



Welcome to the NRFC Webinar Healthy Fathers, Healthy Families

2:00 – 3:30 p.m. EDT | May 18, 2017

All audio from today's session will be broadcast through the computer. Make sure your computer volume and Adobe Connect audio () are turned **on**.

National Responsible Fatherhood Clearinghouse



- National resource to support fathers and families.
- Funded by U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance.
- Resources are available for fatherhood practitioners, dads, researchers, and policy makers.



National Responsible Fatherhood Clearinghouse

Visit us: www.fatherhood.gov

www.fatherhood.gov/toolkit for *Responsible Fatherhood Toolkit*.

www.fatherhood.gov/webinars for archives of all our webinars.

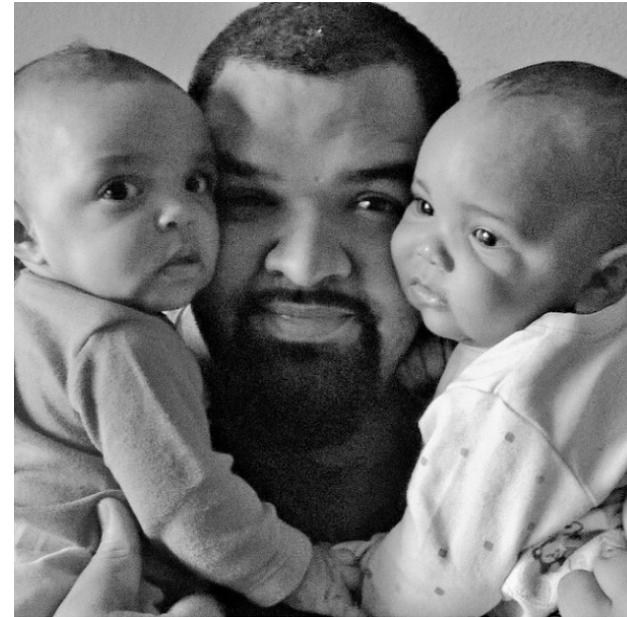
Contact: info@fatherhood.gov

Encourage fathers or practitioners to contact our national call center toll-free at:
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Today's Webinar Will Provide

- Overview of relevant NRFC publications and resources.
- Information and tips from:
 - Craig Garfield - Associate Professor of Pediatrics and Medical Social Sciences, Northwestern University Feinberg School of Medicine, Chicago, IL.
 - Albert Pless - Program Manager, Men's Health League, Cambridge Health Department, Cambridge, MA.
 - Charles Daniels - Founder/CEO, Fathers' Uplift, Inc., Roxbury, MA.
- List of helpful resources available for download during the webinar.
- "Question and Answer" session with the presenters at the end of the webinar.



Questions for the Presenters

Working with Young Fathers: Tips from the Field (Lobby) - Adobe Connect

Meeting Layouts Pods Audio

Chat (Everyone)

Working With Young Fathers Tips from the Field.pptx

Draw Stop Sharing

Welcome to the NRFC Webinar
Working With Young Fathers: Tips from the Field
12:30 – 2:00 p.m. EDT | March 22, 2017

All **audio** from today's session will be broadcast through the computer. Make sure your computer volume and Adobe Connect audio () are turned **on**.

Everyone NRFC Webinars Sync

Web Links

- Fatherhood.gov
- Young Fathers of Santa Fe
- NRFC - Facebook
- Young Fathers of Central Florida
- NRFC - Twitter
- Young Fathers of Metro Atlanta
- NRFC - Past Webinars

Browse To <https://twitter.com/fatherhoodgov>

Downloadable Resources

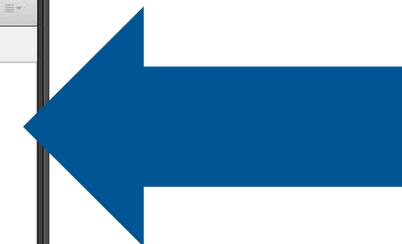
Name	Size

Ask a Question

Show All Questions Assign To

Upload File... Download File(s)

Please enter any questions in the Q&A box at the bottom-right of your screen.





Overview of Relevant NRFC Products

- Healthy Fathers, Healthy Families
- Depression Among Urban Fathers with Young Children
- Child Safety Tip Sheets:
 - Keeping Babies Safe
 - Keeping Young Kids Safe
 - Keeping Kids Safe
 - Keeping Teens Safe

Find these and other products at:

<https://www.fatherhood.gov/content/nrfc-tips-professionals>



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



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Healthy Fathers, Healthy Families

Developed by Child Trends on behalf of the National Responsible Fatherhood Clearinghouse under the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance.

