



**BLUE STAR
FAMILIES**

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The Blue Star Families Mission

Building strong communities of support around military families,
to improve our military readiness

Listen

We identify the challenges our military families face through our national survey

Share

We translate data into understanding and action by sharing with military and civilian communities

Partner

We partner at the national and local level to support military-connected families

Act

We deliver programming, events, and resources to address the challenges identified



MILITARY
FAMILY
LIFESTYLE
SURVEY

2021 Military Family Lifestyle Survey

Funding for the 2021 Military Family Lifestyle Survey is provided through the generosity of our presenting sponsor USAA and from supporting sponsors Lockheed Martin, CSX, CVS Health, AARP, Starbucks, BAE Systems, Northrop Grumman, Walmart Foundation, Verizon, The Barry Robinson Center, and the USO.

In collaboration with

S Syracuse University

D'Aniello Institute for
Veterans & Military Families

JPMorgan Chase & Co., Founding Partner



8,004 respondents

Including active-duty,
National Guard and Reserve
service members, Veterans,
and their family members

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.

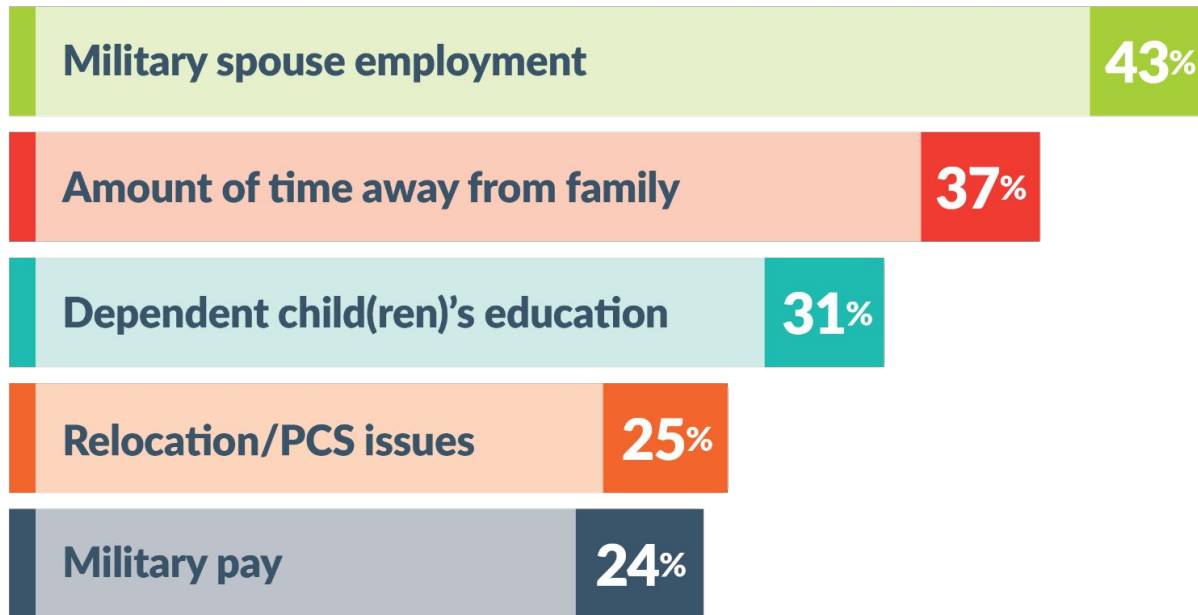
Takeaways

- Military families continue to experience frequent separations from their service member.
- Military spouses face unemployment rates that are 4x the national average.
- Spouse un/underemployment is a top contributor to financial stress.
- Child care remains a barrier to spouse employment.
- Most military kids are thriving in school, but still experience barriers to mental health care.



2021 Top 5 Issues

Active-Duty Family Respondents





Children with Special Needs

51% of spouses report having a child (or multiple children) with one or more of the listed impairments, disorders or disabilities.

Most Commonly Reported Children's Special Needs

None	49%
ADHD	21%
Anxiety disorders	21%
Long-term physical conditions	15%
Learning disability	13%
Communication disorders	13%

Question: Do you have a child with any of the following conditions?
Please select all that apply.



Barriers to Care for Military Children

17% of active-duty family respondents report their child(ren) is **currently receiving mental health care.**

17% report that they **would like their child to receive mental health care, but they currently do not.**

Top Reasons for Not Receiving Mental Health Care

I don't believe telehealth mental health care would be effective for my child	38%
Cannot find an available provider who will treat my child	30%
It is difficult to find time for an appointment	28%
It is difficult to find child care for my other children	23%
Concern about a mental health diagnosis preventing future military service for my child	21%

Respondents were able to select all that applied.



2021

Military Family Lifestyle Survey

For the full report, please visit:

bluestarfam.org/research/mfls-survey-results-2021