

“A Bar in the Waiting Room Would be Lovely”

During our Father Survey at Mass General Hospital’s Obstetrics out-patient service, the thoughts of one of the fathers drifted to what he would really like: A bar in the waiting room! This will not be among the offerings to the fathers who accompany their wives and partners to pre-natal visits, but he must have been one of the **99% who said they are excited to become fathers**. He may even have been one of the **28% of the 401 men surveyed who said they drink alcohol more than 4-6 times a week**. Or maybe he is one of the **26% who acknowledged having symptoms of depression**. After all, **56% of men agreed that becoming a father is stressful!**

We estimate that expecting fathers accompanied their wives or partners to nearly half of all prenatal visits even though **33% of lower income fathers had to take unpaid time from work to be present**. Men clearly want to support their growing families by being involved in pre-natal care.

What did we learn?

- 36% would like more information about becoming a father or pregnancy’s impact on men
- 57% want more information about their contribution to a healthy pregnancy
- 49% want more information about practical parenting skills
- Men want assistance, particularly information and skills about how to support their wives and partners (58%) and how to understand their infant’s emotions and needs (54%)
- Men are also interested in the impact of pregnancy and parenting on their health and recognize that their current health is important for the health of their infant (96%)

BUT:

36% of the men haven’t had a physical within the past year

AND:

50% of men were overweight and 17% were obese

TFP is collaborating with the staff and doctors at Vincent OB to give the men what they need--pertinent health care services and information to help them be better husbands, partners and fathers. While the process of providing services for men has begun, we are pretty certain the results will not include a bar in the waiting room!