Overview

Fathers can influence their children's health behaviors more than they may realize. This research brief provides information and resources to help fathers improve their own health and well-being, and the health and well-being of their children. Specifically, the brief focuses on healthy eating and sleeping habits, and provides tips for healthy physical activity. These healthy lifestyle habits can lower fathers' and children's risk of becoming overweight or obese and reduce the risk of developing other diseases such as high blood pressure, diabetes, or cancer.^[7, 8] Other benefits include improved mental health and mood and increased chances for living longer.^[9]





Some Healthy Lifestyle Habits

- Eating a healthy, nutritious diet.
- Engaging in regular physical (and mental) exercise.
- Getting regular and sufficient sleep.
- No more than moderate use of alcohol and other legal drugs.
- Having someone (friend or professional) to talk with about critical issues/decisions.
- Getting regular physical exams.



Tips to Help Children Sleep Better

- **Set screen times and rules.**
 - Limiting how much screen time children have, particularly close to bedtime, can lead to better sleep.
- **Set a bedtime routine and follow it regularly.**
 - Children who have regular or early bedtimes are more likely to get enough sleep.
 - Parents can help their young children sleep better with language-based bedtime routines (singing, reading, storytelling).
- **Reduce household noise at night.**
 - If television is on in another room, make sure volume is turned down so children can't hear.
 - If guests are over, ask them to keep their voices down.



U.S. Department of Health and Human Services
Administration for Children and Families
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National
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Depression among Urban Fathers with Young Children: A Research Report with Tips for Responsible Fatherhood Programs and Stakeholders

Overview

Depression is one of the most common mental health issues in the United States. According to the National Institute of Mental Health, more than six million men in the United States have depression in a given year and studies indicate that at least 10 percent of fathers are depressed both before and after their children are born. This brief provides an overview of previous research about men and depression, identifies factors associated with fathers' risk of depression during the first year of their child's life, and offers tips on how fatherhood programs can help fathers identify and address symptoms of depression.

Drawing on original analyses from the Fragile Families and Child Wellbeing study, key findings indicate that fathers are more likely to be depressed when they:

- Do not have full-time employment.
- Live apart from their children.
- Have children with two or more women.
- Have been incarcerated.

By helping fathers deal with these and other issues, fatherhood programs can also help support fathers who suffer from depression and improve the well-being of children and families.





Tips for Fatherhood Practitioners

- Listen carefully to fathers' concerns during recruitment and intake.
- Understand the impact of logistical challenges faced by fathers who have children with more than one partner.
- Help co-parents talk about roles and expectations; recognize the importance of involving other family members.
- Provide training for all staff on issues such as:
 - Guiding conversations in individual and group settings.
 - Looking for indicators of depression.
 - Recognizing their limitations as "helpful providers."
 - Knowing when to seek support from colleagues and when to refer fathers for professional services.



