2020 Tennesse and Kentucky Results

The 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 2020 survey data that only includes active-duty families. When referencing this data, please consider the following sample demographics:

- 73% are white, non-Hispanic
- 86% are female
- 78% are active-duty spouses
- 66% are enlisted ranks
- 83% are affiliated with the Army, 9% Navy, 1% Air Force, 1% Marine Corps, and 1% Coast Guard
- The average age of respondents is 36
- 92% have children

### Top Family Issues (n=142)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time away from family</td>
<td>51%</td>
</tr>
<tr>
<td>Spouse employment</td>
<td>46%</td>
</tr>
<tr>
<td>Child(ren)’s education</td>
<td>39%</td>
</tr>
<tr>
<td>Military family stability</td>
<td>34%</td>
</tr>
<tr>
<td>Military pay</td>
<td>32%</td>
</tr>
</tbody>
</table>

### Top Family Issues* (n=91)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTSD/combat stress/TBI</td>
<td>35%</td>
</tr>
<tr>
<td>Military pay</td>
<td>34%</td>
</tr>
<tr>
<td>Time away from family</td>
<td>33%</td>
</tr>
<tr>
<td>Access to military/VA health care</td>
<td>30%</td>
</tr>
<tr>
<td>Transition support when leaving military</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Financial Readiness

66% experience stress due to current financial situation (n=108)

#### Top contributors to current financial stress (n=71)

- Excessive Credit Card Debt: 30%
- Student Loans: 28%
- Spouse Un/Under-Employment: 25%

### Belonging

55% feel welcome in their local civilian community (n=128)

25% feel a sense of belonging to their local civilian community (n=127)

### CAREGIVING

44% have provided unpaid care in the past year (n=123)

52% do not have someone who could be a backup caregiver if needed (n=63)

55% my/my service member’s day-to-day job obligations make it difficult for me to provide care (n=65)

68% my/my service member’s deployments make it difficult for me to provide care (n=53)

### Children

- 65% cannot always find child care that works for their current situation (n=72)
- 25% have a child with special needs (n=112)

### Local Connections

- 40% have no friends in their local community with whom they feel at ease (n=100)
- 39% do not know anyone in their local community well enough to ask for a favor (n=110)

### Mental Health

- 40% emotional concerns cause me to accomplish less than I would like in my work or other regular daily activities (n=96)
- 20% do not receive mental health care but would like to (n=95)

### Spouse Employment**

- 51% Yes
- 31% No, but I want or need paid employment
- 17% No, and I do not want or need paid employment

*Veteran family sample demographics:
- 78% white
- 51% male
- 63% veteran
- 37% spouse of a veteran
- Average age: 54

*Veteran respondents were not included in the statistics calculated within this infographic.

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

IN COLLABORATION WITH

CSX

Syracuse University Institute for Veterans & Military Families
OVERALL TAKEAWAYS

The majority of Tennessee/Kentucky respondents (most of whom are enlisted) report experiencing financial stress. Two out of every three (66%) Tennessee/Kentucky military families struggle to find child care that works for them.

The majority (55%) of Tennessee/Kentucky families feel welcome in their community.

Nearly one third (29%) of Tennessee/Kentucky military spouse respondents report that COVID-19 worsened their employment.

MILITARY CHILDREN’S EDUCATION

Method of delivery for oldest child (n=85)

- In-Person: 56%
- Online/Virtual: 28%
- Hybrid: 13%
- Other: 2%

47% believe COVID-19 has made their child(ren)’s education worse (n=81)

EMPLOYMENT

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

Active-duty spouses (n=70)

- Better: 11%
- No change: 60%
- Worse: 29%

FINANCES

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

Active-duty families (n=94)

- Better: 15%
- No change: 51%
- Worse: 34%

HEALTH AND MENTAL HEALTH

believe COVID-19 has made their mental health worse (n=94)

- Better: 56%

believe COVID-19 has made their child(ren)’s mental health worse (n=82)

- Better: 49%

believe COVID-19 has made their personal health worse (n=94)

- Better: 36%

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

Questions about Blue Star Families' Tennessee Chapter? Contact tennessee@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.