



2014 MILITARY FAMILY LIFESTYLE SURVEY

TOP 5 ISSUES

RANKED AS MOST CONCERNING

- > MILITARY PAY AND RETIREMENT BENEFIT CHANGES ARE THE TOP TWO CONCERNS FOR ALL RESPONDENTS
- > SPOUSE EMPLOYMENT, MILITARY LIFE UNCERTAINTY, AND DISABILITY BACKLOG WERE KEY ISSUES THAT VARIED BY SUBGROUP

6,200

RESPONDENTS

INCLUDING MILITARY SPOUSES SERVICE MEMBERS & VETERANS

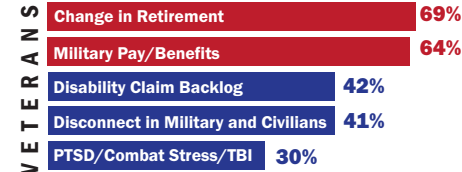
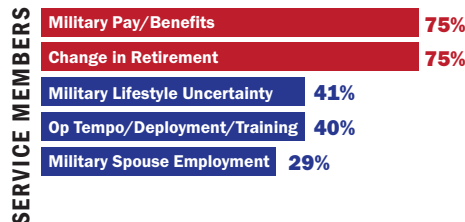
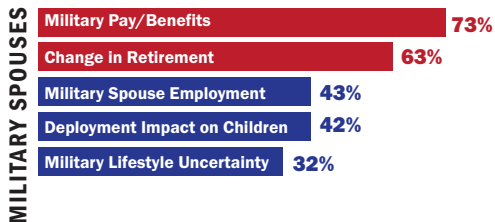
THE NATION'S SECURITY REMAINS DEPENDENT ON AN ALL-VOLUNTEER FORCE. AFTER NEARLY 13 YEARS OF CONTINUOUS WAR, THE MILITARY IS REDUCING ITS LONG-STANDING PRESENCE IN AFGHANISTAN AND SIMULTANEOUSLY DOWNSIZING. YET, CONFLICT IN IRAQ AND AFGHANISTAN CONTINUES, NEW CONFLICTS EMERGE, AND SERVICE MEMBERS REMAIN DEPLOYED ACROSS THE GLOBE.



IN COLLABORATION WITH:



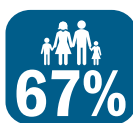
The 2014 Blue Star Families Annual Lifestyle Survey was written and analyzed in collaboration with the IVMF. Funding for the Military Family Lifestyle Survey provided through the generosity of our **PRESENTING SPONSOR USAA**, and through Health Net Federal Services, UnitedHealthcare, JPMorgan Chase, and Facebook.



MILITARY SPOUSES TOP STRESSORS ASSOCIATED WITH THE MILITARY

69% DEPLOYMENTS
51% ISOLATION FROM FAMILY & FRIENDS

LACK OF CHILD CARE HAS IMPACTED MY ABILITY TO PURSUE EMPLOYMENT OR EDUCATION



43%
 I HAVE A FULL OR PART TIME JOB

58% OF US WHO ARE NOT WORKING, WE WOULD LIKE TO BE EMPLOYED OUTSIDE THE HOME

OF US ARE "EXTREMELY HAPPY," "VERY HAPPY," OR "HAPPY" WITH OUR RELATIONSHIP

80%

SERVICE MEMBERS WHY I JOINED... TO SERVE MY COUNTRY

95%

74% I ALSO JOINED THE MILITARY TO RECEIVE EDUCATIONAL BENEFITS



I JOINED THE MILITARY TO LEARN SKILLS FOR CIVILIAN JOBS **63%**

66%
 OF US SAID THAT WE WOULD BE TRANSFERRING POST-9/11 GI BILL BENEFITS TO OUR SPOUSE OR CHILD

61% I ATTENDED MY TRANSITION GPS CLASS IN THE SIX MONTHS BEFORE MY SEPARATION DATE

VETERANS MY TRANSITION CHOICES WERE INFLUENCED BY:



60% OF US USED OUR VA BENEFITS DURING TRANSITION

53% IF I HAD TO DESCRIBE MY TRANSITION OUT OF ACTIVE DUTY, I WOULD SAY IT WAS...

