Veterans of Veteran respondents (n=51) say they have a service-connected disability.

Active-Duty Families

Spouse Employment

12% of active-duty spouse respondents (n=36) are unemployed. Of those who are employed (n=22), 5% are only self-employed, 9% are both self-employed and working as a paid employee for someone else, and 86% are only working as a paid employee for someone else.

Children’s Mental Health

11% of active-duty family respondents with at least one child enrolled in grades K-12 (n=27) reported that their child(ren) did not currently receive mental health care, but they would like them to receive it.

Resource Access

Top military resources used by active-duty family respondents (n=35):
- Health care: 37%
- Social support resources: 26%

Top civilian resources used by active-duty family respondents (n=33):
- Health care: 15%
- Sports/recreation for children and/or family members: 15%

Children care

75% of active-duty family respondents (n=40) with at least one child have some level of need for child care. >> Only 28% of those with a need for child care (n=29) are able to find care that works for their situation.

Veterans

78% of Veteran respondents (n=51) say they have a service-connected disability. 38% of those with a service-connected disability (n=39) have a 100% rating.

57% of Veteran respondents (n=37) utilize the VA to meet all of their health care needs.

59% of Veteran respondents (n=22) “agree” or “strongly agree” that their doctor/provider they see the most often is knowledgeable of health needs faced by the military/Veteran populations.
Financial Security

Military-connected respondents' family financial situation (n=95)

- We are finding it difficult to get by: 13%
- We are just getting by: 19%
- We are doing okay: 39%
- We are living comfortably: 29%

Top contributors to financial stress among military-connected respondents with financial stress (n=78)

- Student loans: 37%
- Housing costs: 28%
- Excessive credit card debt: 28%

Mental Health

19% of military-connected respondents (n=97) do not currently receive mental health care but would like to receive it.

Food Support Program Usage

22% of Missouri military-connected respondents (n=93) utilized a food support program during the 12 months preceding survey fielding.

Programs utilized (n=20)

- Local food pantry: 12%
- National School Lunch Program (NSLP): 8%
- Women, Infants, and Children (WIC): 4%
- Pandemic Electronic Benefits Transfer (P-EBT): 4%
- Supplemental Nutrition Assistance Program (SNAP): 3%

Caregiving

18% of military-connected respondents (n=92) consider themselves to be an unpaid caregiver.

Provided care for (n=17)

- Spouse/partner who is a Veteran: 35%
- Parent or grandparent: 24%
- Adult child over age 18: 18%
- Spouse/partner who is a civilian: 18%

Recommendation of Military Service

Military-connected respondents (n=139)

- Unlikely to recommend (0-3): 30%
- Neutral (4-6): 24%
- Likely to recommend (7-10): 45%

Blue Star Families' annual Military Family Lifestyle Survey provides a comprehensive understanding of what it means to serve as a military family. For that reason it is a blueprint for strengthening America and identifying how we can continue to enhance military family life.

Military Affiliation (n=159): Active-Duty Service Member (11%), Spouse (32%); National Guard Service Member (1%), Spouse (3%); Reserve Service Member (3%), Spouse (1%); Veteran/Retired Service Member (37%), Spouse (13%)

Racial/Ethnic Identity (n=159): American Indian/Alaska Native (8%), Asian (6%), Black/African American (14%), Hispanic or Latino/a/x or of Spanish origin (6%), Native Hawaiian or other Pacific Islander (2%), Some other race or ethnicity (1%), White (77%)

Question Text: How likely are you to recommend that a young family member (child, niece, nephew, etc) join the military? Range: 0 = very unlikely to recommend, to 10 = very likely to recommend.

Unpaid caregiving is defined as all tasks related to the care for ongoing medical, mental health, or developmental conditions, or serious short-term ones.