Healthy Fathers, Healthy Families

Craig Garfield

Associate Professor

Pediatrics and Medical Social Sciences

Northwestern University Feinberg School of Medicine

Chicago, IL

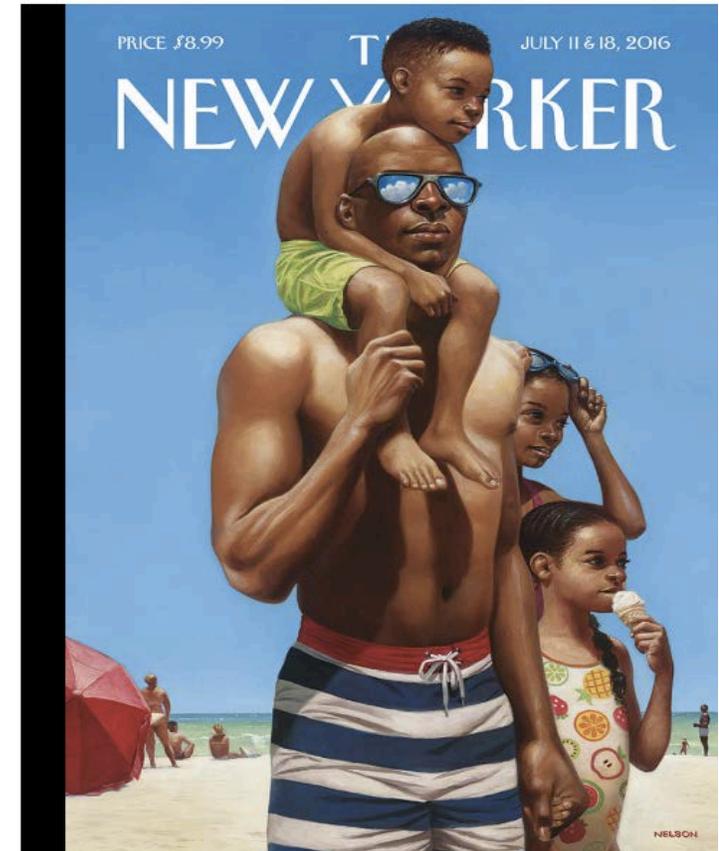


Fathering is Evolving

Where we have been...



Where we are now...



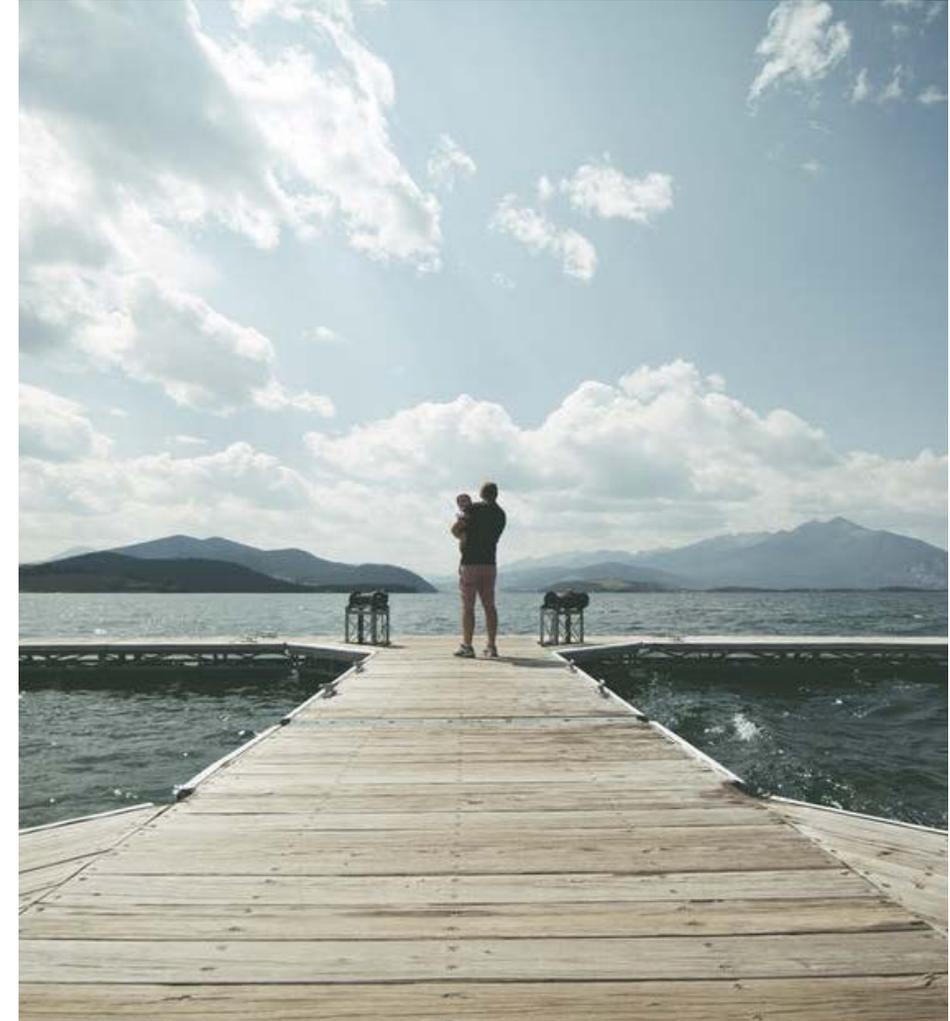


By the Numbers

U.S. Fathers Today

- 70.1 million fathers.
- 1.96 million single fathers.
- 2.2 million stay at home fathers.
- 1 in 6 fathers are non-residential.
 - 98% of non-residential fathers are involved with their children to some degree.
 - However, they spend less time eating with, caring for, and playing with their children than resident fathers.

Source:
U.S. Census Bureau.





Men's Health and the Transition to Fatherhood

- Fathers' involvement in families is increasing.
 - Hours spent in childcare have doubled since 1965.
- Transition to fatherhood can be a "lever" for change.
 - Attitudes, health behaviors may change with this life course event.



