

2024 MILITARY & VETERAN SPOUSE WELLNESS SURVEY

Who Participated & What We Learned

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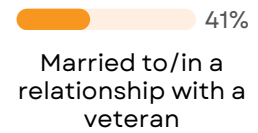
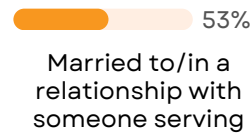


About the Survey

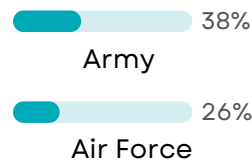
- **1150** respondents
- Collected **08.23.24-01.05.25**
- Focused on SAMHSA's **8 Dimensions of Wellness**



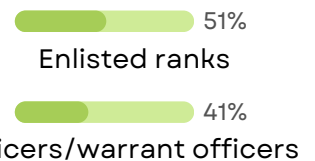
Military Affiliation



Most Common Partners' Branches



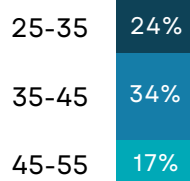
Most Common Partners' Ranks



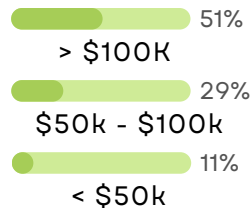
Demographics

- 90%** Female
- 87%** Heterosexual
- 79%** White
- 89%** Live in the US
- 88%** Married
- 76%** Have children

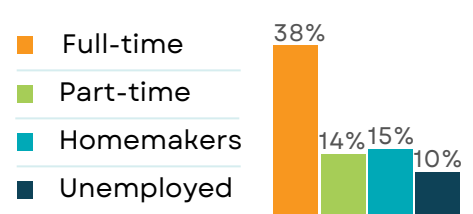
Avg. Age



Household Income



Employment

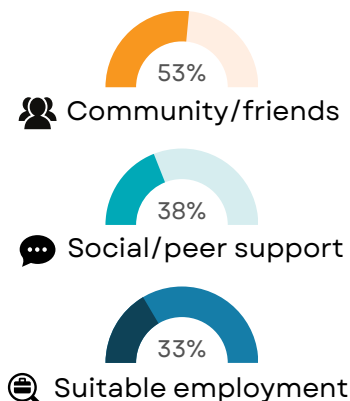


Education



Top Challenges

Most Frequently Reported Current Issues



Key Findings

- **Over half** of respondents experienced some level of **anxiety** or **depression**, at rates higher than civilians.
- **62%** reported some level of **insomnia**.
- Vulnerable groups included **unemployed** individuals, **LGBT+** spouses, those with **lower educational attainment**, and **Guard/Reserve**-affiliated families.
- A **majority** of respondents reported **difficulty finding community, friends, or social support**.

Wellness Dimension Satisfaction

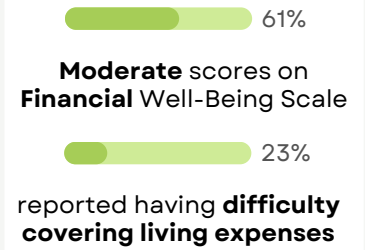
Dimension	Avg Rating (1-10)
Environmental	7.72
Spiritual	7.10
Intellectual	6.96
Occupational	6.55
Financial	6.41
Social	6.31
Emotional	5.98
Physical	5.60



Occupational Wellness



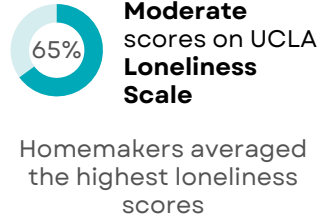
Financial Wellness



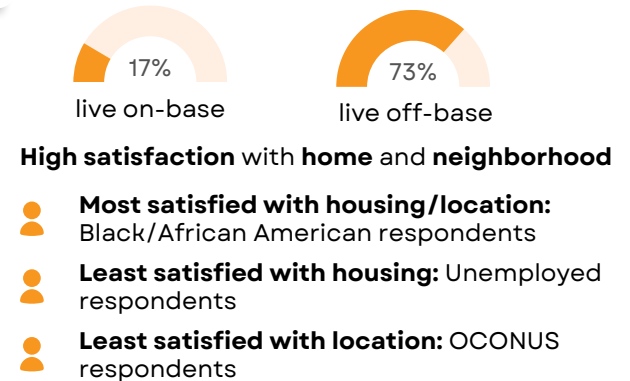
Intellectual Wellness



Social Wellness

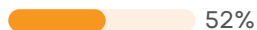


Environmental Wellness



Physical Wellness

Physical Activity



Were categorized as 'insufficiently active'

Insomnia



Screened positive for moderate to severe insomnia

Alcohol Use

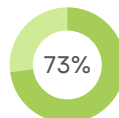


Reported higher risk drinking habits with alcohol



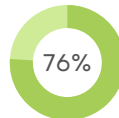
Spiritual Wellness

Spirituality



Moderately high scores on spiritual wellness scale

Purpose



Moderately high scores on Purpose in Life Test

Respondents rated this among their highest areas of satisfaction



Emotional Wellness

Anxiety



Depression



Caregiver Burden

