



# HEALTH

OF THE

# ARMY FAMILY



**ARMY FAMILY MEMBERS PLAY A KEY ROLE IN THE READINESS AND RETENTION OF OUR FIGHTING FORCE.**

Family member health and satisfaction are critical to a Service member's plans to remain in the military. Spousal support is a good predictor of a member's intentions of staying on active duty—up to 20 percent of spouses do not support their Service member staying on active duty.<sup>1</sup> The health and satisfaction of Army Families today directly impacts the future fighting Force of our Nation—61 percent of Soldiers are from families who have served in the military.<sup>2</sup> We must better understand the health needs and concerns of Army Families and take action to keep the Army strong.

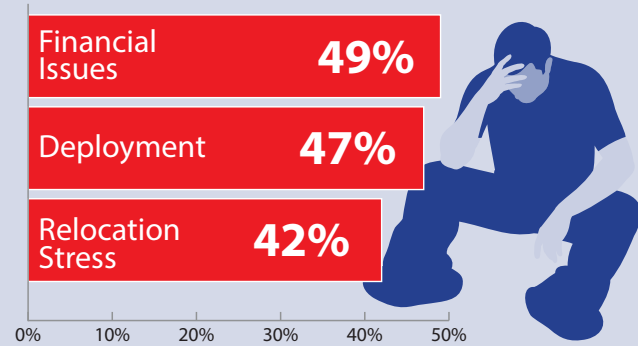
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TA-477-0719



**Time away from family** is the most commonly identified concern among both Service members and their spouses.<sup>3</sup> The cycle of training and deployment leads to constant re-negotiation of household roles and responsibilities, relationships, and future plans for Army Families.<sup>4,5</sup>

**Lack of economic opportunity for spouses** causes stress, frustration, and financial challenges which may influence a family's decision to leave the military. Military spouse underemployment (i.e. part-time, skill mismatch, etc.) is as high as 35–40%.<sup>6,7,8</sup>

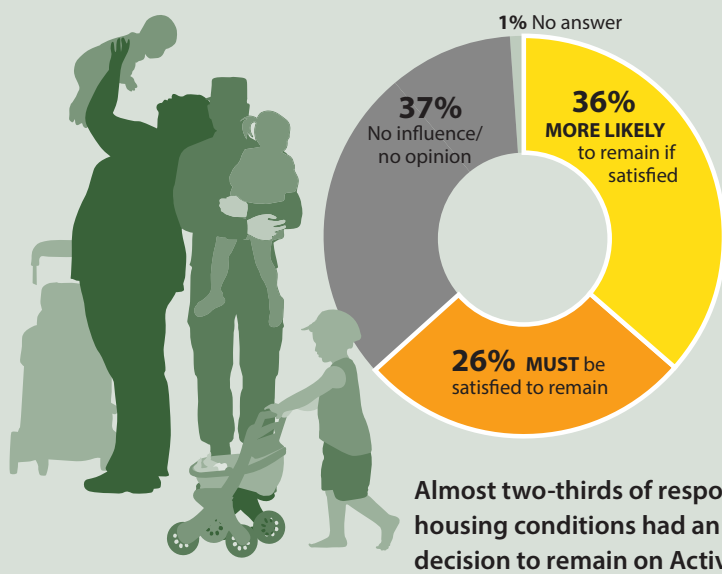
**TOP 3 MOST COMMONLY IDENTIFIED STRESSORS**  
BY SPOUSES<sup>3</sup>



For assistance with managing your finances and spousal employment support, contact Military OneSource at [militaryonesource.mil](http://militaryonesource.mil)  
1-800-342-9647

