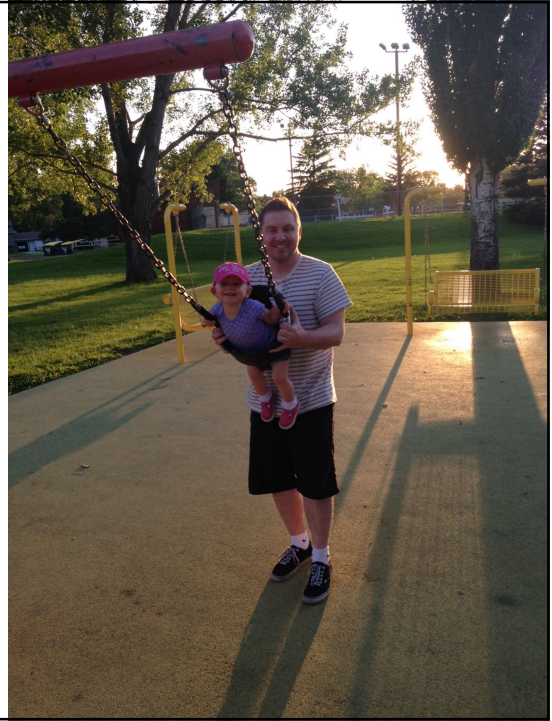


MCH Programs But What About Dad?

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Grace Njau, PHD, MPH,
Hannah Hanson



1

Agenda

Objectives

Background

Dashboard

Fatherhood Experiences Survey

Next Steps

2

Objectives



- Describe the objectives of the men's health program



- Educate participants on men's health in North Dakota



- Discuss opportunities for collaboration and improvement

3


NDDHHS Men's Health Program

- **Mission:** To improve health and well-being in men by increasing access to education, healthcare and behavioral health services, and support statewide. Areas of focus include integrating men's and women's health education, promoting fatherhood engagement, and building relationships with various men's health stakeholders

4

Men's Health Snapshot in North Dakota


Life Expectancy	Leading causes of death among men 19-39	Primary Care	Suicide	Risky Behaviors
<p>Men have a shorter life expectancy at birth by 7.8 years when compared to women (77.2 vs 85.0)</p> <p><small>*NDHHS</small></p>	<p>1. All accidents 2. Suicides 3. Heart diseases</p> <p><small>*ND Vital Records</small></p>	<p>65% of men reported seeing doctor in the last year compared to 75% for women *(1 in 10 have not seen doctor in last 5 years)</p> <p><small>*BRFSS</small></p>	<p>2019 – 2021: 367 suicides by men compared to 87 by women.</p> <p><small>*ND Vital Records</small></p>	<p>18.9% of men report currently smoking cigarettes (15.8% for females) 42.6% of men reported receiving a flu vaccine (52.2% for women)</p> <p><small>*BRFSS</small></p>



5

Men's Health Dashboard

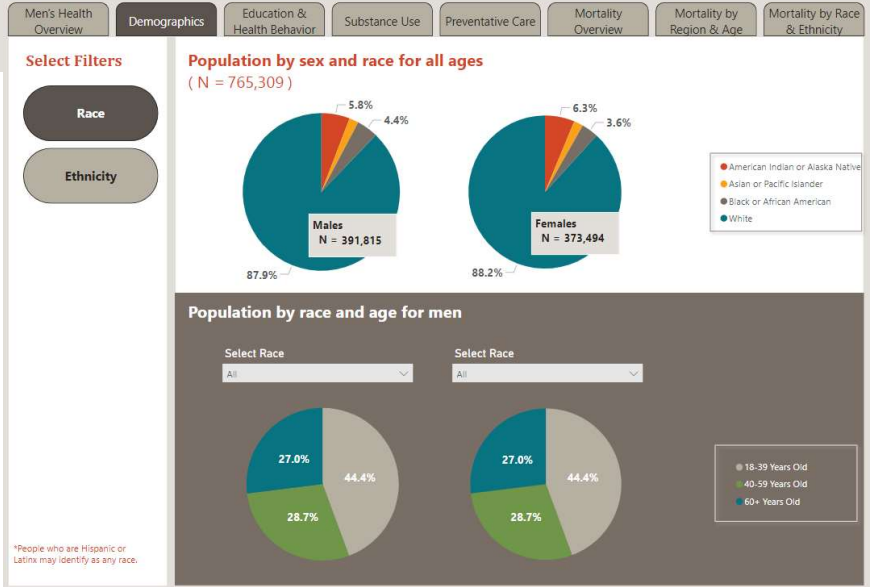
- Purpose: Centralized location to access data about men in North Dakota to inform program planning
- Data
 - Demographics (US Census)
 - Behavioral risk factors (BRFSS)
 - Mortality (ND Vital Records)



