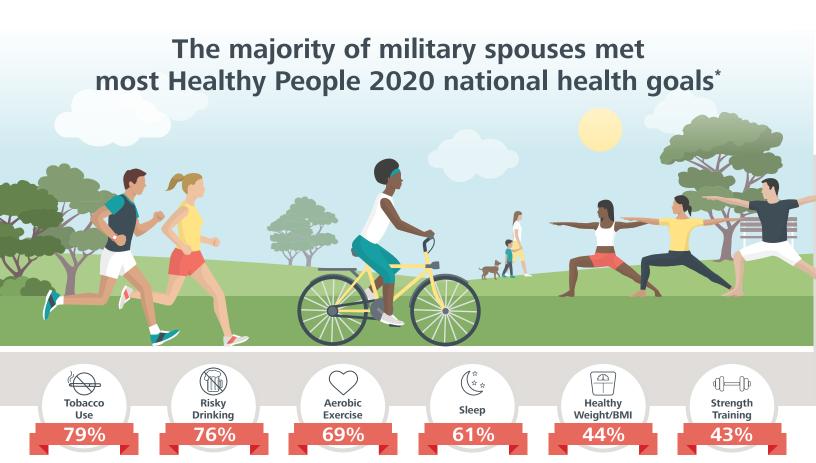


## HOW WELL ARE MILITARY SPOUSES TAKING CARE OF THEIR HEALTH?

## Why we care about spouse health

- Promoting healthy behaviors and outcomes is a priority for the military community.
- The health and well-being of military spouses directly contribute to a robust military force.
- Healthy spouses can better support a service member's career.



## Strong social connections promote healthy behaviors

- When one married partner is meeting healthy behavior goals, their spouse is also more likely to meet the goals.
- Experiencing family support from the military was associated with healthier behaviors.
- Having no one to turn to was associated with poorer health behaviors.

For more information about Healthy People 2020 goals, visit http://www.healthypeople.gov Source: Corry, N.H., Radakrishnan, S., Williams, C.S., Sparks, A.C., Woodall, K.A., Fairbank, J.A., & Stander, V.A. (2019). Association of military life experiences and health indicators among military spouses. *BMC Public Health*, 19, 1517. https://doi.org/10.1186/s12889-019-7804-z



