



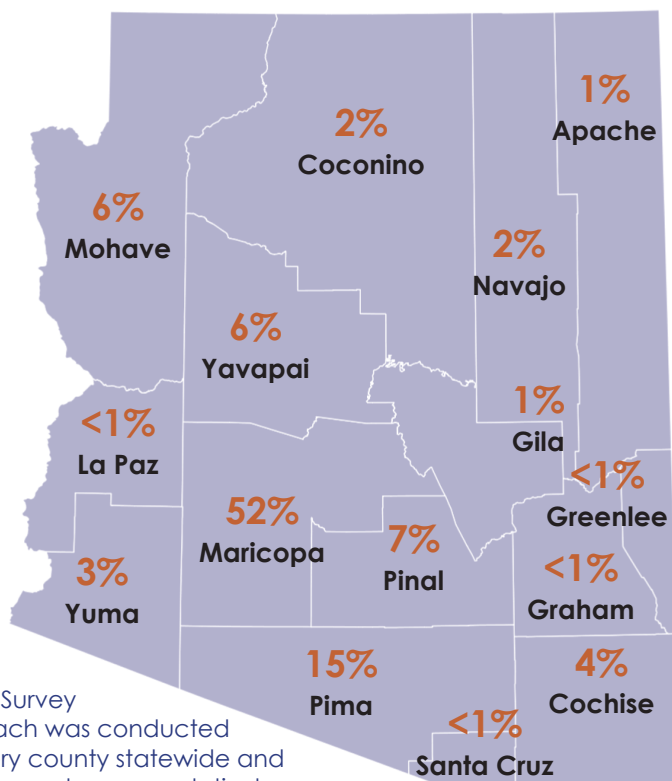
Survey Summary & Key Findings

About the Survey: The Arizona Veteran Survey was conducted statewide in 2017. Service members, veterans, family members and community members were invited to take the online survey, with questions tailored to each group. A paper based survey option was also provided. The survey received almost 5000 submissions, including respondents from all 15 counties. This summary document provides a snapshot of the data collected.

Acknowledgments: Special thanks to the partners of the Arizona Coalition for Military Families that made this project possible: the Arizona Department of Veterans' Services and Arizona Public Service. Thank you to the many people, organizations and partners who distributed the survey in their networks and communities. And thank you to each and every person who took the time to share your perspective for the benefit of our military and veteran community. This shared knowledge greatly advances our ability to build support for all who serve and their families.

BREAKDOWN OF SURVEY RESPONDENTS

% of Responses by County



Note: Survey outreach was conducted in every county statewide and response rates were relatively aligned with the statewide distribution of veterans.



6%
Service
Members



72%
Veterans



15%
Family
Members



7%
Community
Helpers

Race

American Indian	4%
Asian/Pacific Islander	3%
Black	6%
White	81%
Unknown	6%

Ethnicity

Hispanic/Latino	14%
Non-Hispanic/ Non-Latino	79%
Unknown	7%

Age

18-24	1%	45-54	24%
25-34	10%	55-64	22%
35-44	15%	65+	25%
Unknown	3%		

Gender

Male	66%
Female	30%
Other/Unknown	4%



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61% of service members and **50%** of veterans think there is good overall support of veterans and military service members in Arizona.

Veterans were asked how they would rate their access to a list of items in Arizona, ranging from very poor to very good:

- HIGHEST:** Recreational activities | Opportunities for professional development | Quality housing
- LOWEST:** Opportunities for career advancement | Good wages | Quality schools

Stress Zone

STRESS ZONE IN THE PAST MONTH

Stress Zone	Veterans	Service Members	Family Members
LOW (no crisis and stress is manageable)	50.1%	51.5%	47.2%
MILD (trouble sleeping, relationship problems, irritable)	41.3%	43.9%	45.5%
MODERATE (panic attacks, self-harm, heavy substance use)	7.3%	3.9%	6.9%
RED/SEVERE (danger to self or others)	1.3%	0.7%	0.4%

5% of service members and veterans had experienced moderate to severe stress (**orange** or **red** on the stress continuum) in the week prior to the survey.