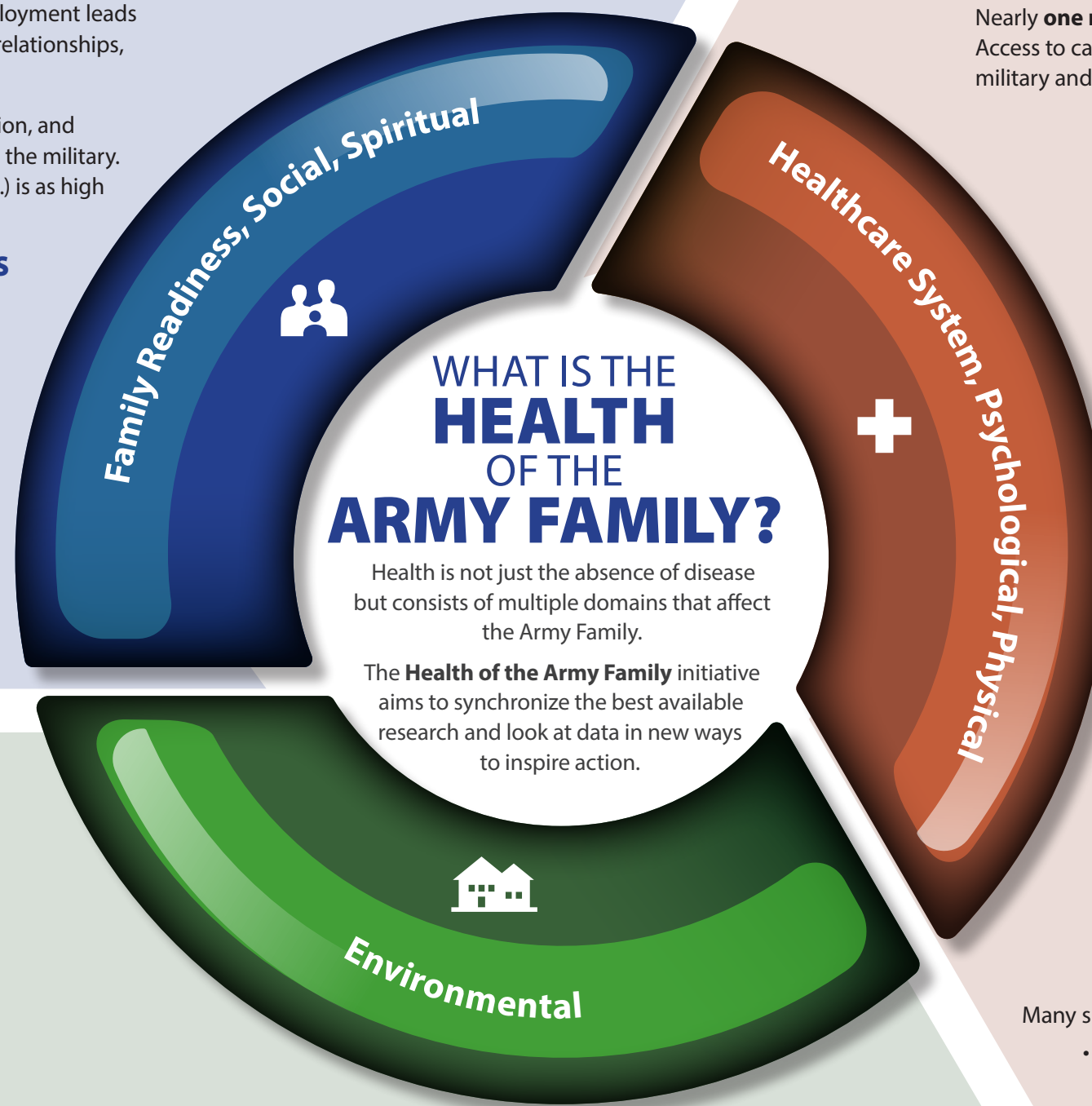
Health-related factors in the housing environment, such as walkability, air quality, and access to healthy food options, are key to Family satisfaction and Service member retention.<sup>9</sup>

**SATISFACTION WITH CONDITION OF HOME AND DECISION TO REMAIN ON ACTIVE DUTY<sup>10</sup>**



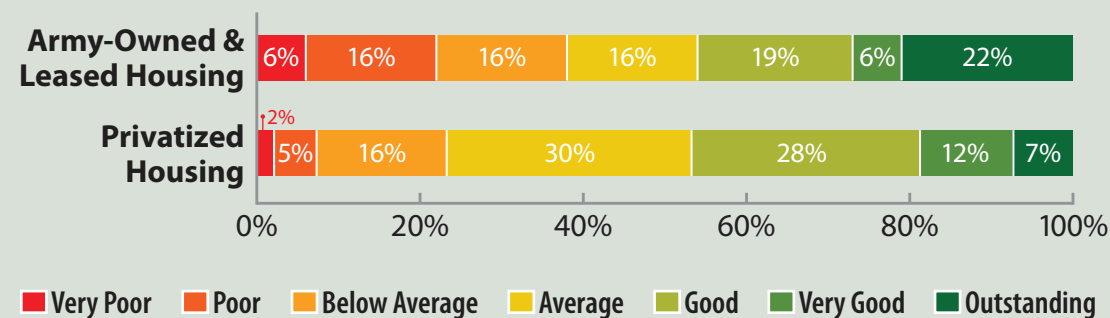
Almost two-thirds of respondents said that housing conditions had an impact on their decision to remain on Active Duty.<sup>10</sup>

