

FATHERS & FAMILIES

Newsletter



**THANK YOU FOR
CONTINUING TO BE
PART OF THE
FATHERS & FAMILIES
STUDY!**

The Fathers & Families Study is one of the largest studies to date exploring the impact fathers have on their children's health.

We have enrolled 525 fathers from around the country with most living in Michigan!

WHAT HAPPENS NEXT?

You will receive an email invitation to complete the next Fathers & Families survey 12 months after you completed the first survey.

WHAT HAS BEEN FOUND?

This newsletter is a summary of some of the findings from the Year 1 survey. Fathers are from diverse backgrounds, are involved in routine child rearing tasks, and make decisions about child vaccinations. Find out more below!

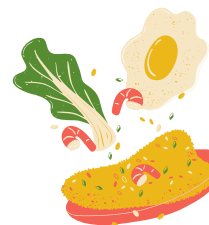
What's in this issue?



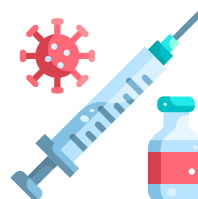
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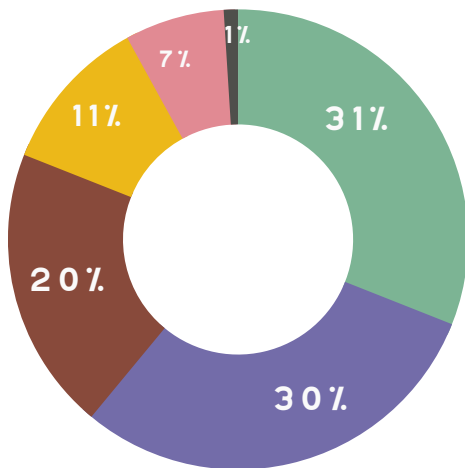


**PAGE 6 | PARENTAL
DECISION MAKING
AND AGREEMENT
ON CHILD
VACCINATION**

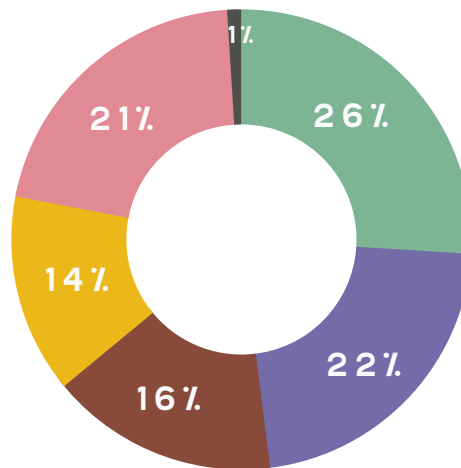
PARTICIPANTS' CHARACTERISTICS

RACE/ETHNICITY

FATHERS



CHILDREN



Fathers and children are from a wide range of racial and ethnic backgrounds. 31% of fathers identify as non-Hispanic Asian, 30% as non-Hispanic White, 20% as non-Hispanic Black and 11% as Hispanic/Latino.

Fathers' preschool-aged children are similarly diverse with 1 in 5 children being multiracial.

NATIVITY

One in three participating fathers were born outside of the US.

