



U.S. Department of Defense

MILITARY FAMILIES ACTIVE DUTY SPOUSE WELL-BEING 2024 SURVEY OF ACTIVE DUTY SPOUSES

Addressing the well-being of the 561,008¹ active duty spouses as they navigate military life is vital to the resilience of the military family.



Financial Well-Being Score²

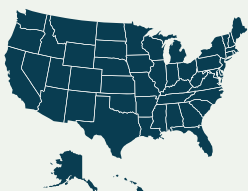
56

Active Duty Spouse



49

U.S. Average



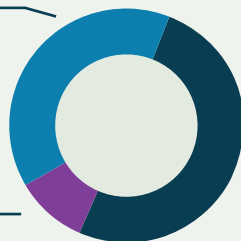
Current Level of Personal Stress

39%

About the same as usual

10%

Less than usual



51%

More than usual



Mental Health

Within the last two weeks, active duty spouses reported feeling...

Nervous, anxious,
or on edge

61%



Down, depressed,
or hopeless

43%



Nutrition Assistance Resources Currently Used by Spouses

Asked of all spouses regardless of program eligibility

13%

currently use a nutrition assistance resource.

7%



3%



5%



1%



Counseling

Counseling Use:

45%

used counseling during their husband's/wife's career.

22%

used counseling in the past 6 months.

Top Cited Issues Discussed in Counseling:

30%

Mental health concerns

15%

Marital issues

12%

Couple's communication

Counseling Accessed Via:

56%

TRICARE

44%

Non-military source other than a religious/spiritual leader

36%

Military OneSource

RESOURCES FOR SPOUSE
AND FAMILY WELL-BEING

MILITARY
ONESOURCE

800-342-9647
www.militaryonesource.mil

¹ Source: 2023 Demographics Profile of the Military Community

² The Average Financial Well-being Score is calculated based on the Consumer Financial Protection Bureau's five-item Financial Well-being Scale. Higher scores indicate higher financial well-being. The score represents the respondent's underlying level of financial well-being, which is defined as "a state of being wherein a person can fully meet current and ongoing financial obligations, can feel secure in their financial future, and is able to make choices that allow them to enjoy life." The U.S. average score was sourced from The Consumer Financial Protection Bureau (2024): Making Ends Meet in 2024 (CFPB Office of Research Publication No. 2024-5).