

**Report on Group 1 Discussion:
“Men’s Health and Its Role in
Pregnancy Outcomes”**

NICHD

Fatherhood Outreach: Implications of Men’s Health
and Community Engagement in Pregnancy
Outcomes

July 28 – 29, 2015

Charge:

Discuss and identify:

1. Men's health issues that impact pregnancy
2. Recommendations for addressing men's health
3. Research gaps in men's health as it relates to pregnancy

Discussion Results

- General considerations and approaches
 1. Men's health issues that impact pregnancy
 2. Recommendations
 3. Partnerships
- Summary
- Call to Action

General Considerations: Why focus on male health?

- Gender health disparities exist, to the detriment of males
- Preconception male health impacts fetoinfant, childhood, adolescent and adulthood outcomes
- Men have been left out of MCH

General Considerations

- Acknowledge the exclusion of men from child development and reproductive health programs.
 - Ensure our interventions and research look at the male himself, rather than an add-on to improve maternal and child health.

General Considerations

- Acknowledge the need for male engagement in their own health – including reproductive health – at all levels of SES.
- Consider co-parenting models, rather than a focus on the “couple.”

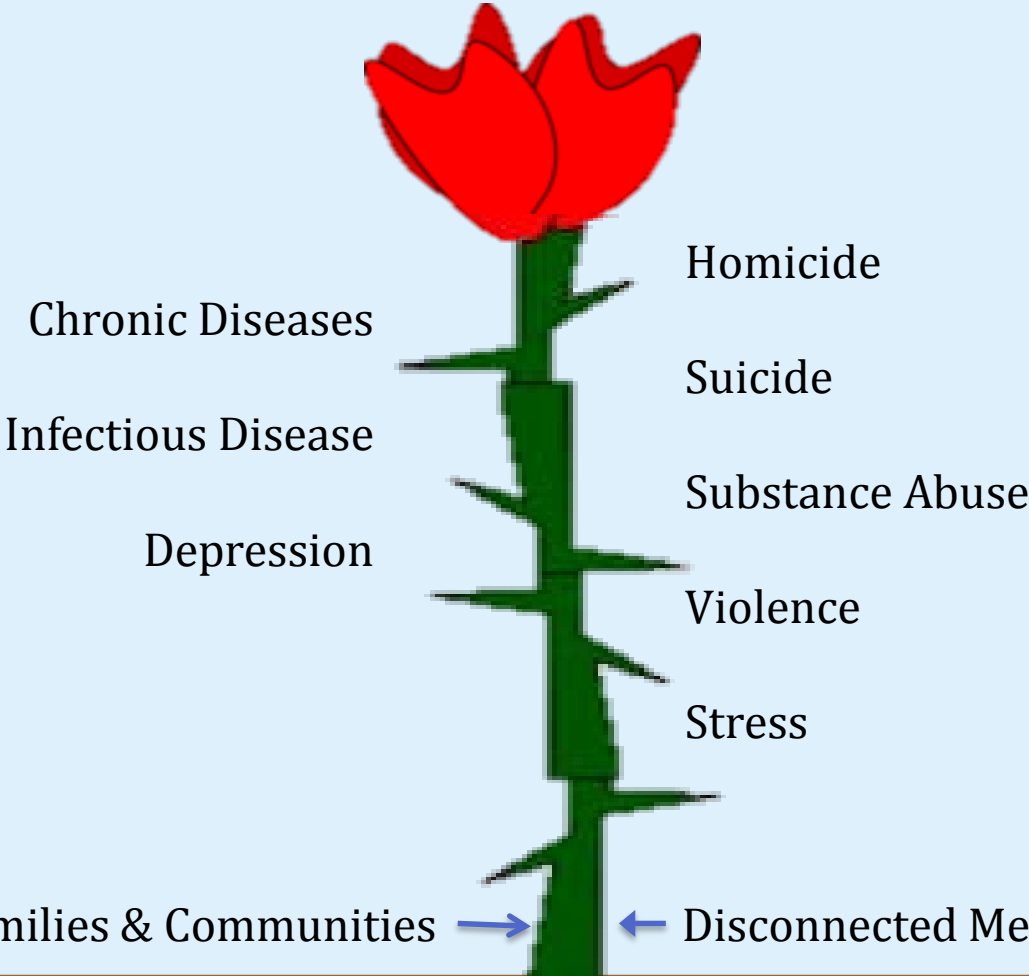
General Considerations

- Lifecourse approach to ~~Men's~~ Male Health
 - Need to address male health before boys become men -- begin early
- Multi-point approach for interventions
 - Research and interventions should happen simultaneously at various points of life, not just at prenatal visits.
- Need to address social determinants of male health

