

146

RESPONDENTS

This infographic represents a geographic cross-section of the results, which includes **active-duty families, Veteran families, National Guard families, and Reserve families.** When referencing this data, please consider the following sample demographics:

- 82% are white, non-Hispanic
- 61% are female
- 30% are active-duty spouses, 30% are Veterans, 8% are Veteran spouses, and 7% are active-duty service members
- 80% are enlisted ranks
- 48% are affiliated with the Air Force, 38% Army, 8% Marine Corps, and 6% Navy
- The average age of respondents is 40
- 84% have children
- 45% are unpaid caregivers



IN COLLABORATION WITH



FUNDING FOR THE 2020 MILITARY FAMILY LIFESTYLE SURVEY IS PROVIDED THROUGH THE GENEROSITY OF OUR PRESENTING SPONSOR USAA AND FROM SUPPORTING SPONSORS LOCKHEED MARTIN, AARP, CSX, HUNT COMPANIES, BAE SYSTEMS, THE BARRY ROBINSON CENTER, COMCAST, NORTHROP GRUMMAN, WALMART FOUNDATION, AND THE BOEING COMPANY.

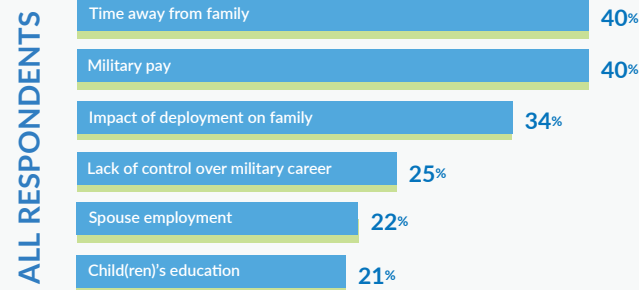


2020 UTAH RESULTS

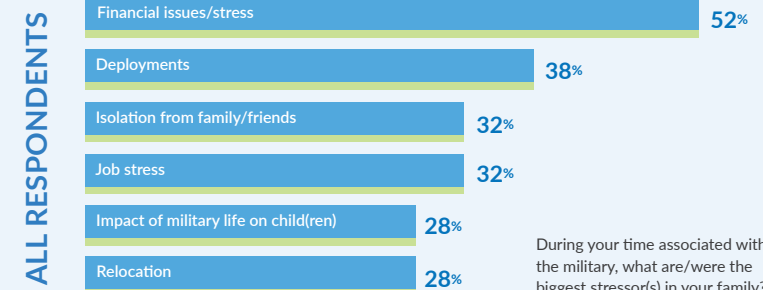


2020
MILITARY
FAMILY
LIFESTYLE
SURVEY

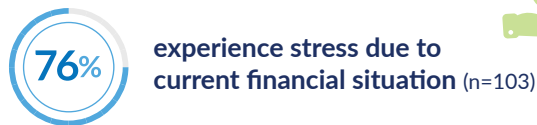
Top Lifestyle Issues (n=137)



Top Lifestyle Stressors (n=136)



FINANCIAL READINESS



Top contributors to current financial stress (n=75)



TIME AWAY

62%

find OPTEMPO stressful for healthy work/family life (n=47)*

33%

experienced 6+ months of separation in the last 18 months (n=177)**

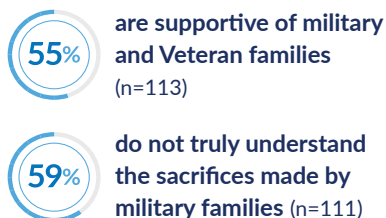
MENTAL HEALTH

Do you currently receive mental health care? (n=89)



LOCAL COMMUNITY

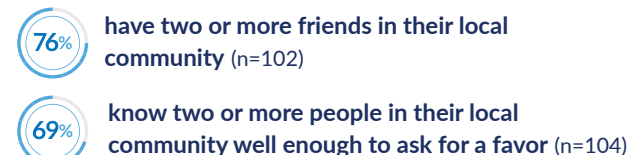
Utah respondent families believe their local communities:



BELONGING



LOCAL CONNECTIONS



FOOD INSECURITY

In the past year, it was sometimes true that:

27% I was unable to afford to eat balanced meals (n=100)

27% The food I bought didn't last and I didn't have money to get more (n=97)

15% I was hungry but didn't eat because there wasn't money for food (n=97)

n = total responses to each question

OPTEMPO = operational tempo

*Asked only of active-duty family respondents

**Currently serving families

2020 COVID-19 IMPACTS IN UTAH

MILITARY CHILDREN'S EDUCATION

Method of delivery for oldest child (n=47)**



In-Person



Hybrid



Online/Virtual



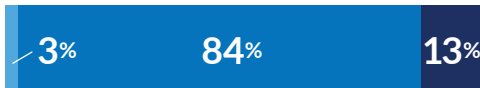
Other

55% believe COVID-19 has made their child(ren)'s education worse (n=76)

EMPLOYMENT

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

Active-duty spouses (n=31)



■ Better
■ No change
■ Worse

FINANCES

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

Active-duty, National Guard, Reserve, and Veteran families (n=87)



■ Better
■ No change
■ Worse

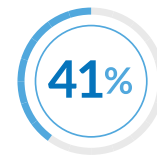
HEALTH AND MENTAL HEALTH



believe COVID-19 has made their mental health worse (n=90)



believe COVID-19 has made their child(ren)'s mental health worse (n=78)



believe COVID-19 has made their personal health worse (n=92)

OVERALL TAKEAWAYS

Three in four military family respondents in Utah report experiencing financial stress.

Nearly a quarter (24%) of respondents **do not currently receive mental health services but would like to**.

Most respondents (56%) believe that **COVID-19 has worsened their mental health**.

One in four Utah respondents **report experiencing low food security** at some point during the past year.



Questions about the annual Military Family Lifestyle Survey and how you can offer support? Contact survey@bluestarfam.org

Questions about Blue Star Families' Utah Chapter? Contact utah@bluestarfam.org