Background: Men's Health

- Male life expectancy in 1920:
 - 1 year less than females.
- Male life expectancy in 2017:
 - At least 5 years behind.
- Minority male life expectancy:
 - Significantly lower than whites (ranging from 66-74 years).
- Men are at a greater risk of death than women in every age group:
 - Mortality rate 1.6 times higher.



Men and the Healthcare System

- Adolescent males exit pediatric care with limited ties to the healthcare system.
 - Yet recommendations exist for preventive visits and screenings.
- Most adolescent and reproductive health initiatives or interventions focus on women/girls.
- Men are less likely than women to have a regular doctor or attend regular doctor visits.
 - 33% of men have no regular physician.
 - 24% of men have not seen a physician in the past year.



Men's Health and Fatherhood

- Fatherhood may be an important social determinant of men's health.
- Just as fathers may have an effect on their children, children may have an effect on their fathers.
- Is the effect...
 - Beneficial,
 - Detrimental, or
 - Neutral?

JAMA The Journal of the
American Medical Association

Fatherhood as a Component of Men's Health

Craig F. Garfield, MD, MAPP

Elizabeth Clark-Kauffman, MHS

Matthew M. Davis, MD, MAPP

MODERN MEDICINE INCREASINGLY UNDERSTANDS phenomena specific to men's health. The notion of "men's health," as distinguished from "women's health," often centers on differences related to diseases of the reproductive organs, to conditions such as cardiovascular disease that manifest differently in part because of the influence of sex-specific hormones, or to shorter life expectancy for men vs women. This conceptualization of men's health, however, overlooks a central aspect of many men's lives—fatherhood.

The physical and mental health effects of being a father are understudied and largely unknown. This gap in current understanding is important because of its potential magnitude. Of the 108 million adult men in the United States, 66.3 million are fathers and the majority of men younger than 55 years have children in their homes.¹

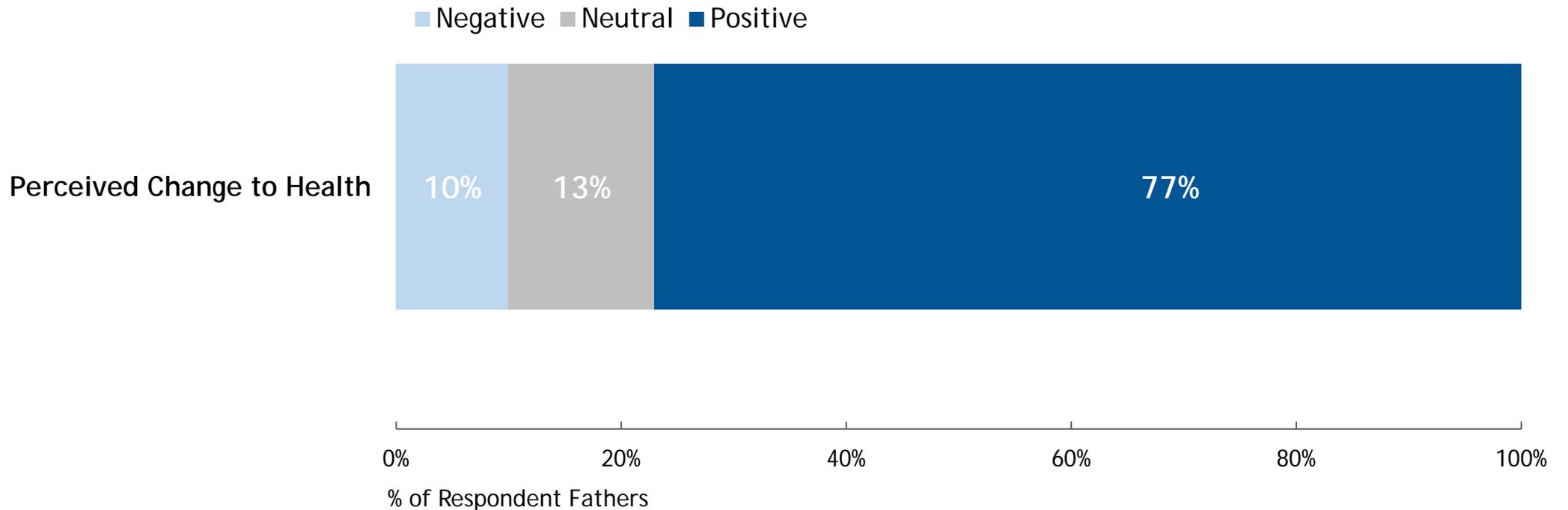
traditional family, including a wage-earning father and a stay-at-home mother, is fading. In fact, there is no one picture of fatherhood in the United States today. Fathers may be in 1- or 2-parent families; they may be single, married, widowed, divorced, or cohabiting; they may be gay or straight; or they may become new fathers as adolescents or in mid-life. Fathers may raise their own children with 1 partner or with different partners, or may raise others' children as a social, step-, adoptive, or foster parent. They may be unemployed, work full time or part time, and may work inside or outside the home. Some live with their children, some live nearby, some live across the country, and some may be incarcerated. If social context has meaning for men's health, these multiple structural variations of fatherhood would be expected to affect men's health—but in ways that are only beginning to be understood.

