This month, the “Take Charge of Your Health Today” column focused on the health benefits associated with fatherhood. Erricka Hager, health advocate at the Urban League of Greater Pittsburgh, and Esther L. Bush, president and CEO of the Urban League of Greater Pittsburgh, spoke about the importance of fatherhood.

**ESTHER BUSH**

Fatherhood

- The perception of fatherhood has expanded over the past few decades. Parenting is no longer a partnership with equal responsibilities, with people generally feeling that men have more responsibility in the past than they do now. The role of fathers varies by race, and our research figures have in our line, we also have to consider how that role affects them.

Longstanding research has shown that the role of fatherhood is important, Erricka. Thank you, Ms. Bush. Today’s topic is fatherhood, and it is so important that our readers be mindful that young fathers play a key role in their children’s lives. In their children’s lives, health care providers are learning more about how to support these fathers in their children’s health care.

One University of Pittsburgh researcher and physician is studying, specifically, how to better support adult and young-adult fathers. Alicia Boykin, MD, pediatric fellow in Pitt’s Department of Pediatrics, runs the Young Fathers Study to find out how health care providers influence the notion of fatherhood. The study focuses on fathers up to age 26 who either have children up to age 5 or are expecting a child. These fathers are interviewed about their thoughts on fatherhood and what their interactions with health care providers have been like. Dr. Boykin’s basic idea is that health care providers should be involving fathers more in health care because research shows that long-term health outcomes for fathers, mothers, and children are better when fathers are involved in the care of their children.

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Young Dads Share Your Experiences With Us

Researchers at the University of Pittsburgh are interviewing fathers for their role in their children’s lives. Fathers who are 26 years old and have children who are 0-5 are encouraged to participate in the study.

The study is conducted online to determine how young dads interact with the health care system and experience fatherhood. The study involves a one-hour interview.

**HEALTHY START MALE INITIATIVE PROGRAM (MIP)**

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Healthy Start is a public health organization whose mission is to improve maternal and child health and to reduce health disparities for women, infants, and children. The Healthy Start Program uses a multidisciplinary approach, focusing on evidence-based curriculum and assessment tools from CDC and the Health Parenting Program. We offer a six-week Men of Standard peer-support course that focuses on 10-PS’s, relationships—responsibilities and resources—and other topics like parent communication and bonding, relationship building, and general health education through providing health education, strengthening life skills and addressing family self-sufficiency and economic stability. In addition to home visiting and individualized case management services, the fatherhood program uses a multidisciplinary approach, focusing on evidence-based curriculum and assessment tools from CDC and the Health Parenting Program. We offer a six-week Men of Standard peer-support course that focuses on 10-PS’s, relationships—responsibilities and resources—and other topics like parent communication and bonding, relationship building, and general health education through providing health education, strengthening life skills and addressing family self-sufficiency and economic stability. In addition to home visiting and individualized case management services, the fatherhood program uses a multidisciplinary approach, focusing on evidence-based curriculum and assessment tools from CDC and the Health Parenting Program. We offer a six-week Men of Standard peer-support course that focuses on 10-PS’s, relationships—responsibilities and resources—and other topics like parent communication and bonding, relationship building, and general health education through providing health education, strengthening life skills and addressing family self-sufficiency and economic stability. In addition to home visiting and individualized case management services, the fatherhood program uses a multidisciplinary approach, focusing on evidence-based curriculum and assessment tools from CDC and the Health Parenting Program. We offer a six-week Men of Standard peer-support course that focuses on 10-PS’s, relationships—responsibilities and resources—and other topics like parent communication and bonding, relationship building, and general health education through providing health education, strengthening life skills and addressing family self-sufficiency and economic stability. In addition to home visiting and individualized case management services, the fatherhood program uses a multidisciplinary approach, focusing on evidence-based curriculum and assessment tools from CDC and the Health Parenting Program. We offer a six-week Men of Standard peer-support course that focuses on 10-PS’s, relationships—responsibilities and resources—and other topics like parent communication and bonding, relationship building, and general health education