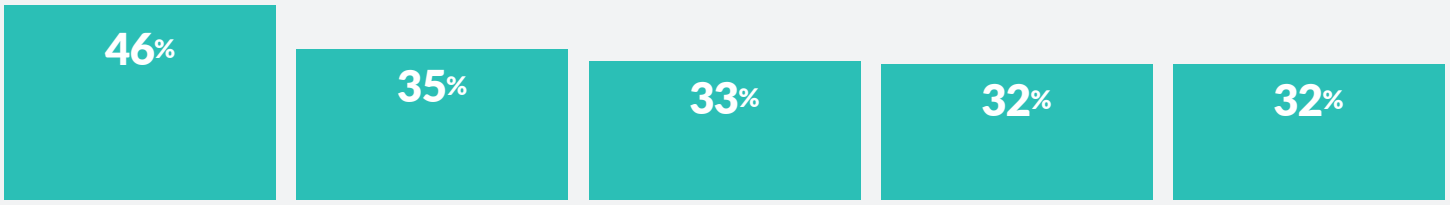
460 military-connected respondents including active-duty, National Guard, Reserve, and Veteran service members and spouses

BLUE STAR FAMILIES

Military Family Lifestyle Survey

Sheila and George Casey National Capital Region
Delivered by CSX

Top Issues for Military-Connected Family Respondents (n=412)



Military Spouse Employment | Amount of time away from family | Dependent child(ren)'s education | BAH/Off-base housing concerns | Military Pay

Active-Duty Families

Spouse Employment

14% of NCR active-duty spouse respondents (n=205) are unemployed

Mental Health

27% of active-duty family respondents (n=217) do not currently receive mental health care themselves but would like to receive it

Food Support Program Usage

14% of NCR active-duty family respondents (n=191) utilized a food support program during the 12 months preceding survey fielding.

Most commonly utilized programs (n=27):

- **9%** Local food pantry/ Community food distribution
- **3%** Pandemic Electronic Benefits Transfer (P-EBT)

Children's Mental Health

16% of active-duty family respondents with at least one child enrolled in grades K-12 (n=136) reported that their child(ren) did not currently receive mental health care, but would like them to receive it

23% active-duty family respondents with at least one children enrolled in grades K-12 (n=122) reported they had a child who experienced racially/ethnically-motivated bullying in their civilian community at least once in the 12 months prior to survey fielding

Military Children's Education

33% of active-duty respondents with a child enrolled in K-12 education (n=123) report their oldest child has attended 5 or more schools

52% (n=121) agree that their oldest child's school understands the impact of frequent moves on my child

52% (n=125) agree that their oldest child's school understands the unique challenges of military families

Funding for the 2022 Military Family Lifestyle Survey is provided through the generosity of our presenting sponsor The USAA Foundation, Inc.
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In collaboration with Syracuse University, D'Aniello Institute for Veterans & Military Families
JPMorgan Chase & Co., Founding Partner

Financial Security

NCR military-connected respondents who describe their family financial situation as "just getting by" or "finding it difficult to get by":

18% Military-connected respondents of color[1] (n=73)

11% White military-connected respondents (n=190)

Top contributor to financial stress among all NCR military-connected respondents who have financial stress (n=202)**:**

Housing costs 67%

Outdoor Activities

94% of military-connected respondents (n=305) participate in outdoor activities.

Of those who participate in outdoor activities (n=287)**, the most common are:**

- **95%** Hiking/walking/running
- **51%** Water based activities
- **44%** Biking

Caregiving

17% of military-connected respondents consider themselves to be an unpaid caregiver (n=415)

Recommending Military Service[2]

Military-connected respondents (n=418)

- **23%** Unlikely to recommend (0-3)
- **30%** Neutral (4-6)
- **47%** Likely to recommend (7-10)

> "It gets people out of their comfort zone, their locale, makes them build confidence that they are adults out in the world now."
>
> Air Force Reserve Service Member and Active-duty Spouse

BLUE STAR FAMILIES

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=460): Active-Duty Service Member (8%), Spouse (59%); National Guard Service Member (1%), Spouse (2%); Reserve Service Member (2%), Spouse(1%); Veteran/Retired Service Member (15%), Spouse (10%)

Racial/Ethnic Identity (n=456): American Indian/Alaska Native (2%), Asian(7%), Black/African American (9%), Hispanic or Latino/a/x or of Spanish origin (8%), Middle Eastern or Northern African (<1%) Native Hawaiian or other Pacific Islander (<1%), Some other race or ethnicity (2%), White (79%)

Scan this QR code for more on our annual Military Family Lifestyle Survey

[1] Military-connected respondents of color include those who selected American Indian/Alaska Native, Asian, Black/African American, Hispanic or Latino/a/x or of Spanish origin, Middle Eastern or North African, or Native Hawaiian or other Pacific Islander. They could also select white and/or a write-in option, but not as the only option.

[2] 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, — 10 = very likely to recommend.