Author Affiliations: Department of Pediatrics, Evanston Northwestern Healthcare Research Institute (Dr Garfield and Ms Clark-Kauffman) and Feinberg School of Medicine, Department of Pediatrics, Northwestern University (Dr Garfield), Evanston, Ill; and Child Health Evaluation and Research Unit, Departments of Pediatrics and Internal Medicine, and Gerald R. Ford School of Public Policy, University of Michigan, Ann Arbor (Dr Davis).



How do Children Affect Fathers' Health, Health Behaviors, and Attitudes?

A majority of Fathers Perceive a **Positive Change** to their Health
(N=35)





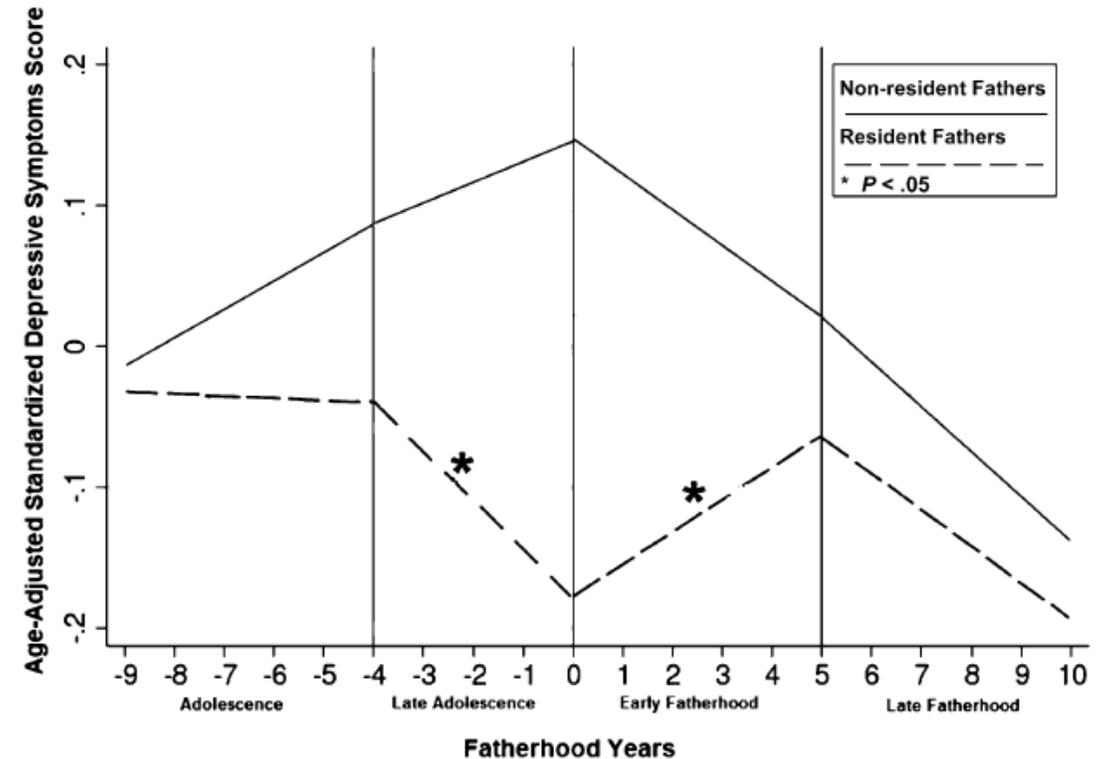
Positive Changes to Health Behaviors

HEALTH BEHAVIOR	N (%)
Better Eating Habits	11 (35%)
Exercise More	9 (29%)
Decrease Alcohol Use	6 (19%)
Take Better Care of Self	4 (13%)
Less Risk Taking	3 (10%)

