



U.S. Department of Health
and Human Services
Administration for Children
and Families
Office of Family Assistance

National
Responsible
Fatherhood Clearinghouse
fatherhood.gov



National Responsible Fatherhood Clearinghouse (NRFC) Webinar September 29, 2021

Men's Health and Fatherhood: What Do Dads Need to Know?

Helpful Resources

NRFC Resources

- [Depression among urban fathers with young children](#) (Information Brief)
- [Healthy fathers, healthy families](#) (Information Brief)

Resources from Craig Garfield, MD, MAPP, and Colleagues

- [Examining the effectiveness of the Fathers and Babies intervention: A pilot study](#) (2021)
- [Maternal and paternal depression symptoms during NICU stay and transition home](#) (2021)
- [Pregnancy risk assessment monitoring system for dads: Public health surveillance of new fathers in the perinatal period](#) (2021)
- Family and Child Health Innovations Program (FCHIP), Lurie Children's Hospital
 - [Paternal perseverance and the COVID pandemic: FCHIP's 2021 Father's Day](#) report
 - [Depression in dads of preemies deserves more attention](#) (June 18, 2021)

Other Resources

American Psychological Association

- [Stress in America: One year later, a new wave of pandemic health concerns](#) (March 2021)

Centers for Disease Control and Prevention

- [Provisional life expectancy estimates, January through June 2020](#)
- [Excessive alcohol use is a risk to men's health](#)

Harvard Mental Health Letter

- [Recognizing depression in men](#)

Kaiser Family Foundation

- [Opioid overdose deaths by gender](#)

Mayo Clinic

- [Heart-healthy diet: 8 steps to prevent heart disease](#)
- [Exercise: 7 benefits of regular physical activity](#)
- [Men's health: Prevent the top threats](#)
- [New dad: Tips to help manage stress](#)

Men's Health Network

- [Men's Health Facts](#)
- [Blueprint for Men's Health](#)
- [Your Head: An Owner's Manual](#)

Miller, David

- [From diabetes to chronic stress: Black men face uphill battle in staying healthy](#). The Baltimore Sun, Aug 06, 2021.

National Institute on Drug Abuse

- [Overdose death rates](#)

National Institutes of Health

- [Know the Differences: Cardiovascular Disease, Heart Disease, Coronary Heart Disease](#)

National Institutes of Mental Health

- [Suicide](#)

Statista Research Department

- [Death rate by age and sex in the U.S. 2018](#)
- [Deaths by suicide per 100,000 resident population in the United States from 1950 to 2018, by gender](#)

WorldLifeExpectancy.com

- [Causes of death by age and gender](#)

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