



MILITARY FAMILIES  
**ACTIVE DUTY SPOUSE WELL-BEING**  
**2021 SURVEY OF ACTIVE DUTY SPOUSES**

[www.militaryonesource.mil/data-research-and-statistics/survey-findings/2021-spouses-survey](http://www.militaryonesource.mil/data-research-and-statistics/survey-findings/2021-spouses-survey)

Addressing the well-being of the 594,110<sup>1</sup> active duty spouses as they navigate military life is vital to the resilience of the military family.

**Financial Well-Being Score<sup>2</sup>**

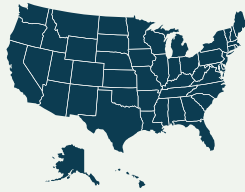
**58**

Active Duty Spouse (2021)



**52**

U.S. Average (2021)<sup>3</sup>



**Top Resources Used to Meet Spending Needs in Past 12 Months**

**84%** Regular income sources

**65%** Economic impact stimulus payment<sup>4</sup>

**44%** Credit cards or loans

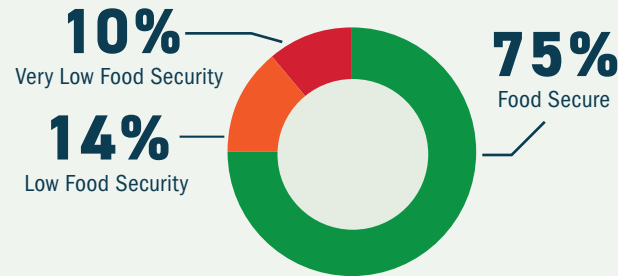
**35%** Money from savings (including retirement) or selling assets

**Marriage**

**81%** of active duty spouses are satisfied with their marriage.

**4.8%**<sup>1</sup> of active duty members have divorced their spouses.

**Food Security<sup>5</sup>**



**Mental Health**

Within the last seven days, active duty spouses reported feeling...<sup>6</sup>

Nervous, anxious, or on edge

**53%**



Down, depressed, or hopeless

**38%**

**Counseling Use**

**44%** used counseling during their member spouse's career.

**21%** used counseling in the past 6 months.

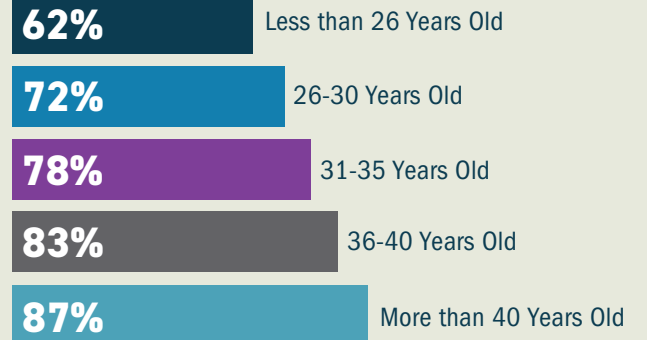


**COVID-19 VACCINATION**

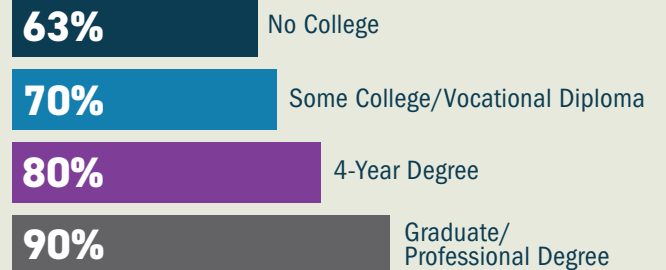
**76%** of spouses received a COVID-19 vaccine.

99% of spouses who received a COVID-19 vaccine planned to receive all required doses.

Vaccination rates by age:



Vaccination rates by education:



**RESOURCES FOR SPOUSE AND FAMILY WELL-BEING**

**MILITARY ONE SOURCE**

800-342-9647  
[www.militaryonesource.mil](http://www.militaryonesource.mil)

1.Source: 2021 Demographics Profile of the Military Community  
 2.Learn more about the Consumer Financial Protection Bureau's Financial Well-Being Score at <https://www.consumerfinance.gov/consumer-tools/educator-tools/financial-well-being-resources/data-spotlight-financial-well-being-in-america-2017-2020>.  
 3.Source of U.S. Average: Consumer Financial Protection Bureau (2022). "Making Ends Meet in 2022" [https://files.consumerfinance.gov/f/documents/cfpb\\_making-ends-meet-in-2022\\_report\\_2022-12.pdf](https://files.consumerfinance.gov/f/documents/cfpb_making-ends-meet-in-2022_report_2022-12.pdf)  
 4.The 2021 ADSS was conducted during the COVID-19 pandemic; data was collected July through November 2021.  
 5.The USDA defines Food Security as access by all people at all times to enough food for an active, healthy lifestyle. The ADSS uses the 6-item version of the USDA food security scale. Learn more: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/survey-tools/>  
 6.The 7-day reference period for these items matches Census Household Pulse Survey phase 3.1 and differs from past ADSS iterations which utilized a 14-day reference period.  
 Note: Percentages may not sum to 100% due to rounding.