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

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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