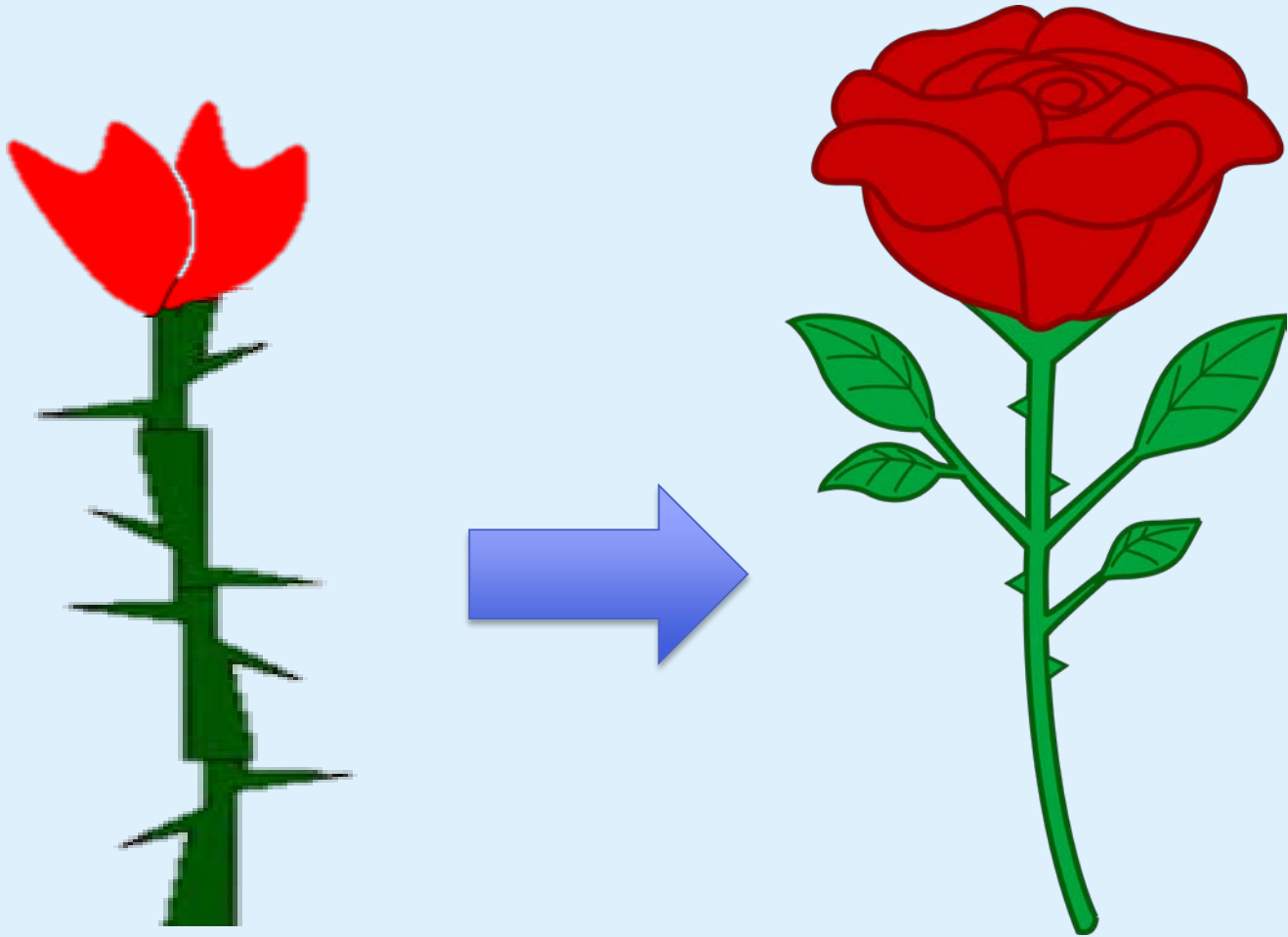
1. Male Health Issues (+ Reproductive Health)

