



MFLS  
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# Quality of Life and the Future of Service: Military Family Lifestyle Survey Findings



## Authors

From the Applied Research Team at Blue Star Families, with the exception of the veteran families finding, which was written by the team at the D’Aniello Institute for Veterans and Military Families at Syracuse University (IVMF).

### Blue Star Families (BSF)

Blue Star Families is the nation’s largest military and veteran family support organization. Its research-driven approach builds strong communities with a focus on human-centered design and innovative solutions.. Founded by military families, Blue Star Families offers programs and a network of support to address the unique challenges of military life, such as community connection, career development, and access to cultural events through partnerships with both national and local organizations committed to supporting military families anywhere they are.

### D’Aniello Institute for Veterans and Military Families (IVMF)

The D’Aniello Institute for Veterans and Military Families (IVMF) delivers class-leading programs in career, vocational, and entrepreneurship training by providing service members, veterans, and military spouses with the knowledge, connections, and experience they need to navigate the transition between military life and the civilian world and workplace. We provide and share access to programs, resources, and partnerships that help transform lives and support their goals after service. The D’Aniello Institute also consults with and advises service organizations across the country on effective ways to coordinate care that serves the needs of veterans and the military family community. In addition, the IVMF delivers research, evaluation, policy insights, and quality-improvement results in a data-informed approach to address evolving challenges facing veterans and their families. Action-oriented and solution-focused, the IVMF empowers partners to measure, improve, and communicate the impact of veteran and military family initiatives.

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## Disclaimer

This report is intended for informational and research purposes only. The data presented are based on the survey responses of participating individuals at the time of collection and are not fully representative of all military-connected individuals. While we have made every effort to ensure accuracy, the authors and sponsors do not guarantee the completeness or correctness of the data and are not responsible for any use or interpretation of this report. The inclusion of any organization, program, or example does not constitute an endorsement.