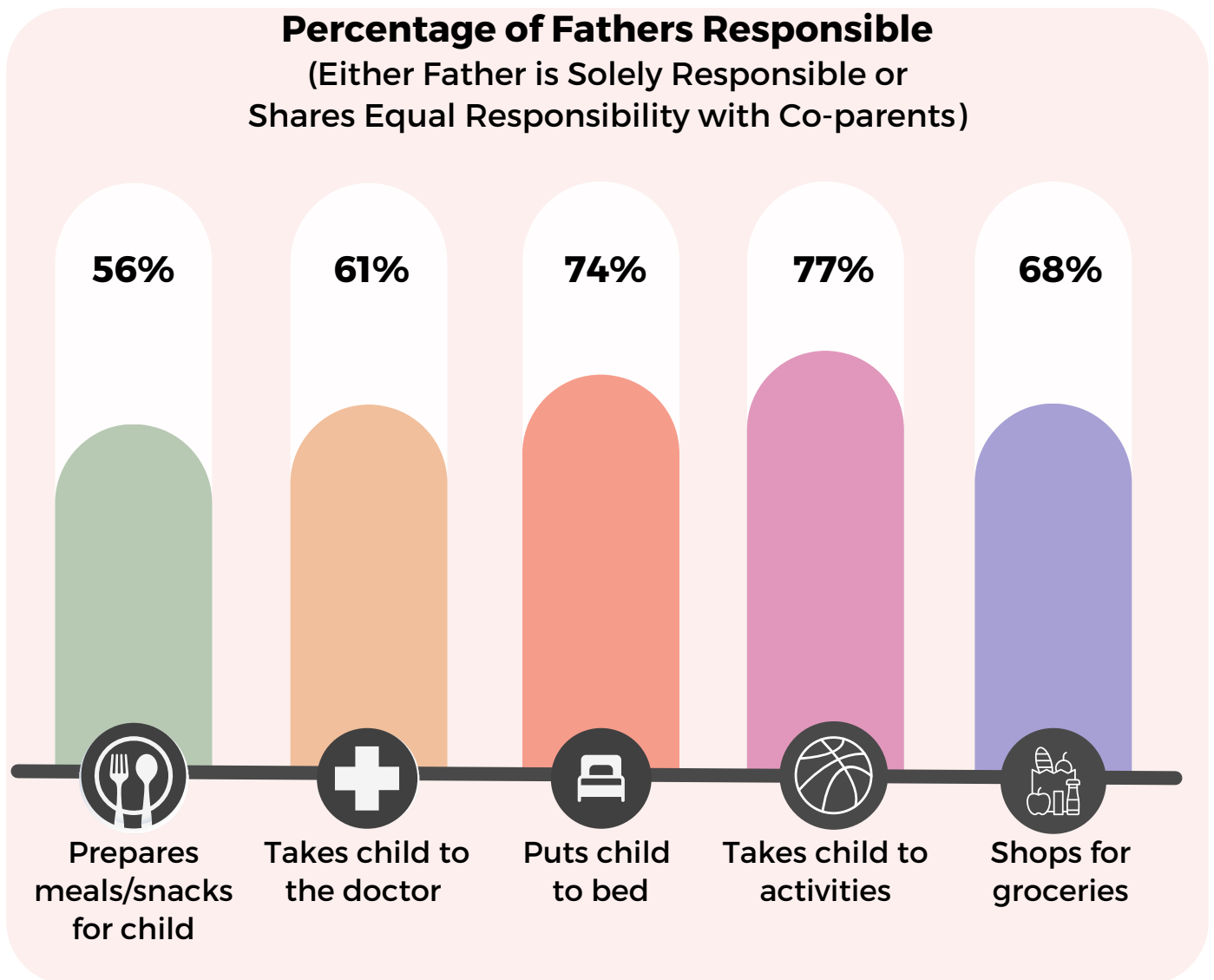
33%
of fathers are foreign-born



DIVISION OF LABOR IN HOUSEHOLD

We asked **fathers** who in their family is generally responsible for a range of child rearing tasks.

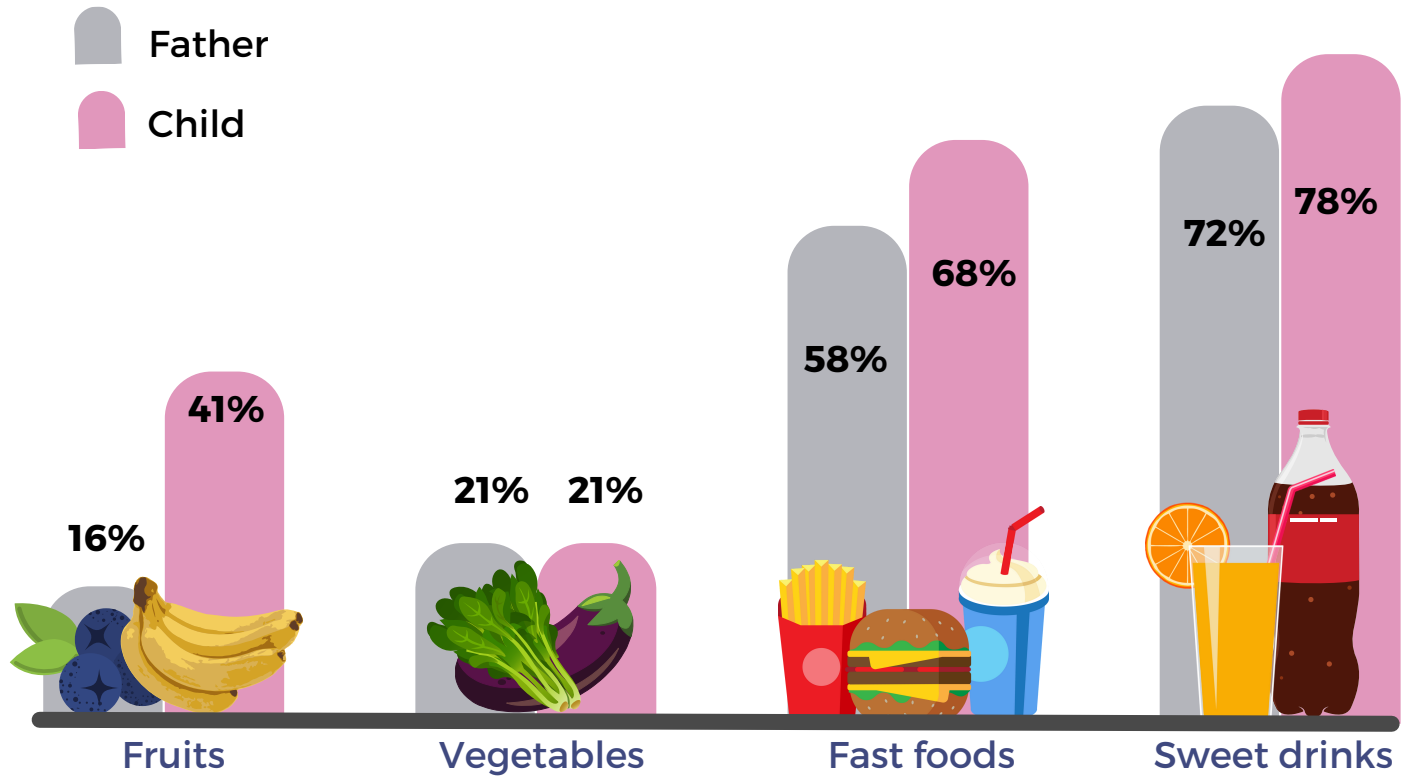
We found that many **fathers** are responsible for putting child to bed and taking their child to activities. **Fathers** are less involved with preparing snacks and taking their child to the doctor compared to other activities.



