 45%
- Isolation from family/friends: 42%
- Deployments: 42%
- Children’s education: 32%

FINANCIAL READINESS

62% experience stress due to current financial situation (n=395)

Top contributors to current financial stress (n=243)

- Spouse unemployment: 40%
- Student Loans: 29%
- Excessive Credit Card Debt: 29%

HOUSING

Monthly out-of-pocket costs not covered by BAH (n=234)

- None: 21%
- Under $200: 22%
- $200 - $500: 36%
- $500+: 21%

Top factors for choosing current housing (n=397)

- Distance to base/installation
- Safety of my family
- Pets allowed
- BAH fully covers cost

27% are dissatisfied with their current military housing (n=210)

TIME AWAY

74% find OPTEMPO stressful for healthy work/family life (n=501)

36% experienced 6+ months of separation in the last 18 months (n=435)

MENTAL HEALTH

23% do not receive mental health care but would like to (n=351)

Top reasons for not receiving care (n=79)

- Difficult to schedule appointment
- Difficult to find child care
- Do not want medication

CHILDREN

27% have a child with special needs (n=388)

23% are enrolled in the Exceptional Family Member Program (n=437)

CHILD CARE

80% cannot always find child care that works for their current situation (n=119)

577 respondents including military spouses and service members

Blue Star Families’ annual Military Family Lifestyle Survey (MFLS) provides a comprehensive understanding of what it means to serve as a military family.

This infographic represents a geographic cross-section of 2020 MFLS data that only includes active-duty families.

When referencing this data, please consider the following sample demographics:

- 67% are white, non-Hispanic
- 90% are female
- 85% are active-duty spouses
- 62% are enlisted ranks
- 48% are affiliated with the Navy, 30% Marine Corps, 9% Air Force, 6% Army, and 6% Coast Guard
- The average age of respondents is 36
- 84% have children
- 39% are unpaid caregivers

IN COLLABORATION WITH

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OVERALL TAKEAWAYS

The majority of California respondents reported they are financially stressed.
Spouse under/unemployment is the top contributor to financial stress.

Over a third (37%) of California military spouse respondents reported COVID-19 worsened their employment situation.

Less than half of military family respondents in California believe their oldest child is thriving in their school, and two thirds believe COVID-19 has made their children's education worse.

Four in five military family respondents in California struggle to find child care that works for their situation.