

Healthy Bodies

HEALTH CARE & MENTAL HEALTH CARE

Respondents reporting positive and very positive satisfaction

with both health care and mental health care experiences were significantly more likely to have excellent family well-being and significantly less likely to have poor family health.



Respondents with negative, very negative, and often neutral experiences

with both health care and mental health care were significantly less likely to have excellent family health and significantly more likely to have poor family well-being.

Retiree, Veteran, Reserve, and National Guard respondents had the highest levels of satisfaction *across categories*.

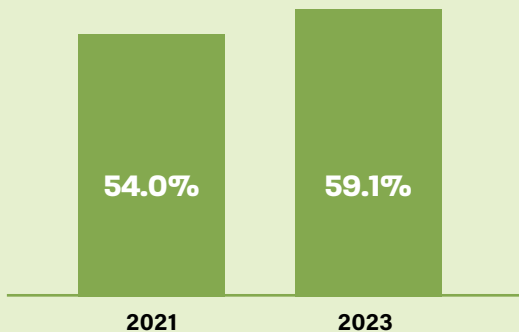


Active duty families reported the lowest levels of satisfaction across areas, especially with *appointment access* and *consistency of care*.

MENTAL HEALTH & LONELINESS

Reported Loneliness

among military and veteran families rose:



Loneliness is linked to **poor and moderate family health**, while not being lonely is linked to excellent family health.



FOOD SECURITY

Food security is directly tied to family well-being.



1 in 5

military and veteran **family respondents** experienced food insecurity in 2023.



1 in 4

active duty **family respondents** experienced food insecurity in 2023 (27.7%).

Most at Risk for Food Insecurity:

Families who joined in the past 10 years

Those who PCS'd in the past two years

Families with children under 18

Active duty families