2022 Health of the Force – Personal & Professional Choices Survey

Dear Survey Participant,

You are one of a select group of Sailors who have been picked to participate in the 2022 Health of the Force (HoF) - Personal and Professional Choices Survey. This edition of the Navy annual survey addresses not only the core health of the force metrics but also a variety of issues relating to parenthood, family support, medical support, parental leave, and work/life balance. Navy leadership relies on the information from this survey to evaluate the effectiveness of policies and initiatives associated with your personal life and determine what, if any, changes are needed. Participation is voluntary but remember YOUR feedback is important to providing an accurate picture of the issues addressed in this survey.

All information collected is confidential. If you were asked to provide your DOD ID number to access the survey, please be assured that this information is used to limit participation to active duty Navy personnel and to minimize the number of demographic questions. Only members of the Navy Survey Team will have access to DOD ID numbers; all data will be de-identified prior to analysis.

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AGENCY DISCLOSURE NOTICE

The public reporting burden for this collection of information, 0703-0079, is estimated to average 25 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding the burden estimate or burden reduction suggestions to the Department of Defense, Washington Headquarters Services, at whs.mc-alex.esd.mbx.dd-dod-information-collections@mail.mil. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.

If you are willing to participate in this survey, please select the "Next" button below. If you prefer not to participate, please close the survey window.

The following two demographic questions are used to determine what survey questions are applicable to you and which ones you can skip so please answer honestly.

1. What gender were you assigned at birth?
☐ Male
☐ Female

2. Please select your current grade from the following list?
☐ E1-E3
_ ∏ 03-04
☐ O5-O6
☐ W2-W5
☐ Other
3. What is your current marital status?
☐ Single/Never Married
☐ Single/Previously Married
☐ Unmarried, Long-Term Partnership
☐ Married >>Skip next question
4. How has being in the Navy influenced the likelihood that you will get married or marry
again? Visible to those who are not currently married
☐ Significantly Decreased ☐ Somewhat Decreased
☐ No Effect
☐ Somewhat Increased
☐ Significantly Increased
5. Which of the following best describes your spouse/partner? (Visible to those who are
married/in long-term relationships)
☐ Navy Active Duty Service member
Other US Military Service member
☐ Navy Reservist >>Skip next two questions
Former Service Member >>Skip next two questions
☐ Civilian >>Skip next two questions
Next two questions are visible to those who are married and indicated spouse is also an active duty service member
duty service member
6. Which of the following statements best reflects your experience being collocated with
your AD spouse?
☐ My spouse & I have made only one PCS move and we were collocated
My spouse & I have made several PCS moves and we were always able to collocate
Collocation hasn't been possible during at least one of our PCS moves
Collocation has never been possible for me and my AD spouse
☐ N/A, my spouse and I have not made a PCS move while both on AD
7. How esticited are you with the News a shifty to sell costs you with your AD arrange
7. How satisfied are you with the Navy's ability to collocate you with your AD spouse?
☐ Very Satisfied

☐ Somewhat Satisfied ☐ Neither Satisfied nor Dissatisfied	
Somewhat Dissatisfied	
Very Dissatisfied	
<u>Children</u>	
8. Do you have children?Yes >> Skip next questionNo	
 9. How has being in the Navy influenced the likelih children? Visible only to those with no children wh Significantly Decreased Somewhat Decreased No Effect Somewhat Increased Significantly Increased N/A, I already have children 	-
10. Please indicate the age range(s) of your children.	Select all that apply
	age 15 to 17
	age 18 to 20
	Age 21 to 25
☐ Age 9 to 11 ☐ C ☐ Age 12 to 14	Over 25
 11. Which of the following best reflects your home lift single parent indicates a household with one adult. I'm a single parent with sole custody of my child/child. 	•
☐ I'm a single parent with joint custody of my child/child	dren
☐ I have a child/children at home and a co-parent (spouse	
☐ I do not currently have custody or joint custody of my☐ My child/children are adults and do not live at home	children
☐ My Child/Children are addits and do not live at nome	
Next question only visible to those who have custody of the	eir children
12. Who usually cares for your children when you are tour? (Children Under 18)	e deployed or on an unaccompanied
☐ Their other biological parent cares for them	
My spouse/partner (non-biological parent) cares for the	em
☐ A grandparent or other relative cares for them	nom
☐ Someone who is not a relative or co-parent cares for th☐ Not applicable, I have never deployed or been on an ur	
13. How did you become a single parent? (Single Pare ☐ Separation/Divorce	-