FOOD CONSUMPTION

We asked **fathers** about their own, as well as their child's diet.

Percentage of Fathers and Children Meeting Dietary Recommendations



Like many Americans, increasing the intake of fruits and vegetables would help **fathers** and children become healthier, as dietary guidelines recommend adults and children consume fruits and vegetables multiple times a day.

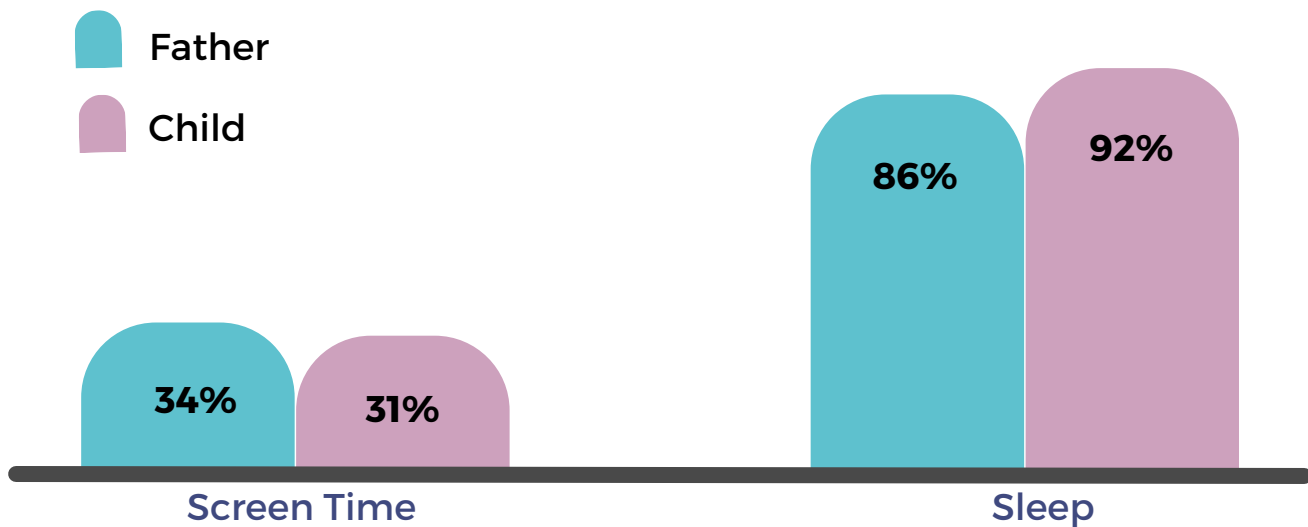
Most **fathers** and children meet dietary recommendations for fast food and sweets indicating they rarely or never consume fast food and sweets.



SCREEN TIME AND SLEEP

We also asked **fathers** questions about their own, as well as their child's screen time and sleep.

Percentage of Fathers and Children Meeting Screen Time and Sleep Recommendations



Nearly 70% of fathers and children engage in too much screen time.

The American Academy of Pediatrics recommends children under 2 years have no screen time and children 2 years and older spend no more than 1 hour on screens each day. Adults should spend no more than 2 hours (of non-work or school related time) on screens each day.

Most fathers and children get an adequate amount of sleep each night.

The American Academy of Sleep Medicine recommends adults sleep at least 7 hours, children ages 1-2 years sleep 11-14 hours, children ages 3-5 sleep 10-13 hours, and children ages 6-12 sleep 9-12 hours in a 24 hour period.