6

Men's Health Dashboard (Draft)

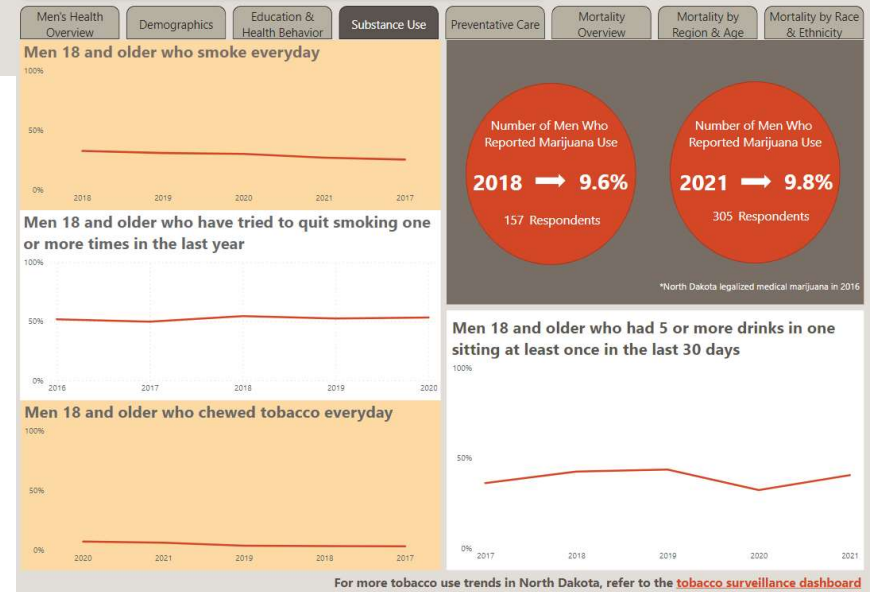
NORTH DAKOTA DEMOGRAPHICS



7

Men's Health Dashboard (Draft)

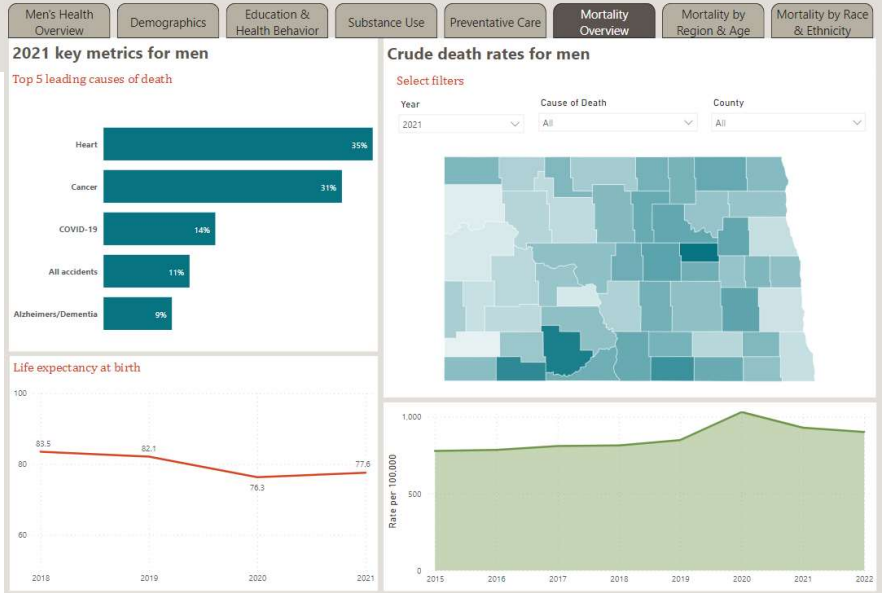
SUBSTANCE USE



8

Men's Health Dashboard (Draft)

AN OVERVIEW OF MORTALITY



9

North Dakota Fatherhood Survey

- Pilot 2023
- "PRAMS for Dads"



10

Why Dads?



