



## Swimming Upstream with Data Military Individuals and Families

This document provides the data sources and additional information to accompany the video tutorial “Swimming Upstream with Data, Prevention Data Sources for [Military Individuals and Families](#).”

Data Source	Link and Instructions for Downloading Files
<p><b>U.S. Census Bureau 2020 (Demographics).</b> Every 10 years, the U.S. Census Bureau will attempt to count everyone in the United States on April 1. The 2020 census provides filters to describe veterans by geographic location (e.g., state, county, and subdivisions). You can also filter veteran status by gender, age group, housing, languages, disability status, and poverty level.</p>	<p><a href="https://data.census.gov/">https://data.census.gov/</a></p> <ol style="list-style-type: none"><li>1. Type in <b>Veterans Health</b> in the search field (i.e., Find Tables, Maps, and more...).</li><li>2. Review tables of interest and select one.</li><li>3. Select <b>Geos &lt; County &lt; All Counties within United States and Puerto Rico &lt; Select X</b> to exit the window.</li><li>4. Select Year: <b>2021</b></li><li>5. Select the link below <b>DOWNLOAD TABLE</b> to Open the Table.</li><li>6. Select <b>Transpose</b> so counties are in the left margin.</li><li>7. Select <b>Excel</b>.</li><li>8. Select the link again below <b>Download Table</b> to open the table.</li><li>9. Select the <b>Excel</b> icon to download.</li><li>10. View <b>Data</b> tab and counties and variables of interest. Files will need to be cleaned before analysis.</li></ol>
<p><b>2022 National Veteran Suicide Prevention Data File</b></p> <p>The VA conducts the largest national analysis of Veteran suicide rates each year. Findings are made available to the public in an Annual Report. The report is based on national death certificate data currently available through 2020.</p>	<p><a href="https://www.mentalhealth.va.gov/suicide_prevention/data.asp">https://www.mentalhealth.va.gov/suicide_prevention/data.asp</a></p> <ol style="list-style-type: none"><li>1. Select <b>Data Appendix</b>. Open Excel file.</li><li>2. Review variables on different tabs related to service, use of health care services, death by suicide by sex, race, and ethnicity.</li></ol>