2020 MARYLAND RESULTS

BLUE STAR FAMILIES | 2020 MILITARY FAMILY LIFESTYLE SURVEY

220 ACTIVE-DUTY FAMILY RESPONDENTS

Blue Star Families' annual Military Family Lifestyle Survey (MFLS) provides a comprehensive understanding of what it means to serve as a military family.

This infographic represents a geographic cross-section of the results that **only includes active-duty families**. When referencing this data, please consider the following sample demographics:

- 75% are white, non-Hispanic
- 89% are female
- 76% are active-duty spouses
- 51% are enlisted, 44% officer ranks
- 30% are affiliated with the Army, 24% Air Force, 24% Navy, 9% Coast Guard, and 8% Marine Corps
- The average age of respondents is 38
- 87% have children
- 33% are unpaid caregivers

BLUE STAR FAMILIES | CSX

IN COLLABORATION WITH

Syracuse University
Institute for Veterans & Military Families
JPMorgan Chase & Co., Founding Partner

Top Family Issues (n=202)

ACTIVE-DUTY FAMILIES

- Spouse employment — 50%
- Time away from family — 44%
- Child(ren)'s education — 41%
- Military pay — 31%
- Military family stability — 31%
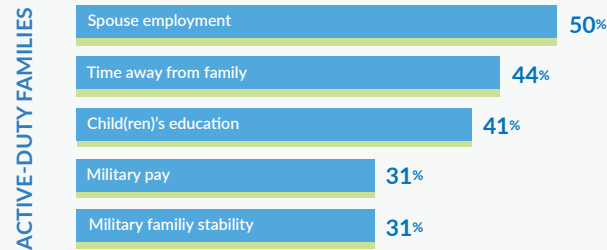
Top Family Stressors (n=200)

ACTIVE-DUTY FAMILIES

- Relocation — 45%
- Spouse employment — 43%
- Isolation from family/friends — 40%
- Financial issues/stress — 40%
- Impact of military life on children — 35%

FINANCIAL READINESS

60% experience stress due to current financial situation (n=164)

Top contributors to current financial stress (n=99)

- **32%** Student Loans
- **31%** Spouse Un/Under-employment
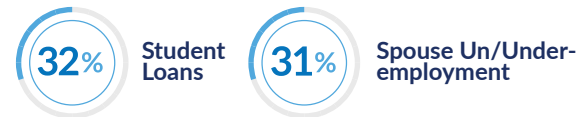
HOUSING

Are you satisfied with your military housing?** (n=46)
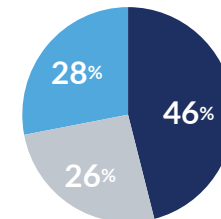
- 46% Satisfied
- 26% Neutral
- 28% Dissatisfied

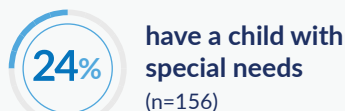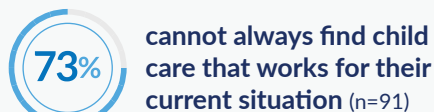Top factors for choosing current housing:
- Distance to base/installation
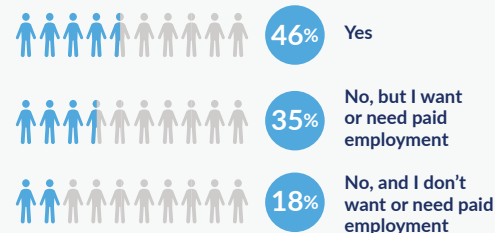- Safety of my family
- Desirable school district

BELONGING

53% feel welcome in their local civilian community (n=189)

31% feel a sense of belonging to their local civilian community (n=190)

CHILDREN

**73%** cannot always find child care that works for their current situation (n=91)

24% have a child with special needs (n=156)

SPOUSE EMPLOYMENT*

Are you currently employed? (n=113)

