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).

Top Issues for Currently Serving Family Respondents (n=56)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military pay</td>
<td>48%</td>
</tr>
<tr>
<td>Impact of deployment on family</td>
<td>45%</td>
</tr>
<tr>
<td>Amount of time away from family</td>
<td>45%</td>
</tr>
<tr>
<td>BAH/Off-base housing concerns</td>
<td>34%</td>
</tr>
<tr>
<td>Military spouse employment</td>
<td>30%</td>
</tr>
</tbody>
</table>

Top Issues for Veteran Family Respondents (n=42)

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to military/VA health care system(s)</td>
<td>50%</td>
</tr>
<tr>
<td>Understanding of military/veteran issues among civilians</td>
<td>43%</td>
</tr>
<tr>
<td>Concerns about the transition from military to civilian life</td>
<td>43%</td>
</tr>
<tr>
<td>Military pay</td>
<td>38%</td>
</tr>
<tr>
<td>Financial issues</td>
<td>31%</td>
</tr>
</tbody>
</table>

Currently-Serving Military Families

**Spouse Employment**

- **16%**
  - Of currently-serving spouses (n=36) are unemployed

**Resource Access**

<table>
<thead>
<tr>
<th>Top military resources used by active-duty family respondents (n=32)</th>
<th>Top civilian resources used by active-duty family respondents (n=29)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health care 28%</td>
<td>Sports/recreation 38%</td>
</tr>
<tr>
<td>Mental health resources 16%</td>
<td>Health care 31%</td>
</tr>
<tr>
<td>Social support resources 16%</td>
<td>Social support resources 24%</td>
</tr>
</tbody>
</table>

**Children’s Mental Health**

- **14%**
  - 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.

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1. 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.
2. Veteran family respondents include Veteran/retired service members and spouse/domestic partner of a Veteran/retired service member.
3. Working either part-time (<35 hours per week) or full-time (35+ hours per week).

Funding for the 2022 Military Family Lifestyle Survey is provided through the generosity of our presenting sponsor The USAA Foundation, Inc. Supporting sponsors include JP Morgan Chase & Co., Lockheed Martin, CSX, AARP, Craig Newmark Philanthropies, Macy’s Inc., BAE Systems, Northrop Grumman, American Council of Life Insurers, and Pratt & Whitney.
Financial Security

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

- We are finding it difficult to get by: 18%
- We are just getting by: 27%
- We are doing okay: 29%
- We are living comfortably: 26%

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

- Housing costs: 56%

Yearly household income (n=118)

- Less than $25,000: 4%
- $25,000-$50,000: 20%
- $51,000-$75,000: 32%
- $76,000-$100,000: 16%
- $101,000-$150,000: 19%
- $151,000-$200,000: 5%
- $201,000-$300,000: 3%

Mental Health

- 18% of military-connected respondents (n=76) do not currently receive mental health care but would like to receive it

Caregiving

- 22% of Utah’s military-connected respondents (n=74) consider themselves to be an unpaid caregiver

Who provided care for (n=16)

- Child under 18 years of age: 50%
- Spouse/partner who is a Veteran: 25%
- Adult child over age 18: 19%
- Parent or grandparent: 19%

Food Support Program Usage

- 21% of Utah military-connected respondents (n=72) utilized a food support program during the 12 months preceding survey fielding

Programs utilized (n=15)

- Local food pantry: 13%
- Pandemic Electronic Benefits Transfer (P-EBT): 6%
- National School Lunch Program (NSLP): 6%
- Supplemental Nutrition Assistance Program (SNAP): 3%

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%)

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