1 in 3 veterans and family members do not know of at least one number to call to get help in a time of crisis.

Top 3 Concerns

Service Members

- Finances
- Relationship with spouse/significant other
- Physical health concerns

Veterans

- Finding quality employment
- Physical health concerns
- Finances

Family Members

- Finances
- Debt or credit issues
- Finding quality employment

Veterans in the rural communities of Apache, Graham, La Paz, Santa Cruz, Yavapai and Yuma Counties experience disparities with their top 3 concerns.

Housing & Finances



1 in 7 Arizona veterans reported concerns about losing their current housing



28% have struggled with finances

18% have struggled with meeting the basic needs of their family



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Mental Health

1 in 3 Arizona veterans have had traumatic experiences that put them at risk for elevated chronic physical and mental health conditions.



1 in 3 report a current mental health condition related to depression, anxiety or PTSD



41% have had thoughts of suicide.



1 in 2 know of a service member or veteran who has died by suicide.



1 in 3 know a service member or veteran who needs mental health care but is not getting it.



Rural counties had a significantly larger percentage of veterans experiencing mental health conditions.

The top 3 reasons for not accessing mental health services for veterans statewide:

1. Don't understand options **2.** Cost of care **3.** Difficulty navigating health care system

Physical Health

43% of service members and veterans report physical injuries or issues as a result of their military service.



Over **one quarter of veterans** and over **one third of family members** experience obesity.



Veterans have elevated percentages of heart disease compared to service members and family members



Over **one third of veterans** and **one quarter of family members** experience high blood pressure.

All three of these chronic diseases are overrepresented in populations that experience trauma and toxic stress and all three shorten average lifespans.

Substance Use

1 in 10 Arizona veterans are using substances to cope with trauma, depression and anxiety.



Currently prescribed opioids: **10%** veterans **4%** of service members **8%** of family members

Previously prescribed opioids: **55%** veterans **60%** service members **55%** family members

Opioid use is of concern because "some patients can get addicted to opioids after just 3 days of taking the pills." -Dr. Tom Frieden, former director of the Centers for Disease Control and Prevention



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Families

39% of veterans have minor children living in the home.



16% have children diagnosed with a physical disability or condition



27% have children diagnosed with a mental health disability or condition



21% have children with a special education plan at school



11% of veterans and family members have experienced verbal violence between family members.

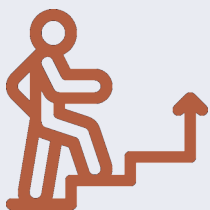
4% of veterans and **5%** of family members have experienced physical violence between family members.

42% of Arizona veterans are caregivers for a spouse, special needs child, parent or other person. The **top challenges** experienced by caregivers are:

Balancing work and caregiving | Expenses related to caregiving | Balancing personal relationships with caregiving | Overall financial concerns (limited income, loss of income)

Careers

3.2% of veterans report that they were not employed but were looking for employment.



Of those veterans who are currently employed:

- **33%** do not feel their position is stable.
- **25%** do not feel they have the training and education needed for their job and career interests.
- **34%** do not feel they have the job search skills for finding a new position if needed.
- **48%** do not feel they have opportunities for career growth.
- **55%** do not feel they have opportunities for position advancement with their current company.
- **66%** do not feel they have opportunities for pay advancement.
- **57%** do not feel their career path is clear.

Are you looking for ways to connect to employment or grow your career? Get connected at: www.ArizonaCoalition.org/employment



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METHODOLOGY: The Arizona Veteran Survey was conducted in 2017 by the Arizona Coalition for Military Families, on behalf of our public and private sector partners. To balance weighting between observed and known population, a raked weighting methodology was used to generate final weights based on sampling correction weighting factor and given known population estimates. To ensure accuracy for sample estimates based on sample size per county, a double-bootstrap, Monte Carlo simulation methodology was used where the pooled estimate of the minimum number and percent needed to be representative at the county level was randomly sampled from the actual participants and then simulated with resampling methodology for 1,000 simulations per strata. For questions: www.AZVeteranSurvey.org