

## Plus Paternal: A focus on fathers

### Case for Change References

Australian fathers – at a glance (Plus Paternal Case for Change Page 7)

Statement	Reference
1 in 5 Australians are fathers – that's 5 million fathers	ABS (2016) Gender Indicators, Australia, 2016
Most men desire to be fathers	Holton S, Hammarberg K, Rowe H, et al. Men's fertility-related knowledge and attitudes, and childbearing desires, expectations and outcomes: Findings from the understanding fertility management in contemporary Australia survey. <i>International Journal of Men's Health</i> 2016;15(3):315-28.
Fatherhood is a time of significant transition	Baldwin S, Malone M, Sandall J, et al. Mental health and wellbeing during the transition to fatherhood: a systematic review of first time fathers' experiences. <i>JBI Database System Rev Implement Rep</i> 2018;16(11):2118-91. doi: 10.11124/JBISRIR-2017-003773 [published Online First: 2018/10/06]  Chin R, Hall P, Daiches A. Fathers' experiences of their transition to fatherhood: a metasynthesis. <i>Journal of Reproductive and Infant Psychology</i> 2011;29(1):4-18. doi: 10.1080/02646838.2010.513044
The average age of first-time fathers is 33 years	ABS (2016), Births, Australia, 2016
1 in 20 fathers experience depression while their partner is pregnant	PANDA 2017, <i>Perinatal Anxiety and Depression Australia (PANDA)</i> . Viewed 24 August 2020, Available from: <a href="https://www.panda.org.au/info-support/how-is-dad-going">https://www.panda.org.au/info-support/how-is-dad-going</a>
Men's preconception health affects fertility and the health of their children	Healthy Male 2020, Want to become a dad? Your health makes a difference to your baby's health. Viewed 24 August 2020, <a href="https://www.healthymale.org.au/news/want-become-dad-your-health-makes-difference-your-babys-health">https://www.healthymale.org.au/news/want-become-dad-your-health-makes-difference-your-babys-health</a>
Over 2 million fathers have a child under 18 years of age	McCrinkle, From House-Hubbies to On-Duty Dads, Australian Fathers are Actively Parenting. Viewed 24 August 2020, Available from: <a href="https://mccrinkle.com.au/insights/blogarchive/from-househubbies-to-onduty-dads-australian-fathers-are-actively-parenting/">https://mccrinkle.com.au/insights/blogarchive/from-househubbies-to-onduty-dads-australian-fathers-are-actively-parenting/</a>
For infertile couples, the male contributes to infertility in around half of all cases	Soubry A. POHaD: why we should study future fathers. <i>Environ Epigenet</i> 2018;4(2):dvy007. doi: 10.1093/eep/dvy007 [published Online First: 2018/05/08]  Misra DP, Caldwell C, Young AA, Jr., et al. Do fathers matter? Paternal contributions to birth outcomes and racial disparities. <i>Am J Obstet Gynecol</i> 2010;202(2):99-100. doi: 10.1016/j.ajog.2009.11.031 [published Online First: 2010/02/02]
Almost half of all pregnancies in Australia are unplanned	Health Direct, Unplanned pregnancy. Viewed 24 August 2020, Available from: <a href="https://www.healthdirect.gov.au/unplanned-pregnancy">https://www.healthdirect.gov.au/unplanned-pregnancy</a>

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After a miscarriage or stillbirth men often hide their grief to support their partners	Dheensa S, Metcalfe A, Williams RA. Men's experiences of antenatal screening: a metasynthesis of the qualitative research. <i>Int J Nurs Stud</i> 2013;50(1):121-33. doi: 10.1016/j.ijnurstu.2012.05.004 [published Online First: 2012/06/12]
The proportion of stay-at-home fathers (4–5%) has not grown much in the last 20 years	Baxter, J. Fathers and work: A statistical overview, Australian Institute of Family Studies, 2019. Viewed 1 July 2020, Available from <a href="https://aifs.gov.au/aifs-conference/fathers-and-work">https://aifs.gov.au/aifs-conference/fathers-and-work</a>
1 in 20 the parents who access the government's paid primary parental leave scheme are males	ABS, 2017, 4125.0 - Gender Indicators, Australia, Sep 2017
45% of fathers are not aware that men can experience postnatal depression as well as women	Beyond Blue (2019), <i>Anxiety and depression in new dads</i> . Viewed 24 August 2020, Available from: <a href="https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/dadvice-for-new-dads/anxiety-and-depression-in-new-dads">https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/dadvice-for-new-dads/anxiety-and-depression-in-new-dads</a>
1 in 10 fathers experience depression and/or anxiety before or soon after birth	The cost of perinatal depression and anxiety in Australia, Pricewaterhouse Coopers, 2019. Viewed 1 July 2020, Available from <a href="https://gidgetfoundation.org.au/wp-content/uploads/2019/11/Cost-of-PNDA-in-Australia_-_Final-Report.pdf">https://gidgetfoundation.org.au/wp-content/uploads/2019/11/Cost-of-PNDA-in-Australia_-_Final-Report.pdf</a> (accessed 1/7/20)
The risk of suicide is higher for men in the perinatal period than at any other time in their lives	Quevedo L, da Silva RA, Coelho F, et al. Risk of suicide and mixed episode in men in the postpartum period. <i>J Aff Dis</i> 2011;132(1–2):243–46. doi: 10.1016/j.jad.2011.01.004.
38% of new fathers worry about their mental health	National Childbirth Trust. (2015). <i>Dads in distress: Many new fathers are worried about their mental health</i> . Viewed 1 July 2020, Available from: <a href="https://www.nct.org.uk/about-us/media/news/dads-distress-many-new-fathers-are-worried-about-their-mental-health">https://www.nct.org.uk/about-us/media/news/dads-distress-many-new-fathers-are-worried-about-their-mental-health</a>
1 in 5 fathers report feeling totally isolated in the first year of fatherhood	Global Research Report on Male Social Connection – Fatherhood and Social Connections, Movember 2019. Viewed 24 August 2020, Available from: <a href="https://cdn.movember.com/uploads/images/News/UK/Movember%20Fathers%20%26%20Social%20Connections%20Report.pdf">https://cdn.movember.com/uploads/images/News/UK/Movember%20Fathers%20%26%20Social%20Connections%20Report.pdf</a>
Father-child bonding contributes to healthy child development	Fletcher, R. (2011). <i>The dad factor: How father-baby bonding helps a child for life</i> . Sydney: Finch Publishing.
Over half of new fathers report not spending the amount of time they wish to with their child	Colquhoun, G., & Elkins, N. (2015). <i>Healthy dads? The challenge of being a new father</i> (Beyondblue Healthy Dads Project). Viewed 24 August 2020, Available from: <a href="https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0">https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0</a>
Most men report finding real joy in being a father	Colquhoun, G., & Elkins, N. (2015). <i>Healthy dads? The challenge of being a new father</i> (Beyondblue Healthy Dads Project). Viewed 24 August 2020, Available from: <a href="https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0">https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0</a>

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Almost half of new fathers report feeling stressed or anxious about needing to be 'the rock' in their family	Colquhoun, G., & Elkins, N. (2015). Healthy dads? The challenge of being a new father (Beyondblue Healthy Dads Project). Viewed 24 August 2020, Available from: <a href="https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0">https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0313-beyondblue-healthy-dads-full-report.pdf?sfvrsn=6f0243ea_0</a>