- Health Conditions: Mental Health, Chronic Diseases, Infectious Diseases, Reproductive Health
- Social determinants of male health:
 - Access to (& utilization of) health care services
 - Access to resources (MCH resources focus on women)
 - Employment
 - Income
 - Gender discrimination (healthcare settings)
 - Racism
 - Housing
 - Neighborhood/Community
 - Social relationships (with the mother, with peers, their own fathers)
 - History(e.g., past individual and community trauma)

Determinants of Male Health

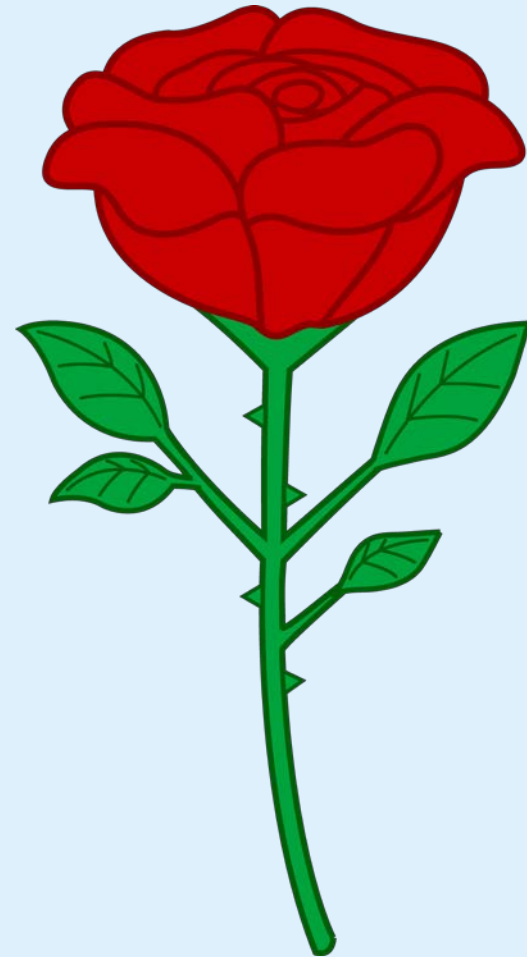


How do we address these determinants of male health and subsequent impact on children?



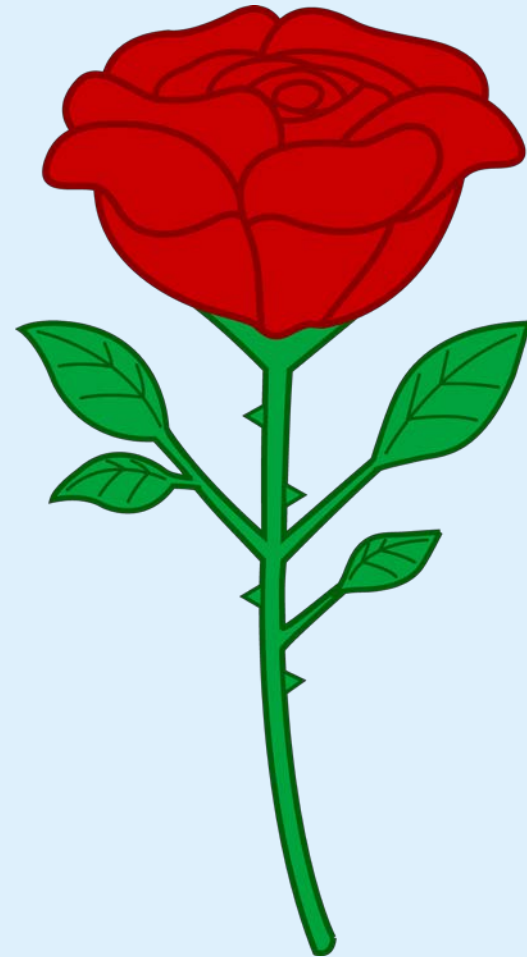
Recommendations for Addressing Determinants of Male Health and Subsequent Impact on Pregnancy and Child health

1. Address research/knowledge gaps.
2. Identify needs & challenges at every level of the biopsychosocial model.
3. Develop approaches for interventions targeting males of all SES levels.



