

THE FATHER EFFECT

MEN'S HEALTH MONTH

Men are less likely than women to visit a doctor regularly, making them more susceptible to certain health conditions. Prostate cancer is one of the most common cancers among men, with about 1 in 9 men being diagnosed in their lifetime. Heart disease is the leading cause of death for men in the United States.

Becoming a father can bring joy but also stress and anxiety. It's essential for dads to prioritize their mental well-being. Postpartum depression can affect fathers as well, though it's often less recognized. About 1 in 10 new fathers experience symptoms of depression.



THIS FATHER EFFECT IS BROUGHT TO YOU BY
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Families

PHYSICAL ACTIVITY & FATHERHOOD

Balancing work and family responsibilities can make it challenging for dads to prioritize exercise, but staying active is crucial for overall health. Incorporating physical activities into family time, like playing sports or going for hikes, can benefit both dads and kids mentally and physically.

Healthy Kids intervention indicate that engaging fathers in physical activity with their children can promote increases in children's activity levels and positively influence father and child weight.

Fathers serve as role models for their children, and prioritizing their physical health, could instill lifelong habits of wellness and vitality in their families.

Source: Science Direct, Sage Journals