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.¹ 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.² We must better understand the health needs and concerns of Army Families and take action to keep the Army strong.

Approved for public release: distribution is unlimited.
TA-477-0719
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 IS THE HEALTH OF THE ARMY FAMILY?**

The Health of the Army Family initiative aims to synchronize the best available research and look at data in new ways to inspire action.

**Housing Satisfaction**

- Very Poor
- Poor
- Below Average
- Average
- Good
- Very Good
- Outstanding

**Environmental**

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.

**Family Readiness, Social, Spiritual, Psychological, Physical**

- 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%.

For assistance with managing your finances and spousal employment support, contact Military OneSource at militaryonesource.mil 1-800-342-9647

**Top 3 Most Commonly Identified Stressors**

1. Financial Issues
2. Deployment
3. Relocation

**Percent of Children Attending Six or More Well-Child Visits in Their First 15 Months**

- U.S. Children: 90%
- Army Children: 59%

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

**Healthcare System**

- Access to care and quality of care may impact a Family's satisfaction with the military and influence their decision to stay.

Nearly one million Army beneficiaries used the Military Health System in 2017.

Access to care and quality of care may impact a Family's satisfaction with the military and influence their decision to stay.

**Child Preventive Healthcare**

- Improving housing satisfaction may lead to improved retention.

**Time away from family** is the most commonly identified concern among both Service members and their spouses. The cycle of training and deployment leads to constant re-negotiation of roles and responsibilities, relationships, and time for every family.

**Health is not just the absence of disease but consists of multiple domains that affect the Army Family.**

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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.

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.hpw-webcontacts@mail.mil
(410) 436-2303

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