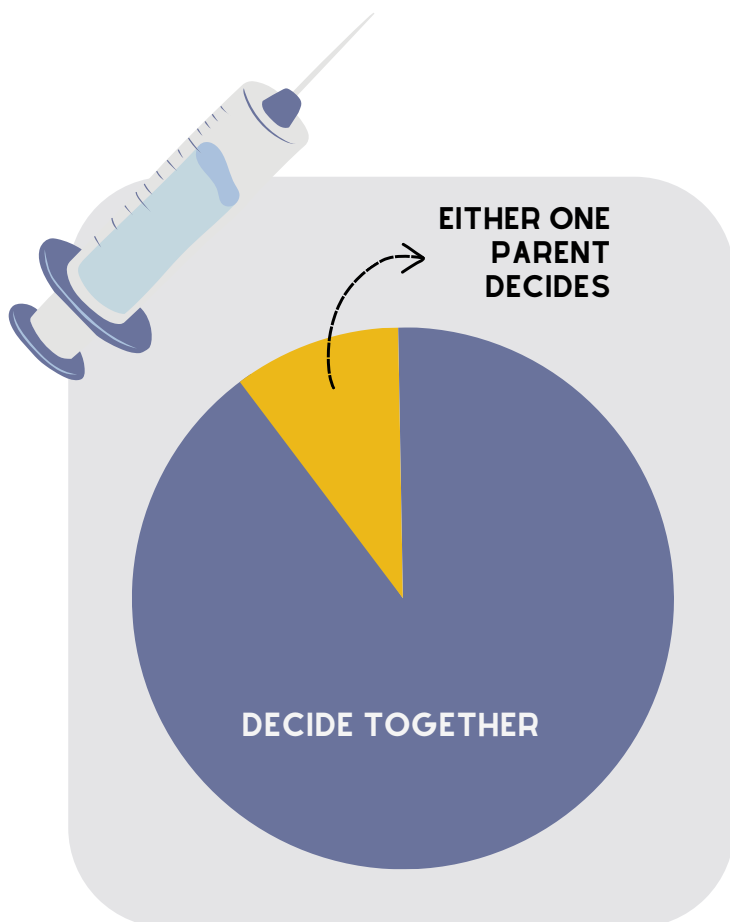
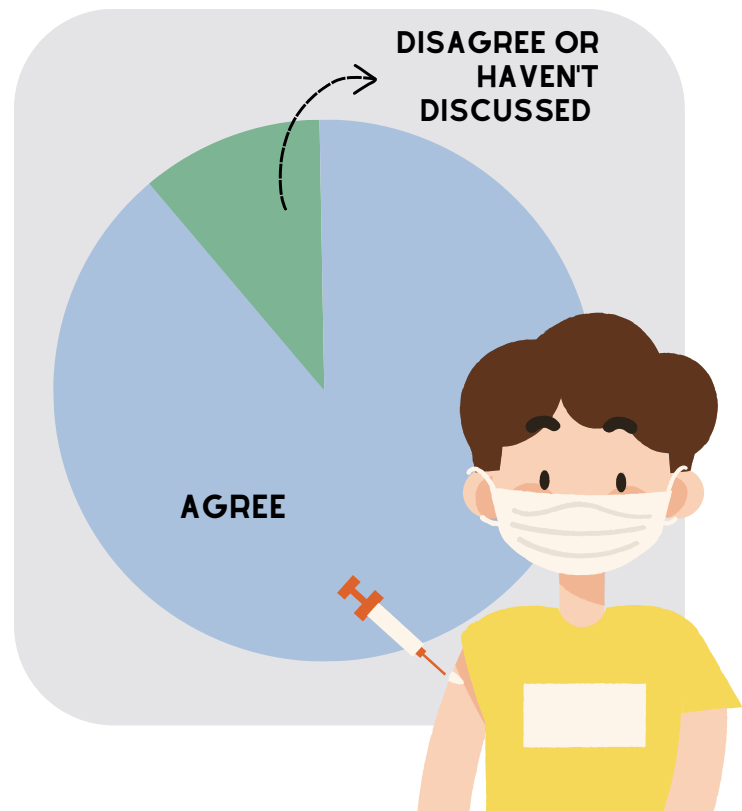


PARENTAL DECISION AND AGREEMENT ON CHILD VACCINATION

We were interested in how fathers and their co-parents approach vaccination in children.

89% of fathers and their co-parents **agree** on whether or not to vaccinate their child against COVID-19.

11% of fathers **disagree or have not discussed** their child's COVID-19 vaccination with their co-parent.



90% of fathers make vaccination decisions in **collaboration** with their co-parent.

In **10%** of households, either the father or co-parent **alone** makes decisions in regards to their child's vaccinations.