- 46% Yes
- 35% No, but I want or need paid employment
- 18% No, and I don't want or need paid employment

LOCAL CONNECTIONS

61% have two or more friends in their local community (n=163)

58% know two or more people in their local community well enough to ask for a favor (n=179)

MENTAL HEALTH

27% do not receive mental health care but would like to (n=143)
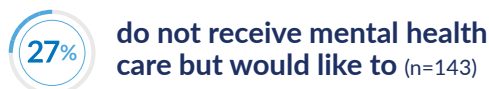
Top reasons for not receiving care: (n=35)
- Difficult to schedule appointment
- Difficult to find child care

n = total responses to each question
*Active-duty spouses who are not also active-duty service members
**Those residing in military housing on and off installation

2020 COVID-19 IMPACTS IN MARYLAND

BLUE STAR FAMILIES | 2020 MILITARY FAMILY LIFESTYLE SURVEY

MILITARY CHILDREN'S EDUCATION

Method of delivery for oldest child (n=125)

81%	**10%**	**7%**	**2%**
Online/Virtual	Hybrid	In-Person	Other

64% believe COVID-19 has made their child(ren)'s education worse (n=123)

EMPLOYMENT

**To what degree did COVID-19 impact your employment situation?**

Active-duty spouses (n=102)

10%	52%	38%

- Better
- No change
- Worse

FINANCES

To what degree did COVID-19 impact your personal financial situation?

Active-duty families (n=146)

16%	46%	38%

- Better
- No change
- Worse

HEALTH AND MENTAL HEALTH

61% believe COVID-19 has made their mental health worse (n=148)

56% believe COVID-19 has made their child(ren)'s mental health worse (n=122)

40% believe COVID-19 has made their personal health worse (n=146)
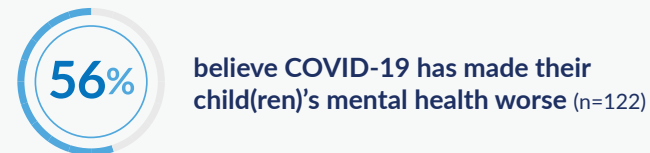
OVERALL TAKEAWAYS

The majority of Maryland respondents report experiencing financial stress.

Over a third (38%) of military spouse respondents in Maryland **report COVID-19 worsened their employment situation**.

Though most (53%) Maryland military family respondents feel welcome in their local civilian communities, **only one in three feel a sense of belonging to them**.

Nearly three in four (73%) military family respondents in Maryland **struggle to find child care that works for their situation**.

2020 MARYLAND RESULTS

BLUE STAR FAMILIES

150 VETERAN FAMILY RESPONDENTS

Blue Star Families' annual Military Family Lifestyle Survey (MFLS) provides a comprehensive understanding of what it means to serve as a military family.

This infographic represents a geographic cross-section of the results that **only includes veteran families**. When referencing this data, please consider the following sample demographics:

- 70% are white, non-Hispanic
- 52% are male
- 69% are veterans, 31% are spouses of veterans
- 45% are affiliated with the Army, 27% Navy, 19% Air Force, 7% Marine Corps, and 1% Coast Guard
- The average age of respondents is 53
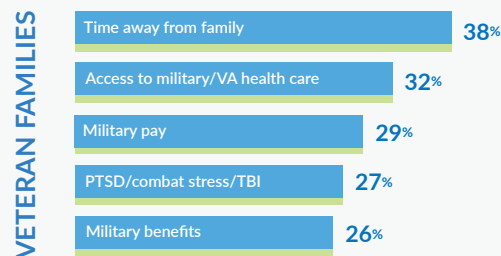- 45% are unpaid caregivers