☐ Unmarried when child born/adopted
☐ Death of spouse
☐ Other
Childcare
Childcare questions visible to those with children under age 18
childed a questions visible to those with children and a 10
14. What are your current childcare requirements? Please select all that apply
☐ Full-time daytime childcare
☐ Regular part-time childcare
☐ Evening/night care
☐ Weekend care
☐ Before and/or after school care
Occasional care for appointments, school, or personal business
☐ Drop-in or hourly care for appointments, school, or personal business
☐ Youth summer camp for school-aged children
Other (Please specify)
☐ None – my children are old enough to no longer require childcare >>Skip next question
15. What, if any, problems have you had related to childcare? Please select all that apply
☐ Too expensive
Unavailable/long wait list for on-base childcare
Unavailable/long wait list for off-base childcare
Evening/Weekend care not available
Childcare Center Hours do not match work hours
Other (Please specify)
☐ None – my children are old enough to no longer require regular childcare
16. What, if any, impact has having a child had on your career in the Navy?
☐ Negative bias towards performance evaluations/fitness report
☐ Negative bias towards training and professional development opportunities
☐ Negative bias towards recommendations for next duty assignments
☐ Negative bias towards professional reputation
☐ Other (Please specify)
$\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ $
Infantility Treatments
Infertility Treatments
17. How satisfied are you with your ability to access infertility treatments/resources while
in the military?
☐ Very Satisfied
☐ Somewhat Satisfied
☐ Neither Satisfied nor Dissatisfied
☐ Somewhat Dissatisfied
☐ Very Dissatisfied
☐ N/A, I've never tried to access these resources >>Skip to next section

18. Were any of your children conceived via infertility treatments (such as hysterosalpingogram (HSG), in vitro fertilization (IVF), intrauterine insemination (IUI),
or medications to induce ovulation)?
☐ Yes
☐ No >>Skip to next section
\square N/A >> Skip to next section
19. If yes, why did you use reproductive endocrinology services?☐ Diagnosed with infertility (inability to become pregnant after 12 months)
☐ Single parent or same sex couple trying to conceive☐ Other (Please explain)
OB/GYN Questions (Women Only)
We'd like to ask you some questions about your access to women's healthcare resources while in the Navy. If you're willing to answer these questions, select "Yes", if you prefer not to select "No" and you will be skipped to the next section.
☐ Yes ☐ No >>Skip to next section
 20. Which of the following statements best describes your access to basic women's healthcare while in an operational environment (ship medical, BAS, etc.)? [I've always had access to basic women's healthcare in operational environments I've sometimes had access to basic women's healthcare but not always in an operational environment I've rarely, if ever, had access to basic women's healthcare while in operational environments N/A, I have never required access to basic women's healthcare while in an operational environment >>Skip next question
21. How would you assess your operational provider's (GMO, IDC) capability to resolve your women's health issues in the operational environment (ship medical,
BAS)? ☐ Provider was completely capable of resolving my medical issues
☐ Provider was completely capable of resolving my medical issues
☐ Provider was able to resolve some but not all of my medical issues ☐ Provider had limited or no ability to address my medical issues
\square N/A, no basis to judge
 22.Did you receive enough of your preferred birth control before going on your most recent deployment to cover the entire length of the deployment? Yes, I received enough of my preferred birth control to last the entire deployment Yes, but it was not my preferred birth control No, I asked but didn't receive enough birth control to last the entire deployment No, and I never asked N/A, I've never been on a deployment
23. Which of the following statements best reflects your ability to access specialty OB/GYN care (i.e., for endometriosis, pelvic floor disorder, etc.) while in the Navy?