Fathers and Mental Health

Following over 10,000 young men from adolescence through young adulthood:

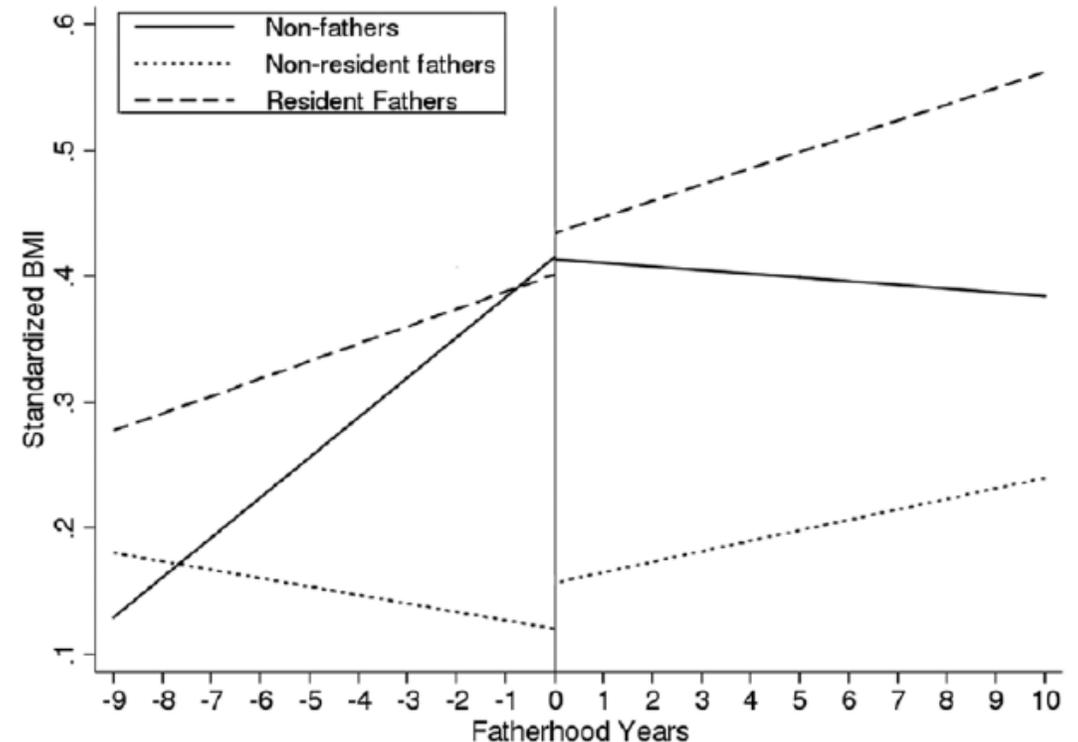
- Non-resident fathers have higher levels of depressive symptoms than non-fathers at time of entering fatherhood.
- Resident fathers have lower levels prior to fatherhood, but levels increase in the first 0-5 years.