DIFFICULT

38%
 OF US WHO ARE TRANSITIONING IN THE NEXT TWO YEARS HAVE USED OR ARE CURRENTLY USING TRANSITION GPS PROGRAMMING

I FELT UNPREPARED FOR MY TRANSITION FROM SERVICE **29%**

SNAPSHOT OF THE MILITARY LIFESTYLE

91% BELIEVE IN THE IMPORTANCE OF SERVING IN THE MILITARY OR OTHER NATIONAL SERVICE

DEPLOYMENTS

88% OF US REPORT BETWEEN 1 AND 5 DEPLOYMENTS SINCE 9/11

47% OF US HAVE BEEN **DEPLOYED** 13-36 MONTHS SINCE SEPT. 11

41% OF US HAVE BEEN SEPARATED BETWEEN 13-36 MONTHS DUE TO **TRAINING, TEMPORARY DUTY, AND REASONS OTHER THAN DEPLOYMENT**

MOVING

69% HAVE MOVED BETWEEN 1 AND 6 TIMES IN THE CONTINENTAL U.S.

42% HAVE MOVED OUTSIDE OF THE U.S.

CIVIC HEALTH

23% OF US WOULD BE "VERY LIKELY" TO RECOMMEND MILITARY SERVICE TO A YOUNG PERSON WHO IS CLOSE TO US

62% HAVE "NO" OR "HARDLY ANY" CONFIDENCE IN THE FEDERAL GOVERNMENT

68% OF US HAVE VOLUNTEERED IN THE PAST YEAR

MILITARY LIFESTYLE STRESSORS

TOP STRESSORS RELATED TO MILITARY LIFESTYLE

- DEPLOYMENT OR SEPARATION
- FINANCIAL EMPLOYMENT OR WORK
- ISOLATION FROM FRIENDS OR FAMILY

39%

OF MILITARY SPOUSES FEEL STRESSED MOST OR ALL OF THE TIME

30%

OF SERVICE MEMBERS FEEL STRESSED MOST OR ALL OF THE TIME

TOP STRESSORS DURING DEPLOYMENT

- HOUSEHOLD RESPONSIBILITIES
- ISOLATION OR LACK OF SOCIAL SUPPORT
- EMOTIONAL OR MENTAL HEALTH ISSUES
- PARENTING AND CHILDREN ISSUES

FINANCIAL READINESS

TOP 3 OBSTACLES TO FINANCIAL SECURITY

- 40%** SPOUSE EMPLOYMENT
- 38%** UNCERTAINTY IN MILITARY LIFE
- 34%** UNCERTAINTY IN POTENTIAL CHANGES IN BENEFITS

\$\$\$ 60% \$\$\$

OF US FEEL THAT OUR CURRENT FINANCIAL CONDITION CAUSES "SOME STRESS" OR A "GREAT DEAL OF STRESS"

36% OF US OWE GREATER THAN \$5,001 ON OUR CREDIT CARDS



36%

OF US AGREE THAT THE COST OF RENT IS HIGHER THAN OUR BAH ALLOWANCE

MILITARY CHILDREN

TOP 5

IMPACTS OF DEPLOYMENT ON CHILDREN

- 60%** ADAPTABILITY
- 54%** INCREASED INDEPENDENCE
- 54%** PERSONAL GROWTH
- 53%** INCREASED RESILIENCE
- 46%** INCREASED PRIDE

POSITIVE

- 56%** SEPARATION ANXIETY
- 49%** WORRY
- 36%** IRRITABILITY
- 35%** DIFFICULTY SLEEPING
- 30%** DIFFICULTY CONCENTRATING

NEGATIVE

11%

OF US HAVE CHILDREN WHO HAVE JOINED THE MILITARY

COMPARED TO 1% WHO SERVE IN THE GENERAL POPULATION

MENTAL HEALTH & WELLNESS

1/3 HAVE RECEIVED MENTAL HEALTH COUNSELING IN THE PAST YEAR

36%

OF VETERANS

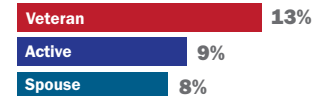
35%

OF SERVICE MEMBERS

WITH PTS/PTSD

SAY THEY DIDN'T SEEK TREATMENT BECAUSE THEY DIDN'T THINK IT WOULD HELP

IN THE PAST 12 MONTHS, HAD THOUGHTS THAT WOULD BE BETTER OFF DEAD OR HURTING MYSELF IN SOME WAY:



CAREGIVERS

32% OF US HAVE PROVIDED CARE FOR SOMEONE IN THE PAST TWELVE MONTHS



15%

of us spend 40 or more hours per week providing care, equivalent to a full time job