☐ I've never needed specific or and been question ☐ I've needed but been during my Navy career	able to acce	ss specialt cess specia	y OB/G`	YN care >> GYN care a	Skip next at some point	
24. Please use the space pro you were unable to accomitigate these difficultion	ess specialty					hen
25. What, if any, impact has	s your ability	to access w	omen's	healthcare h	nad on the	
following?	Significantl	Increase	No	Decrease	Significantl	N/
	y	d	Impac	d	y	A
	, Increased	<u> </u>	t	u u	Decreased	,,
our operational readiness?	П	П	П	П	П	П
ne likelihood you will emain in the Navy?						
26. Have you been pregnan Yes No >>Skip to next section 27. If you had a pregnancy	t since joinin		?	were vou gr	ranted	
convalescent leave? No, I didn't know it was No, I requested convale Yes, I requested and rec	s an option scent leave bu	ıt it was not	granted			
28. With regards to your more pregnant? After 1 October 2018 Between 1 October 2017 and Between 1 October 2005 and Before 1 October 2005	d 30 Septemb	per 2018	pproxima	tely when d	id you becom	ie
29. What was the outcome I am still pregnant Full-term birth (delivery after a premature birth (delivery berother >> Answer next quest answer >> Answer next quest que quest que	er 36 th week o etween the 20 ^t ion	of gestation) th and 36th w	1	estation)		

 $30. \ \mbox{Are you willing to answer some additional questions about your pregnancy?}$

☐ Yes ☐ No >>Skip remaining questions in sect	tion					
Instructions: The following questions are a	bout you	r most r	ecent pre	gnancy on	nly.	
31. Was your most recent pregnancy properties is one that you were planning/tryind became pregnant)						-
☐ Yes ☐ No						
32. What type of command were you pregnancy?	assigned t	o when	you foun	ıd out abo	ut your	
☐ Ship						
☐ Deployable Squadron						
☐ Other Deployable Unit						
☐ Non-Deployable Squadron						
Shore Activity or Command (not as a s	tudent)					
☐ Navy Funded School (as a student)☐ In the Career Intermission Program						
☐ Other (Please specify)						
33. To what extent do you agree or disc feel valued by my command after ☐ ☐ Strongly Agree	_		_		continued	to
☐ Agree						
☐ Neither Agree nor Disagree						
☐ Disagree						
Strongly Disagree						
□ N/A						
34. Were you (or are you scheduled to pregnancy? If you were transferred N/A.					-	select
□ No						
Yes, after 20 th week of pregnancy						
☐ Yes, before 20 th week of pregnancy						
☐ Scheduled to transfer but haven't yet >	> <i>Skip nex</i>	t questi	on			
☐ Don't know yet <i>>>Skip next question</i> ☐ N/A, I was/will be transferred but not a	ccociated	with pro	ognancy >	Skin nov	et augstion	
□ IV/A, I was/will be transferred but not a	SSOCIALEU	with pre	egnancy >	> 3kip nex	i question	
35. Please indicate the extent to which statements about your transfer.	n you agre	e or dis	sagree wit	th the follo	owing	
,	Strongl	Agre	Neithe	Disagre	Strongl	N/
	у	e	r	e	у	A
	Agree				Disagre	
					e	
I felt valued by the command I						

transferred to during my pregnancy.			
The position I was transferred to was or			
will be career enhancing.			

Breastfeeding Questions

These questions are visible to those who have delivered a child

36. How many months did you breastfeed/pump milk to feed your baby after delivery? Less than 1 month 1 to 5 months 6 to 12 months Over 12 months N/A, I did not breastfeed/pump milk >> Skip to Q42
37. Were you breastfeeding/pumping when you returned to duty? ☐ Yes ☐ No >>Skip to next two questions
38. Were you given time to pump at work? ☐ Yes, as often as needed (at least every 3-4 hours) ☐ Yes, but not as often as needed ☐ No >> Skip next question
39. What type of space did you use to pump at work? There was no lactation space at my CMD/work location >> Answer question 41 Restroom/head Separate nursing room attached to restroom/head Designated lactation room or lactation pod only used for pumping Designated office space that serves multiple purposes (not exclusively for lactation) N/A, I did not breastfeed/pump milk at work >> Skip to question 42
 40. Did the space you used for pumping have access to running water? >>After answering skip to question 42 ☐ Yes ☐ No
 41. If there was no lactation space at your CMD/work location, where did you pump? In my car Had to travel to another location on base where lactation space was available Other (Please specify)
42. Please use the space below to provide any additional comments regarding pregnancy, childbirth, breastfeeding, etc. in the Navy. Do not include any personally identifiable information

Parental Leave (Women)