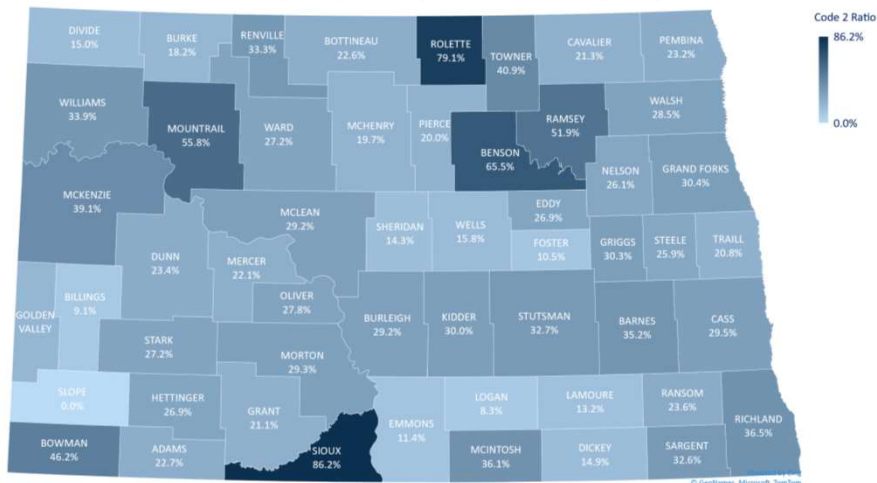
- A growing body of evidence demonstrates the importance of residential and non-residential fathers on families
- Benefits for the family unit as a whole, and members individually
- North Dakota uniquely suited with high birth legitimacy rates

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11

2021 Birth Legitimacy by County (N=10,111)

Birth Legitimacy Percentage for Out of Wedlock by County



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12

Previous Works

- PRAMS developed in 1987 to reduce infant morbidity and mortality by influencing maternal behaviors before, during, and immediately after pregnancy.
 - In ND since 2017
- No large-scale US-based public health surveillance efforts designed specifically for men during the perinatal period and the period of transition to fatherhood
- Paternal involvement is strongly associated with better prenatal and postnatal maternal health and with improved developmental outcomes for children
- Several PRAMS for Dads pilots starting with GA in 2017 (current surveys in MA, OH, MI)

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Methodology

- Co-sampling with ND PRAMS
- Oversampling amongst High-risk Populations
- Mailed Survey
- Online Survey
- \$20 Completion Incentive
- Data Analysis & Dissemination



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North Dakota Fatherhood Experiences Survey

ND PRAMS: Maternal experiences prior to, during and after pregnancy

- 2017-Ongoing
- Oversample minority racial groups
- Socio-demographic, medical, early infancy behaviors and outcomes
- Childcare module (2023+)



Data Utility:

- Program planning & evaluation
- Informing policy & grant writing

Specific Aims:

- To improve the health and wellness of men, children and families in ND through surveillance of fatherhood social, medical and economic experiences and perspectives.
- To examine the risks, benefits and opportunities relating to parenthood, and men's health to inform future programs and education.



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Survey Topic Areas

- Demographics
- Information on Fatherhood
- Tobacco/Alcohol/Drug use
- Pregnancy intention
- Day-to-Day Care of Baby
 - Breastfeeding
 - Knowledge of safe practices
 - Who spends the most time taking care of your new baby when you are in school or working?
- Involvement in Pre/Postnatal visits
- Dad's Current Health (mental and physical) and Healthcare
- Dad's life now
 - Relationship with the mother of your child
 - Visitation
 - Contribute things such as money, clothing, food, etc

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North Dakota Fatherhood Experiences Survey

Sample Questions

- Leave from work

13. Did you take leave from work after your new baby was born?

No → **Go to Question 15**

Yes

14. How many weeks or months of leave, in total, did you take or will you take?

Write ONE answer

Less than 1 week

_____ week(s) OR _____ month(s)

15. Did any of the following items affect your decision to take leave?
For each one, check **No** if you did not have the condition or **Yes** if you did.

	No	Yes
a. I was able to take the amount of leave from work I wanted	<input type="checkbox"/>	<input type="checkbox"/>
b. I was encouraged to take leave	<input type="checkbox"/>	<input type="checkbox"/>
c. My employer supported my ability to take leave	<input type="checkbox"/>	<input type="checkbox"/>
d. I was provided with or easily able to find the information I needed to understand the leave options I had	<input type="checkbox"/>	<input type="checkbox"/>
e. I was provided or had access to someone who could tell me about my leave options.....	<input type="checkbox"/>	<input type="checkbox"/>
f. I was discouraged from taking leave	<input type="checkbox"/>	<input type="checkbox"/>
g. I could not financially afford to take leave	<input type="checkbox"/>	<input type="checkbox"/>