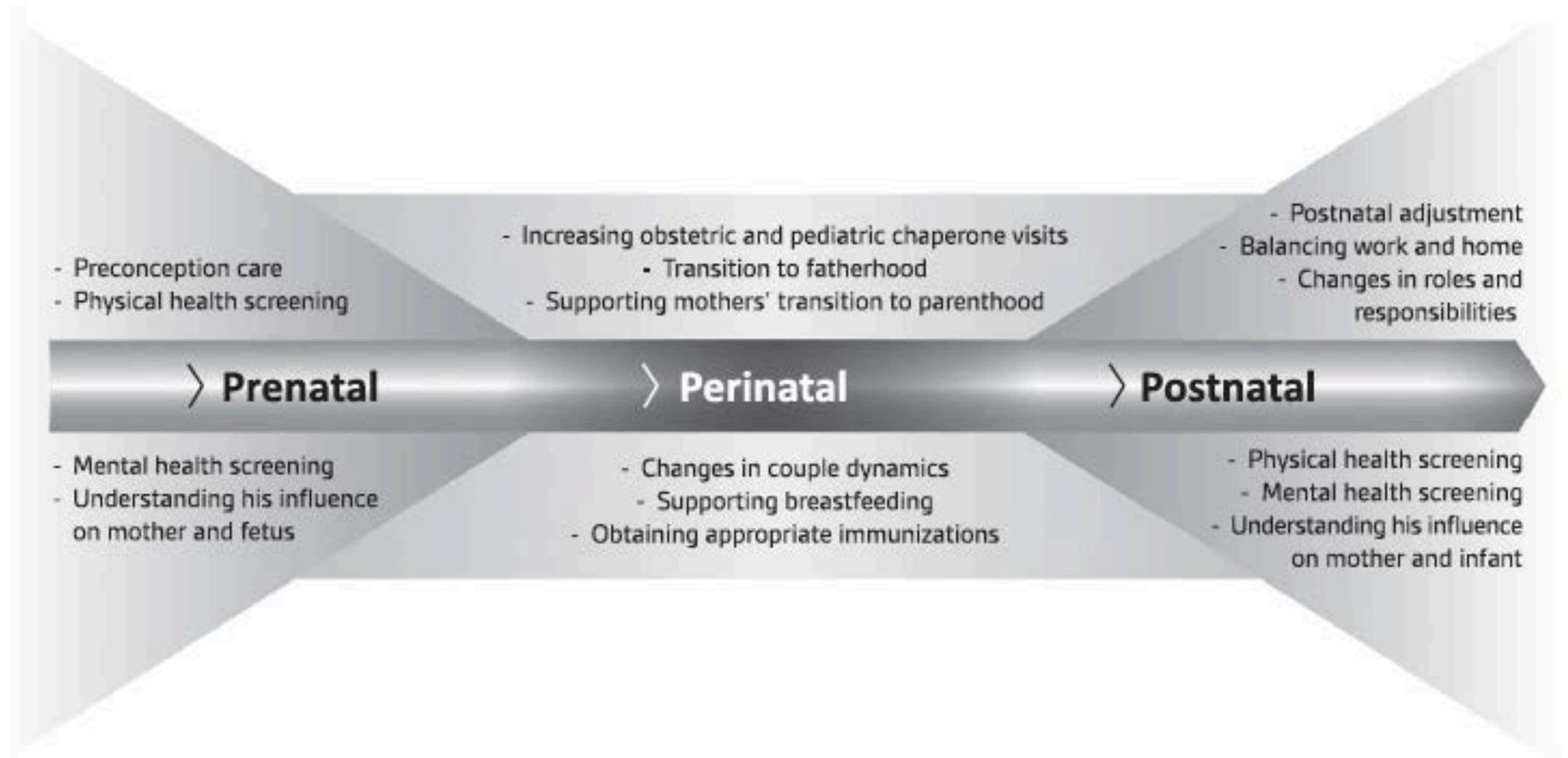
Fathers and Body Mass Index (BMI)

The same study of over 10,000 men from adolescence through young adulthood showed:

- Non-resident and resident fathers both increase their BMI after becoming a father.
- On average, 3.5 lbs. more for non-resident and 4.5 lbs. more for resident fathers.



Prenatal healthcare for fathers





Tips for Fatherhood Programs

Engaging Men Around The Transition To Fatherhood

- Becoming a father is an important life course event for men:
 - Realization may come early or later.
 - Be ready to meet fathers half-way.
 - This may be the "wake-up" call they have been waiting for.
- Offer them what they are looking for:
 - Employment, housing, how to contribute, how to help.
- Also offer what we know is important:
 - Understanding their child.
 - Tips on age appropriate care, development, reading, play.
 - Understanding their partner.
 - Changes they go through, their needs with breastfeeding, childcare.
 - Addressing their own needs.
 - From the practical (diapering, swaddle) to abstract (role modeling).



Contact

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Healthy Fathers, Healthy Families

Albert Pless, Jr., MS

Program Manager

The Men's Health League

Cambridge Public Health Department

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Men's Health League

Cambridge, MA

- An initiative to address the prevention of cardiovascular disease and type 2 diabetes, especially for men of color.
- Integrated programs designed to educate men about key health topics, increase their physical activity, and support healthy eating habits.
- Programs include:
 - Fitness Brothers
 - Fit for Life



Objectives

- Engage men in behavioral change.
 - Fitness Brothers
 - Fit for Life
- Build grassroots leadership.
- Raise visibility of men's health issues through community health events.



Why?

- Men have lower life expectancy than women.
- Different risk factors for men... requiring different interventions.
- Men of color suffer a disproportionate burden of preventable morbidity and mortality.
- Men are less likely to seek preventive care.



What Can Men Do to Stay Healthy?