43. How much leave did you take after the birth of your most recent child?
5 weeks or less6 weeks (42 days - Maternity Convalescent Leave Policy (MCL))
7 to 11 weeks
12 weeks (MCL & Primary Caregiver Leave (PCL)) >> Skip next question
☐ More than 12 weeks >> Skip next question
 44. Why did you take less than the full 12 weeks allowed under the MCL & PCL policies? Please select all that apply. If we have failed to include something, please select "Other" and explain in the space provided. Ready to get back to work Concerned about how taking the full amount would be perceived by command Worried about impact of taking more leave on my performance appraisal Wanted to save some leave in case I needed it later Worried about impact on scheduled PCS move I chose to be designated as secondary caregiver Other (Please specify)
45. Did you voluntarily shorten your 12-month operational deferment tour after giving
birth? If yes, please explain why in the space provided.
☐ Yes
No >> Skip next question
□ N/A >>Skip next question
46. Please use the space below to explain why you chose to shorten your 12 month operational deferment. Do not include any personally identifiable information
Parental Leave
his section is for men with children
47. When was the birth/adoption of your most recent child?
47. When was the birth/adoption of your most recent child? ☐ After 1 October 2018
• •
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017 ☐ Before 1 October 2005
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017 ☐ Before 1 October 2005
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017 ☐ Before 1 October 2005 ☐ N/A >>Skip next questions
☐ After 1 October 2018 ☐ Between 1 October 2017 and 30 September 2018 ☐ Between 1 October 2005 and 30 September 2017 ☐ Before 1 October 2005 ☐ N/A >>Skip next questions 48. What type of leave did you take after the birth or adoption of your most recent child?
 After 1 October 2018 Between 1 October 2017 and 30 September 2018 Between 1 October 2005 and 30 September 2017 Before 1 October 2005 N/A >> Skip next questions 48. What type of leave did you take after the birth or adoption of your most recent child? Primary Caregiver Leave

49. How much leave did you take after the birth/adoption of your most recent child? None							
	Parenta	al Leave					
50. How satisfied were you with a or adoption of your most rece Very Satisfied Somewhat Satisfied Neither Satisfied nor Dissatisfied Somewhat Dissatisfied Very Dissatisfied N/A 51. How comfortable were or wo the full amount of Primary/Sechild? Very Uncomfortable Somewhat Uncomfortable Neither Comfortable nor Uncom Somewhat Comfortable Very Comfortable	ent child? (d uld you be econdary C	(Visible to	all those with ch	ildren) ve children	ı) taking		
Command	d Attitude	es (All Par	ticipants)				
52. Please indicate the extent to statements.	which you	agree or o	disagree with the	e following			
	Strongl y Disagre e	Disagr ee	Neither Agree nor Disagree	Agree	Strongly Agree		
Navy policy supports work/life balance for Sailors							
My current sea/shore rotation is adequate for family planning							
My command is supportive of pregnant female Sailors							
My command is supportive of male Sailors who take Caregiver Leave after birth/adoption of child							

53. How family fr Not at all Slightly Somewhat Very Extremely							
54. How does hav	Ving a child imp	Somewhat	No	Somewha		Positive	
	Negative	Negative	Effect	Positive	at Very	rositive	
Female Sailors							
	_			<u> </u>			
Male Sailors							
56. To what extensions	ent do you ag	ree or disagre		following s	statemen	ts abou	 t
	rust Metric		Strongly	Disagre	Neithe	Agre	Strongl
I = Integrit	y; D = Dependab	ility	Disagree	e	r	e	y Agree
My command acts	on sound prin	ciples (I)					
My command treats people fairly (I)							
My command does me (I)	not mislead p	people like					
I think it is importa closely so that it do people like me (D)		=					
My command can I through with comm	•						
My command take like me into accour (D)							
57. To what exter	nt do you agree	e or disagree w	ith the follow	wing stater	nents?		
Connectedness, Unit Commitment (AC) co	•	•	IF I	Disagr Ne ee er	ith Agree	Stron ly Agree	
These days, I feel lik	e I belong (Co	nnectedness)					
	. 4 41	eople I can tur	n 🛮				

to in times of need (Connectedness)			
Sailors in my unit work together to get the job done. (UC)			
I feel like I'm part of the Navy family. (AC)			
I would be very happy to spend the rest of my career in the Navy. (AC)			
I am confident that I can trust and depend on the Sailors in my unit. (UC)			
My unit's leaders foster teamwork and cooperation. (UC)			
Help is available from my co-workers when I have a problem. (UC)			
The Navy has a great deal of personal meaning for me. (AC)			
I do not consider the Navy's problems as my own. (AC)			