h. I was afraid I'd lose my job if I took leave or stayed out longer	<input type="checkbox"/>	<input type="checkbox"/>
i. I had too much work to do to take leave or stay out longer	<input type="checkbox"/>	<input type="checkbox"/>
j. My job does not have paid leave	<input type="checkbox"/>	<input type="checkbox"/>
k. My job does not offer a flexible work schedule	<input type="checkbox"/>	<input type="checkbox"/>
l. I had not built up enough leave time to take time off	<input type="checkbox"/>	<input type="checkbox"/>
m. I wanted more work leave, but could not take more time off.....	<input type="checkbox"/>	<input type="checkbox"/>
n. I wanted to return to work before my work leave ended.....	<input type="checkbox"/>	<input type="checkbox"/>
o. It is unusual in my profession to take leave.....	<input type="checkbox"/>	<input type="checkbox"/>
p. Other	<input type="checkbox"/>	<input type="checkbox"/>



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North Dakota Fatherhood Experiences Survey

Sample Questions

- Information on fatherhood

17. Do you feel that you have places to go for information specific to fatherhood/parenthood?

No

Yes

18. Which of the following are people or places you go to for information specific to fatherhood/parenthood?

Check ALL that apply

- Family and/or friends
- Reputable online resources (websites ending in: .gov, .org, or .edu)
- Social media (such as Facebook, Twitter, TikTok, or Instagram)
- Parenting groups organized with the hospital or local government (North Dakota Nurturing Parenting Programs)
- Peer parenting groups (virtual or in-person groups specifically for fathers or parents, like a Facebook "MeetUp" group, or group of friends)
- My health care provider(s) (such as primary care doctors, nurses, counselor, or therapist)
- My baby's health care provider(s) (such as a pediatrician)
- Birth preparation groups (such as hospital-based birthing or parenting classes, Lamaze classes)
- Other → Please tell us:

19. Which of the following topics on fatherhood did you want to receive information on when you found out you were going to be a father?
For each topic, please indicate if you wanted the information and if you received it.

	Wanted		Received	
	No	Yes	No	Yes
a. What to expect during pregnancy.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. What to expect during delivery.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. What to expect after delivery in the first days/weeks with the baby at home.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Information on family planning (having or preventing another pregnancy).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Advice on how to care for a newborn (changing diapers, sleeping, feeding).....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Information on child development.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please specify:



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North Dakota Fatherhood Experiences Survey

Fatherhood Survey Resource List

North Dakota Connections Directory - A Comprehensive guide to all state and local services, address and phone numbers to Maternal and Child Health Programs
1-701-223-9052
<http://www.ndkids.org/services-in-your-area/>

National Responsible Fatherhood Clearinghouse
1-877-432-3411
<https://fatherhood.gov/>

North Dakota Department of Human Services (Medicaid)
1-800-755-2604
<https://www.hhs.nd.gov/healthcare-coverage/medicaid>

ND Behavioral Health Services
1-701-328-8920
<https://www.hhs.nd.gov/behavioral-health>

ND Quits (Tobacco Cessation Program)
1-800-280-5512
<https://www.hhs.nd.gov/health/ndquits>

ND Suicide Prevention Program
988 or 1-800-273-8255
<https://www.hhs.nd.gov/behavioral-health/prevention/suicide>

Child Development Resources
1-800-472-2622
<https://www.hhs.nd.gov/child-and-family-services/child-development-resources>

ND Child Passenger Safety Program
1-701-328-4533
<https://www.hhs.nd.gov/child-passenger-safety>

North Dakota Nurturing Parenting Programs
1-855-687-8163
<https://www.ndnurturing.org>

ND Infant and Child Death Services
1-701-328-4536
<https://www.hhs.nd.gov/health/prevention-healthy-living/injury-prevention/sids>

Child and Family Services
1-800-245-3736
<https://www.hhs.nd.gov/cfs>

North Dakota Family Planning Program (Title X)
1-800-472-2286
<https://www.hhs.nd.gov/cfs/family-planning>



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Measures of Success



Collaborate



Implement & Analyze



Communicate & Disseminate



Translate Data-to-Action



Improve Long-term Outcomes



20

Next Steps

- Fatherhood Experiences Survey
 - Deploy, Analyze, Study, Disseminate
- Integrating men’s health into child and family programs
 - Early childhood, WIC, MCH



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Asking the Audience

- What barriers might men face in seeking healthcare?
- What factors specific to North Dakota make men’s health a priority?



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Thank you!

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