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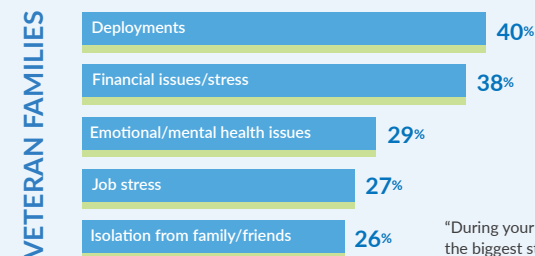
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Top Veteran Family Issues (n=142)

VETERAN FAMILIES

- Time away from family — 38%
- Access to military/VA health care — 32%
- Military pay — 29%
- PTSD/combat stress/TBI — 27%
- Military benefits — 26%

Top Veteran Family Stressors (n=138)

VETERAN FAMILIES

- Deployments — 40%
- Financial issues/stress — 38%
- Emotional/mental health issues — 29%
- Job stress — 27%
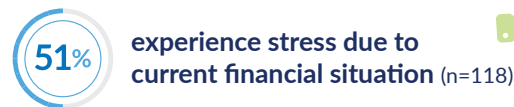- Isolation from family/friends — 26%

"During your time in the military, what were the biggest stressor(s) in your family?"

FINANCIAL READINESS

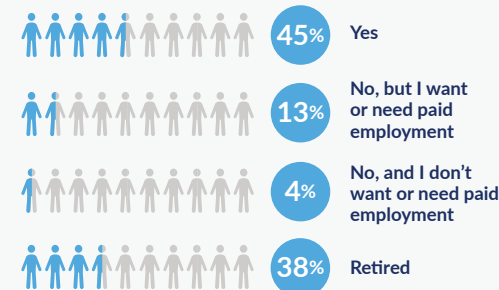**51%** experience stress due to current financial situation (n=118)

Top contributors to current financial stress (n=59)

- **31%** Un/Under-employment
- **27%** Major Home Repairs
- **24%** Student Loans

VETERAN EMPLOYMENT*

Are you currently employed? (n=76)

- **45%** Yes
- **13%** No, but I want or need paid employment
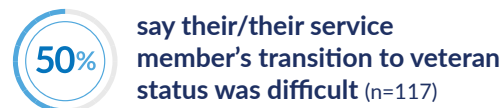- **4%** No, and I don't want or need paid employment
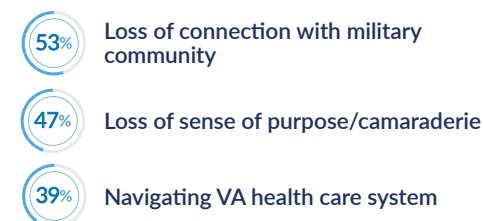- **38%** Retired

BELONGING

71% feel welcome in their local civilian community (n=127)

57% feel a sense of belonging to their local civilian community (n=127)

TRANSITIONING

50% say their/their service member's transition to veteran status was difficult (n=117)

Key transition challenges: (n=122)

- **53%** Loss of connection with military community
- **47%** Loss of sense of purpose/camaraderie
- **39%** Navigating VA health care system

FOOD INSECURITY

In the past year, it was sometimes true that:

12% I ate less than I should because there wasn't enough money for food (n=109)
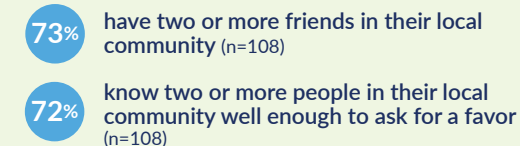
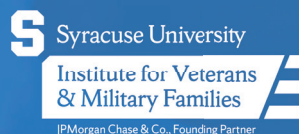**15%** I was unable to afford to eat balanced meals (n=110)

MENTAL HEALTH

Do you currently receive mental health care? (n=101)

- **62%** No, and I don't want or need it
- **25%** Yes, I do
- **13%** No, but I would like to

LOCAL CONNECTIONS

73% have two or more friends in their local community (n=108)

72% know two or more people in their local community well enough to ask for a favor (n=108)

n = total responses to each question *Veteran respondents only