- Learn to prevent illness
- Learn to find illness early
- Don't smoke
- Eat well
- Exercise
- Avoid, or manage, stress
- Limit alcohol
- Get tested regularly





S T R E S S





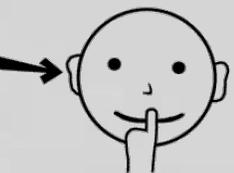
Barriers Impacting Men's Health

- Manhood and Masculinity
- Navigating Health Systems / Health Access
- Stress of Daily Life
- Mental Health
- Competing Priorities

Screening



confidential





Tips for Fatherhood Programs

- Talk with dads about the benefits of healthy eating and physical activity - for themselves and their children.
- Share information about stress, depression, and other key health topics.
- Ask dads what they think about health related issues.
- Encourage them to support each other in being healthy fathers.
- Identify health care providers who you can refer fathers to.
- Ask local health care experts to be guest speakers for your fatherhood groups.
- Encourage dads to be healthy role models for their children.



Resources

- Men's Health League:
<http://www.cambridgepublichealth.org>
- Men's Health Network:
<http://www.menshealthnetwork.org>
- All Pro Dad:
www.allprodad.com
- Eat Right (Healthy Eating for Men):
<http://www.eatright.org/resource/health/wellness/healthy-aging/healthy-eating-for-men>



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Healthy Fathers, Healthy Families

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Founder/ CEO, Fathers' Uplift, Inc.
Roxbury, MA





Fathers' Uplift, Inc.

- The nation's first Outpatient Mental Health Center for Paternal & Child Health, and Male Engagement.
- Working with fathers in recovery.
- Clinical mental health care to help fathers adjust to the challenges, emotions, and needs of becoming and being a father.



HASNA



Snigdha

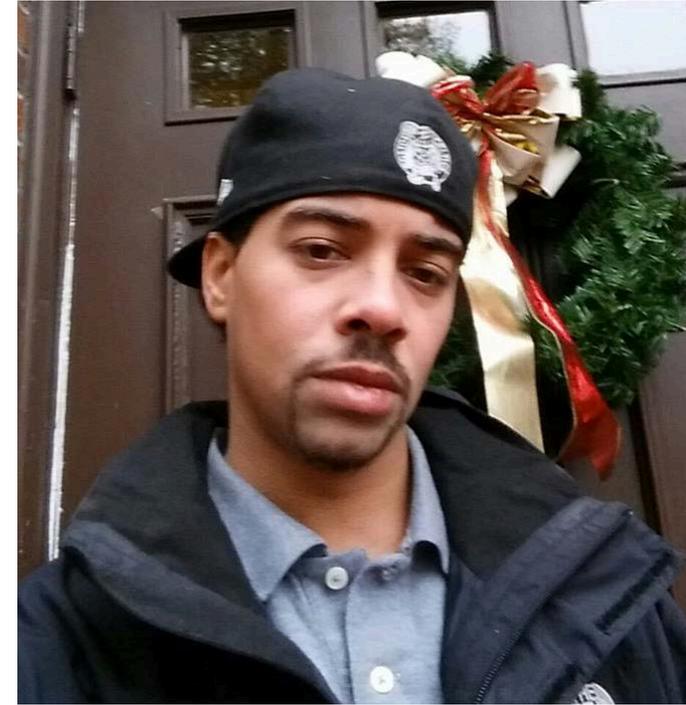
The Journey





JAVON TAYLOR

Javon on being a father and
struggling to co-parent



LUIZ LIZARDO

Luiz's dark moment
from his past

Stories:

Data Analysis - Fatherhood and Substance Abuse

- Software technology innovations have enabled more rigorous data coding and analysis.
- Fathers' Uplift asked 10 fathers who have experienced substance use related disorders to describe their fatherhood journeys.
- Using NVivo software, we coded and analyzed their narratives.
- The analysis identified repeating themes in the fathers' narratives.



Meaning of a Father







HASNA:

Are you promoting darkness OR light?

Darkness

- Checking perception
 - *Role/meaning of a father*
- Strong
- Provider
- Money maker
- Tough
- Cultural myth

Light

- Validation
- Strengths
- Externalization
- Reframing
- Relentless positivity
- Withholding/Checking judgement



Contact



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Q & A



Please enter any questions in the Q&A box at the bottom-right of your screen.



Contact Us

- NRFC: info@fatherhood.gov
 - Comments, questions, suggestions for future webinar topics, information or resources that you recommend.
- Today's presenters:
 - Charles Daniels: charles.daniels@fathersuplift.org
 - Craig Garfield: c-garfield@northwestern.edu
 - Albert Pless: apless@challiance.org



NRFC Webinar Healthy Fathers, Healthy Families

Thank You!

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