



# 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.

## The majority of military spouses met most Healthy People 2020 national health goals\*



## 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>



For more information, go to <http://www.familycohort.org>

The Millennium Cohort Family Study follows nearly 10,000 spouses of junior military personnel for 21 years to help the Department of Defense understand the needs of families and provide better support.

