

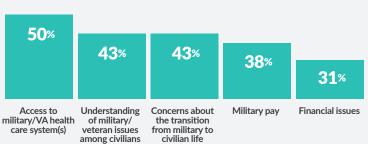
Military Family Lifestyle Survey



Top Issues for Currently Serving¹ Family **Respondents** (n=56)



Top Issues for Veteran² Family Respondents (n=42)



Currently-Serving Military Families

Spouse Employment



of currently-serving spouses (n=36) are unemployed

Of those who are employed³ (n=16)



are only self-employed



are both self-employed & working as a paid employee for someone else

Resource Access

Top military resources used by active-duty family respondents (n=32)

Top civilian resources used by active-duty family respondents (n=29)

Health care 28%	Sports/recreation 38%
Mental health resources 16%	Health care 31%
Social support resources 16%	Social support resources 24%

...Would love to see more gathering opportunities for National Guard children. They may not have parents gone consistently but they do face the same struggles.

Army National Guard Spouse

Children's Mental Health



of Utah's currently-serving respondents with at least one child enrolled in grades K-12 (n=21) reported that their child(ren) did not currently receive, but they would like them to receive, mental health care.

- Currently serving families include active-duty service members, spouse/domestic partner of active-duty service members, National Guard service members, spouse/domestic partner of National Guard service members, Reserve service members, and spouse/domestic partner of Reserve service members.

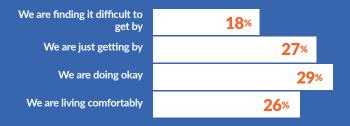
 Veteran family respondents include Veteran/retired service members and Spouse/domestic partner of a Veteran/retired service member.
- Working either part time (<35 hours per week) or full -time (35+ hours per week).





Financial Security

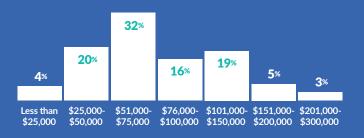
Military-connected respondents' family **financial situation** (n=77)



Top contributor to financial stress among those who are financially stressed (n=63)

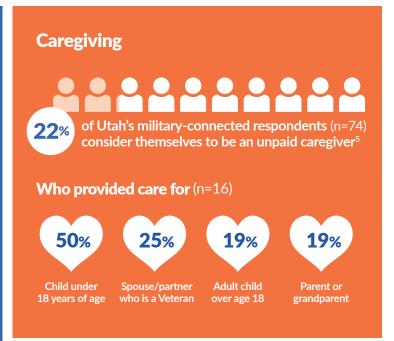


Yearly household income⁴ (n=118)



Mental Health

of military-connected respondents (n=76) do not currently receive mental health care but would like to receive it



Food Support Program Usage



of Utah military-connected respondents (n=72) utilized a food support program during the 12 months preceding survey fielding

Programs utilized (n=15)

13% Local food pantry

Pandemic Electronic Benefits Transfer (P-EBT)

National School **Lunch Program** (NSLP)

Supplemental **Nutrition Assistance** Program (SNAP)

* 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=121) Active-Duty Service Member (5%), Spouse (26%); National Guard Service Member (2%), Spouse (17%); Reserve Service Member (1%), Spouse (4%); Veteran/Retired Service Member (36%), Spouse (10%)

Racial/Ethnic Identity (n=121) American Indian/Alaska Native (4%), Asian(5%), Black/African American (2%), Hispanic, Latino/a/x, or of Spanish origin (7%), Native Hawaiian or other Pacific Islander (2%), Some other race or ethnicity (4%), White (83%)

Gross, pre-tax income for 2021. Unpaid caregiving is defined as all tasks related to the care for ongoing medical, mental health, or developmental conditions, or serious short-term ones.

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

