



## ***National Resource Center for Healthy Marriage and Families***

### **The Director's Corner**

Greetings,

June is [Men's Health Month](#), a month to bring awareness to preventable health problems and encourage early recognition and treatment of disease among men and boys. According to the [Men's Health Network](#), research shows men have lower rates of health insurance coverage, higher prevalence and death rates for 9 of the 10 leading causes of death, and fewer physician visits. In fact, women are 100 percent more likely to seek preventative health care than men. Research also shows that individuals, including men and boys, who are healthy - both emotionally and physically- will live longer, be happier, and have healthier, more stable relationships. Visit the [health and mental health](#) section of our website for resources on specific health and mental health topic areas that may be of interest to you and the families you serve. June 21st is also Father's Day, a day to celebrate and support dads! Supporting dads on a path to positive health and well-being is a Father's Day gift with lasting benefits for everyone.

Best regards,

Robyn Cenizal, Project Director

### **Tip of the Month**

Your monthly tip to strengthen the relationships of those you serve. *Share it - Post it - Pass it on!*

Below are some tips to encourage and support men, boys, and dads alike on their path to emotional and physical health and well-being:

- Do research to be armed with the facts! Visit [www.menshealthlibrary.com](http://www.menshealthlibrary.com) and read about risk factors for certain diseases and age appropriate health screenings so you are better informed to take action.
- Discuss how men's health affects not only them, but their families and relationships. For example, exercising and eating right can help fathers keep up with and enjoy their children as they grow, which will in turn benefit their children. Further, since children pay close attention to what their parents say and do, a great way to help them live healthier and longer lives is by setting good examples.
- As a Father's Day gift, plan an activity with your dad, grandfather, brother, uncle, cousin, spouse, or significant other that promotes health, such as going for a walk, hiking, playing an active sport, cooking a healthy meal together, or going to the doctor for a check-up.

### **Featured Resources**

The Resource Center's [Virtual Library](#) has collected more than 1,000 materials in a variety of formats including fact

sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

Select the links below to view our featured June resources:

- [\*\*Why Good Health Matters in Relationships \(Tip Sheet\)\*\*](#)  
This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and wellbeing.
- [\*\*Working to Improve the Wellbeing of Families \(ACF Blog Post\)\*\*](#)  
This blog post on the Administration for Children and Families (ACF) website was written by Jesus Garcia, Special Assistant, Office of Public Affairs, and focuses on the health disparities faced by racial and ethnic minorities in the United States and ACF programs that promote the economic, health, and social wellbeing of individuals, families, and communities.
- [\*\*Marriage, Cohabitation, and Men's Use of Preventive Health Care Services \(Library Resource\)\*\*](#)  
This data brief from the National Center for Health Statistics (NCHS) at the Centers for Disease Control and Prevention (CDC) presents key findings from data from the National Health Interview Survey from 2011-2012. For example, among men aged 18-64, those who were married were more likely than cohabiting men and other not-married men to have had a health care visit in the past 12 months.



## Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- [\*\*Working with American Indian and Alaska Native Individuals, Couples, and Families Webinar, 2-3:30pm ET, June 23, 2015\*\*](#): This webinar presentation, hosted by the National Resource Center for Healthy Marriage and Families, will help service providers acquire cultural competence and cover important topics with input from experts in the field while providing practical suggestions for engaging and serving American Indian and Alaskan Native individuals, couples and families. The webinar will highlight strategies for incorporating healthy marriage and relationship education skills into service delivery systems as part of a comprehensive family-centered approach to promoting self-sufficiency.
- [\*\*National Partnership for Community Leadership \(NPCL\) 17th Annual International Fatherhood Conference in Philadelphia, PA, June 8-12, 2015\*\*](#): The focus of NPCL's annual conferences is about building strong families. NPCL accomplishes this by helping national, state, local and community-based agencies providing services to families to design, develop and implement evidence-based services and practices that enable parents to be the best parents they can be.
- [\*\*Family Career and Community Leaders of America \(FCCLA\) National Leadership Conference in Washington, DC, July 5-9, 2015\*\*](#): Chapter members and exhibitors can explore opportunities for personal development, gain ideas for shaping future careers, and discover great ways to use FCCLA national programs in their own chapters. Workshops are presented by FCCLA chapters, partners, and exhibitors, and may include topics such as Family and Consumer Sciences careers, nutrition and healthy lifestyles, global perspectives, and much more.

## Feedback and Technical Assistance:

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. If you would like to request Technical Assistance, please submit a [Training and Technical Assistance Request Form](#) and our Technical Assistance Coordinator will contact you.

To learn more about the Resource Center visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org)

The National Resource Center for Healthy Marriage and Families supports safety-net service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

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