



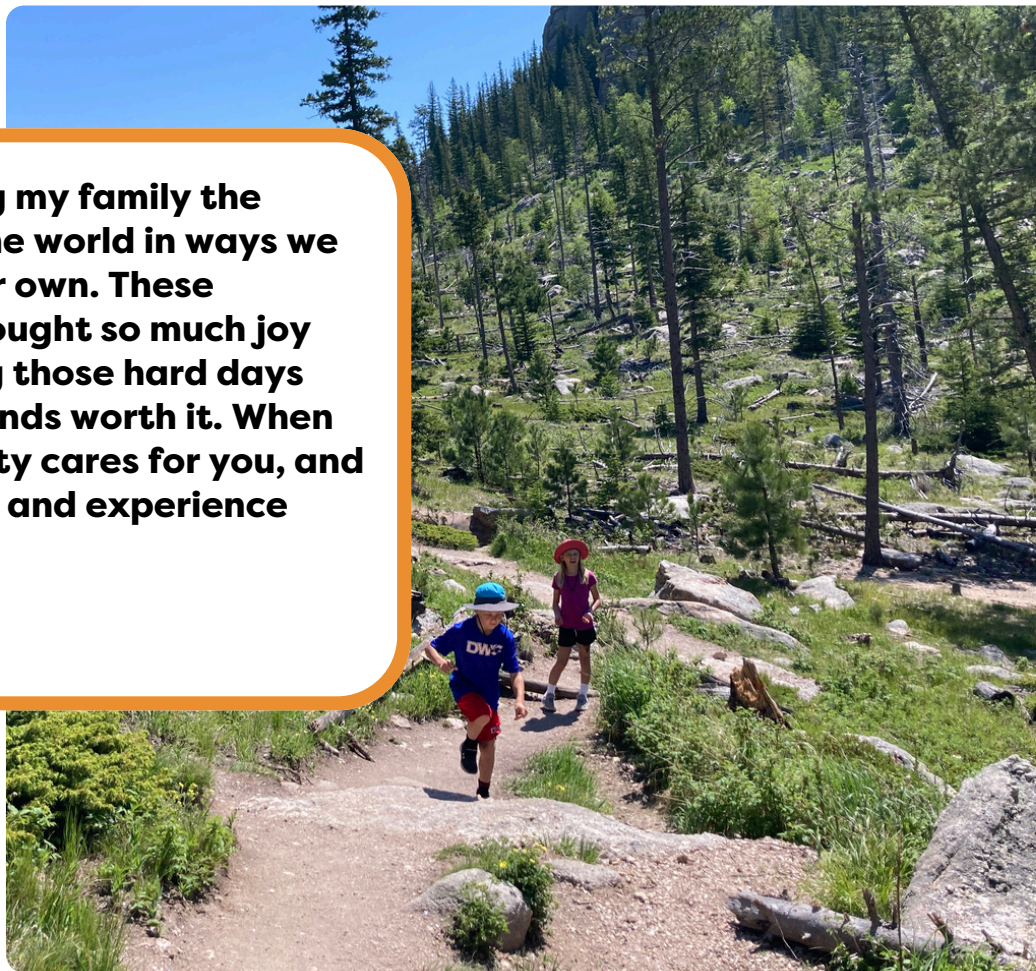
# 2025 Impact Report

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**“Thank you for giving my family the opportunity to see the world in ways we could never do on our own. These experiences have brought so much joy into our lives. Making those hard days without family or friends worth it. When you know a community cares for you, and wants you to explore and experience wonderful places.”<sup>1</sup>**

- Active Duty Air Force Spouse



<sup>1</sup>Blue Star Families' post-program outdoor survey  
<sup>2</sup>Wilderness Inquiry's post-trip survey

# Executive Summary

**With a shared vision that every military family should have access to the outdoors no matter where they're stationed, the Military Families Outdoors (MFO) program** ensures military families across the country make outdoor engagement a core pillar of military family wellness and long-term force readiness, through engaging programs in national parks, public lands, and waterways.

In 2025, more than 10,000 military connected individuals participated in an array of outdoor experiences such as guided hikes, camping trips, environmental education programs, and water-based recreation. These programs are designed to align with national health and wellness priorities and administration efforts to build thriving families and resilient communities.

MFO provides a critical upstream solution to ensure the health and well-being of military families by addressing key health factors that impact quality of life. By increasing opportunities to enjoy nature-based experiences, we proactively support physical, spiritual and mental health, strengthen family resilience, and foster a sense of belonging. These are all important factors in sustaining the All-Volunteer Force and ensuring positive long-term outcomes during and even beyond military service.



Military Families Outdoors, administered by Defense Health Agency and the National Park Service, brings together the expertise of Blue Star Families, Wilderness Inquiry, Armed Services YMCA, and The Center for Health & Nature to provide engaging outdoor wellness experiences for Service Members and military families across the country. These partnerships ensure high-quality, expert-led programming tailored to the needs of military-connected communities.



# Impact Snapshot

**13,500+**

**Service Members and Families served in 2025**

**9,388**

participated in introductory, facilitated outdoor recreation

**526**

military-connected individuals took part in the MFO cohort model

**591**

engaged in near-nature & extended family adventures

**3,000**

received MFO Adventure Kits or participated in virtual programs



**195+**

programs and events hosted by program partners

**“I am glad this program exists for military families. It’s a great way to get people out and learn about the community we live in. This program has taken me and my family on amazing adventures that we will cherish forever.”<sup>1</sup>**

- Active Duty Army Spouse or Partner



## Post-program surveys from MFO Partners reflect the key benefits of the MFO program:

According to Blue Star Families Outdoors’ post-trip survey:

**96%**

of respondents say they agreed or strongly agreed that they feel a **sense of belonging in the outdoors**<sup>1</sup>

**87%**

of respondents say they agreed or strongly agreed that they understand more about how parks and public lands can **improve their/ their family’s physical fitness**<sup>1</sup>

**95%**

of respondents say they agreed or strongly agreed that they understand more about how parks and public lands can **improve their/ their family’s mental health**<sup>1</sup>



**292+**

**new social connections were made**<sup>1</sup>

In Wilderness Inquiry’s post-trip survey, participants rated the following statements:

**92%**

I feel more **connected** to myself, my family, and/or my community.<sup>2</sup>

**90%**

I feel more **open to challenge** and trying new things.<sup>2</sup>

**89%**

I feel more **confident in my ability to access the outdoors** on my own and/or with my family.<sup>2</sup>

<sup>1</sup>Blue Star Families’ post-program outdoor survey

<sup>2</sup>Wilderness Inquiry’s post-trip survey