

# FATHER INVOLVEMENT

## as a Social Determinant of Health

Responsible ~ Attentive ~ Connected



### 1 HEALTH PRACTICES AND COPING SKILLS

Children feel closer to their fathers, make healthier choices around substance use, manage stress effectively, and are more physically active.



### 2 EDUCATION & LITERACY

Children are more likely to do better in school and be better readers. Fathers tend to be more involved in helping with homework.

### 3 SOCIAL ENVIRONMENT

Children are more likely to see their fathers participate in the community and be in civic and community leadership positions.



### 4 SOCIAL SUPPORT NETWORKS

Children are likely to go on family outings, be involved in extracurricular activities at school, and have satisfying friendships.

### 5 INCOME & SOCIAL STATUS

Children have access to more developmental opportunities, community involvement, and personal skill/social development.



### 6 HEALTHY CHILD DEVELOPMENT

Children show more satisfaction with life, are strongly attached to their father, feel confidence, have a stronger self-esteem, and tend to be resilient.



**BECAUSE FATHERS AFFECT KIDS**