

SOLUTION SPOTLIGHT

PRAMS FOR DADS: FATHER INCLUSION IN PUBLIC HEALTH

The country's first first perinatal public health survey of new fathers is capturing vital information that can affect health outcomes for the whole family.

ORGANIZATION

FAMILY & CHILD HEALTH INNOVATIONS PROGRAM

LOCATION

CHICAGO, ILLINOIS AND ACROSS THE COUNTRY

FOCUS AREA



HEALTH & WELLBEING

THE CHALLENGE

Fathers are a vital part of a child's life, and yet public health data on the experiences of new fathers has not been systematically collected. Adding information about the health of fathers to data collected about mothers and children can eliminate barriers to fathers and families thriving.

10,000

To date, PRAMS for Dads have surveyed more than 10,000 fathers across nine states.

THE SOLUTION

More than 35 years ago, the CDC established the Pregnancy Risk Assessment Monitoring System (PRAMS). The data reporting system captures data about the health and experience of mothers and babies. But absent from that reporting was the experience of fathers.

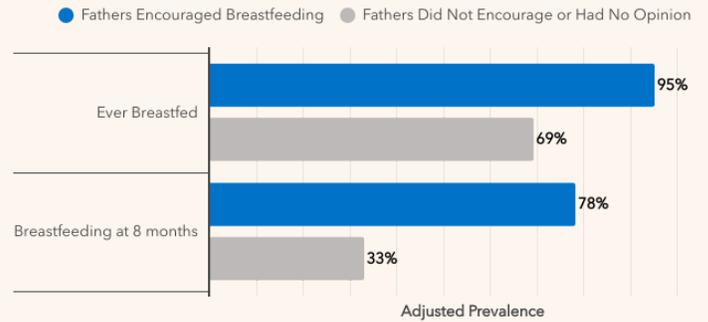
In 2018, Ascend Fellow Dr. Craig Garfield, Attending Physician at the Lurie Children's Hospital of Chicago, and his colleagues developed a survey called PRAMS for Dads. It monitors the health of new fathers as they transition to parenthood. By collecting data at this critical inflection point, Prams for Dads provides an opportunity to promote positive health behavior changes that ultimately benefit fathers, mothers, and children.

The purpose of PRAMS for Dads is to:

- **Give voice to fatherhood experiences** through validated, representative public health data collection
- **Fill gaps in knowledge** concerning the lived experiences and needs of fathers
- **Focus on paternal health, attitudes, behaviors and influences** and their impacts on maternal and child health during the perinatal period

DATA-DRIVEN INSIGHTS

Research has shown that breastfeeding provides health benefits to both mother and child. A [2023 study](#) used data from PRAMS for Dads to assess fathers' attitudes towards breastfeeding. This study found when fathers wanted their partners to breastfeed, it significantly increased the likelihood that the child would be breastfed – just one example of the insights gained from PRAMS for Dads data.



ACCELERATING THE SOLUTION

PRAMS for Dads is now active in nine states, and many states have adapted the survey in innovative ways. In North Dakota, the survey sample ensured that tribal fathers were properly represented. In Massachusetts, a gender-neutral survey option is available for all non-birth parents. PRAMS for Dads is easy to implement at the state level and is designed for comparisons across states. The goal is for 30 states to adopt PRAMS for Dads by 2030.

KEY TAKEAWAYS

- **Collecting data is crucial.** PRAMS for Dads fills a gap that has long existed in understanding the experiences of new fathers.
- **Fatherhood is a turning point.** Becoming a father is a significant lever of change for men, and provides an opportunity to promote positive health behavior

- **Data is making a difference.** Analysis of PRAMS for Dads data has already yielded actionable data.
- **It is time to accelerate.** PRAMS for Dads is already in nine states, with a goal for 22 more states by 2030.

To Learn More, please contact:
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WHAT IS FORWARD WITH FAMILIES?

Forward With Families is a nationwide initiative powered by Ascend at the Aspen Institute to amplify programs, policies, and initiatives that make life affordable, economic mobility possible, and security attainable for every family in America. By lifting up what's already working across the Ascend Community, Forward With Families drives leaders at every level to act on solutions proven to ensure resources go farthest for the children and families who need them most.