Recommendations for Addressing Determinants of Male Health and Subsequent Impact on Pregnancy and Child health

4. Raise awareness of what interventions work (rigorous evaluation of current programs; dissemination of findings).
5. Identify resilience factors and positive influences
5. Cost/benefit analyses
5. Develop male-friendly policies based on evidence.



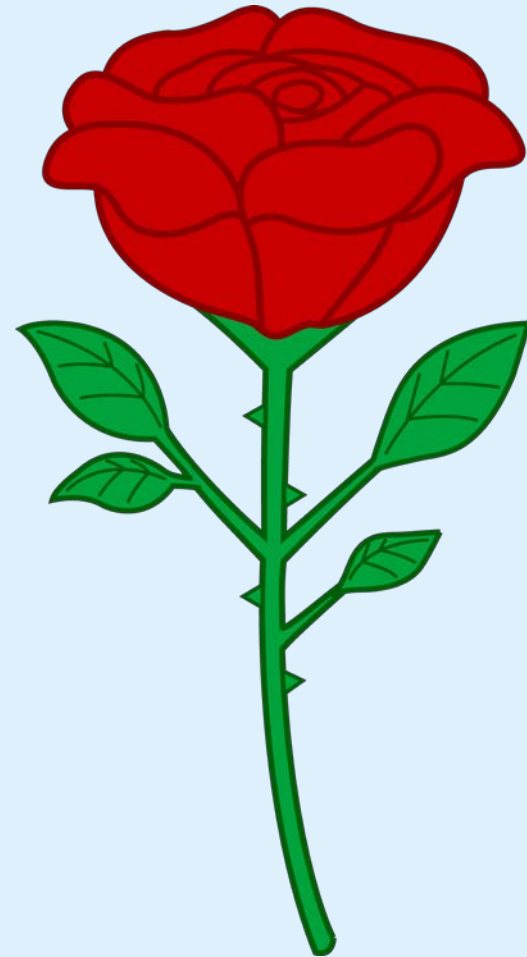
Recommendations for Addressing Determinants of Male Health and Subsequent Impact on Pregnancy and Child health

8. Train healthcare providers to be more inclusive of fathers

9. Funders (NICHD) to provide funding opportunities for male-focused, CBPR modeled research and interventions.

→ e.g., NIMHD's 2009 RFA: R24 CBPR planning grant followed by 2015 U grant RFA for implementation.

10. Include male/health/pregnancy specialist on NIH grant review panels.



Research / Knowledge Gaps

- Understanding of the biology of men (pre-conception, conception, post-conception)
- The impact of incarceration on men's health, on families, on child health & development outcomes
- Socio-behavioral science research related to identified risk factors and social norms
 - e.g.: masculinity; how social media can be used to influence a shift in views of male reproductive health
- What works? (interventions, strategies, models)
 - E.g.: how can we incentivize male engagement?
- Research on men's participation in research studies, interventions and initiatives

Potential Partnerships for addressing male health & pregnancy outcomes

Partnerships between:

Community-Based Organizations ~ Health and Social Service Providers ~ Researchers

- Example:
 - Healthy Start
 - Faith-based organization
 - Schools
 - Prisons and Juvenile facilities
 - Barbershops

In Sum...

1. Important male health issues that impact pregnancy:
 - Mental health and related risk factors (substance abuse, suicide, violence, etc.)
 - Chronic and infectious diseases

In Sum...

2. Recommendations for engaging men in their health and that of their children:

- Use lifecourse & multiple entry approach
- Expand current interventions and approaches that work (e.g., peer mentoring)

In Sum...

3. Research and knowledge gaps in men's health as it relates to pregnancy:

- Biological mechanisms in reproductive health
- The impact of incarceration on men's health, family outcomes, & child outcomes
- Increase socio-behavioral science research related to identified risk factors
- Identify interventions and approaches that work

Action Items

- Join the men's health network & Congress efforts to established an Office of Men's Health
- Respond to NIMHD's call for information on men's health issues
- Share programs/interventions that work
- Ensure that fathers are included in the next conference



Q & A