If you are concerned about your living environment, contact the Housing Environmental Health Response Registry at 1-800-984-8523



**HOUSING SATISFACTION**

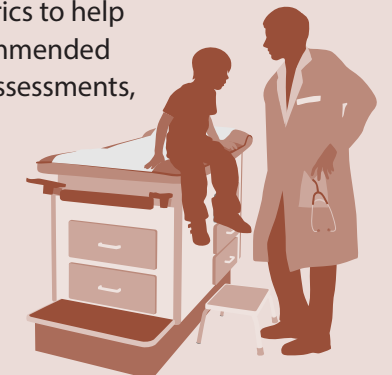
Approximately 23–38% of Army Families rated their housing satisfaction from below average to very poor.<sup>10,11</sup> Improving housing satisfaction may lead to improved retention.



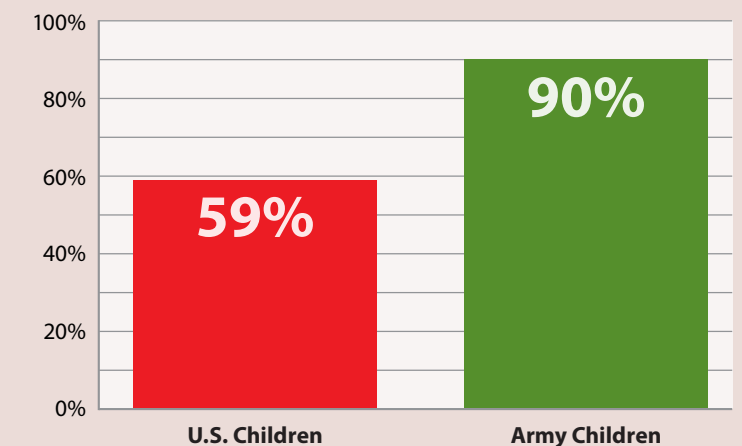
Nearly **one million Army beneficiaries** used the Military Health System in 2017.<sup>12</sup> Access to care and quality of care may impact a Family's satisfaction with the military and, in turn, their decision to stay.

**CHILD PREVENTIVE HEALTHCARE**

Well-Child visits are recommended by the American Academy of Pediatrics to help ensure children receive recommended immunizations, screenings, assessments, and other preventive care.<sup>13</sup>



Percent of Children Attending Six or More Well-Child Visits in Their First 15 Months<sup>13,14</sup>



Many spouses reported difficulties in finding or receiving treatment due to:

- Scheduling conflicts
- Lack of counselors who understand the military experience
- Confidentiality concerns
- Lack of knowledge to access services
- Continuity of care challenges resulting from permanent change of station<sup>15</sup>

Want to learn more about your healthcare options? Contact **TRICARE** at <https://www.tricare.mil>

For additional information on resources available to Army Families, check out the **U.S. Army Community Resource Guide** for your installation: <https://crg.amedd.army.mil>



## What's next?

Many programs and initiatives across the government and within communities support the Army Family. The aim of the present effort is to improve coordination among agencies with an interest in Army Family well-being by developing long-lasting partnerships and collaborative opportunities. The U.S. Army Public Health Center and partners will identify gaps in data, areas in need of additional support, and recommendations for improving the health of the Army Family across all domains.

Some known gaps and directions for the future of this initiative include:

- **Injury rates** for Army children
  - **Heat risk** for Army Family members
  - **Air quality** of Army installations
  - **Obesity rates** of Army Family members
  - **Asthma rates** of Army Family members
  - **Walkability** of Army installations
  - **Spirituality** of Army Family members
- ...and others!

*This is an Army team effort using a compilation of data from partner organizations.*



**OFFICE OF THE ASSISTANT  
CHIEF OF STAFF FOR  
INSTALLATION MANAGEMENT**



*If you are an Army organization serving Army Families and would like to partner on this initiative, contact:*

U.S. Army Public Health Center  
Health Promotion and Wellness Directorate  
usarmy.apg.medcom-aphc.mbx.hpwwebcontacts@mail.mil  
(410) 436-2303

*Use of trademarked name(s) does not imply endorsement by the U.S. Army but is intended only to assist in identification of a specific product.*

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