58. To what extent do you agree or disagree with the following statements about your career in the Navy?

Job/Career Satisfaction Component Measures	Strongly Disagre e	Disagr ee	Neith er	Agree	Strong ly Agree
I am generally satisfied with the type of work I do in my job					
I feel a great sense of personal satisfaction when I do this job well					
I have a good understanding of what is expected of me at work					
I have a clear set of goals and aims to enable me to do my job					
My future here seems dark to me (Connectedness)					
These days I think I make things worse for the people in my life (Connectedness)					

DEI Questions

59. Please indicate the extent to which you agree or disagree with the following statements.

Strongly	Disagree	Neither	Agree	Strongly
Disagree				Agree

Racism is not a problem in the Navy		1	1			
Sailors who report racial harassment and/or						
discrimination do not have to worry about						
retaliation			+ ,			_
Sexism is not a problem in the Navy						L
Sailors who report sexual harassment and/or						L
discrimination do not have to worry about retaliation						
The Navy has an authentic commitment to						Г
inclusion	Ш				Ш	
Even subtle forms of discrimination are not	П				П	Г
tolerated at my command	Ц				Ш	
Diverse backgrounds and perspectives are						Γ
accepted and respected at my command					_	_
		•				
60. To what extent do you agree with the fo	ollowing s	tatemen	ts?			
	Strongl				Strong	g
Inclusion Model Component Measures	y	Disagre	Neith	Agre	ly	
metasion Model component Medsures	Disagre	e	er	e	Agree	ا د
	e					
eople I work with treat me with respect						
have the same opportunities for professional			П	_		
uccess as my colleagues						
feel encouraged to bring my whole and						
uthentic self to work						
feel like I belong in the Navy						
feel comfortable speaking up when I see						
ntolerance, mistreatment or bias in action						
Ny opinion is valued by the Navy						
		_	_			
he Navy is a place where I am able to perform						- 1
he Navy is a place where I am able to perform p to my full potential		Ш	ш	⊔		

62. Please review the list and identify up to five factors influencing, or that might
influence , you to <u>leave</u> the Navy . If we have failed to include a factor that is
likely to influence you to leave, please select "Other" and explain in the space
provided.
☐ Childcare Issues
☐ Civilian Career Opportunities
Concerns about Ability to Have/Adopt Children in Navy
Current Command Climate
☐ Don't Feel Like I Belong
☐ Focus on Family
Geographic Instability (Frequency of PCS Moves)
Health related concerns (physical or mental)
Leadership at Current Command
Leadership in the Navy
☐ Limited Promotion/Advancement Opportunities
Proximity to Extended Family
Recent Sea Duty Experiences (if applicable)
Salary/Pay
Schedule Changes/Lack of Predictability
Treated Differently Because of Race, Ethnicity, Gender, or Sexual Orientation
Too Much Time Away from Home
To Use GI Benefits/Pursue Education
Work/Life Balance Issues
Other (Please specify)
63. Please review the following list and identify up to five factors influencing, or
that might influence, you to stay in the Navy. If we have failed to include an
important influence to stay in the Navy, please select "Other" and explain in the
space provided.
Ability to Balance Work and Personal Life
Ability to Have/Adopt Children While in Navy
☐ Childcare Availability
☐ Command Climate
☐ Healthcare Benefits
☐ Job Security/Stability
☐ Leadership in the Navy
☐ Leadership at Current Command
☐ Navy Community/Sense of Belonging
☐ Opportunity to Travel
☐ Patriotism/Desire to Serve
☐ Promotion/Advancement Opportunities
☐ Salary/Pay
☐ Salary/Pay☐ Support/Benefits for Family

] Other	(Please specify)
	ase use the space provided below to share any additional thoughts or concerns
Wit	Navy leadership. Do not include any personally identifiable information

This completes the survey. Thank you for participating and for your continuing service to our nation.