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www.Michigan.gov/PRAMS

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Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

YOUR HEALTH			
T	he first questions are about your recent health.		
1.	What is <u>your</u> date of birth?		
	Manth Pau /		
_	Month Day Year		
2.	How tall are <i>you</i> without shoes? Write ONE answer		
	feet & inches		
	OR centimeters		
3.	How much do you weigh? Write ONE answer		
	pounds OR kilos		
4.	Would you say that in general that your health is:		
	□ Excellent □ Very good □ Good □ Fair □ Poor		

Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health <u>not</u> good? Number of days (0-30) Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? Number of days (0-30) During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? Number of days (0-30) In the last week, how much time, on average, did you spend sleeping each night? ■ 0-3 hours ■ 4-6 hours ☐ 7-8 hours 9 hours or more

9. During the 12 months before your new baby was born, did you have any of the following health conditions? For each one, check No if you did not have the condition or Yes if you did.	11. During any of your healthcare visits in the 12 months before your new baby was born, did a healthcare provider talk to you about any of the following things? For each one, check No or Yes.
a. Type 1 or Type 2 diabetes	Talk to me about a. My weight
f. Visit to have my teeth cleaned	Ask me a. If I smoked cigarettes or used e-cigarettes ("vapes") or other smokeless tobacco

13.	13. In the 12 months before your new baby was born, did a healthcare provider ask you a series of questions, in person or on a form, to know if you were feeling down, depressed, anxious, or irritable?		This question is about your health insurance. 18. What kind of health insurance do you have now?			
	. No			Check ALL that apply		
	Yes I don't remember		Private health insuran someone else, or thro Medicaid	ugh a job)		
14.	Since your new baby was born, how often have you felt down, depressed, or hopeless?		Healthy Michigan Plan TRICARE or other milit Indian Health Service	tary healthcare		
	□ Always□ Often□ Sometimes□ Rarely□ Never		program Other health insuranc	e → Please tell us:		
		_	I I don't have any healtl	1 insurance <i>now</i>		
15.	Since your new baby was born, how often have you had little interest or little pleasure in doing things?		next questions are ab garettes, and other to			
	□ Always					
	□ Rarely □ Never		low many cigarettes d verage day?	o you smoke on an		
		More than one pack (2 One-half to one pack)	(11 to 20 cigarettes)			
16.	Since your new baby was born, how often have you felt nervous, anxious, or on edge?		I Less than half a pack (I I don't smoke	T to To cigarettes)		
	□ Always □ Often □ Sometimes		low often do you use e or other electronic nico			
	Rarely Never		l Every day l Some days l I don't use e-cigarette	s or other electronic		
17.	Since your new baby was born, how often have you <u>not</u> been able to stop or control worrying?	nicotine products				
	□ Always □ Often □ Sometimes □ Rarely □ Never					

The next questions are about drinking alcohol. A drink can be 1 glass of wine, can or bottle of beer or hard seltzer, shot of liquor, or mixed drink.

21. How many alcoholic drinks do you have in an average week?	24. Thinking back to <i>just before</i> your baby's mother got pregnant, how did you feel ab her becoming pregnant?				
☐ 15 or more drinks a week ☐ 7 to 14 drinks a week ☐ 1 to 6 drinks a week ☐ Less than one drink a week ☐ I don't drink — Go to Question 23 22. During the last 30 days, how many days did you have 5 or more alcoholic drinks in a	Check ONE answer I wanted her to be pregnant later I wanted her to be pregnant sooner I wanted her to be pregnant then I didn't want her to be pregnant then or at any time in the future I wasn't sure what I wanted				
2-hour time span? 5 or more days 2 to 4 days	25. When your baby's mother got pregnant with your new baby, were you and your baby's mother trying to get pregnant?				
☐ 1 day ☐ No days	☐ No☐ Yes				
Any of the following? For each one, check No or Yes. No Yes a. Marijuana or hash in any form	26. When your baby's mother got pregnant, were either of you doing anything to keep from getting pregnant? This can include having tubes tied, having a vasectomy, using birth control pills, condoms, withdrawal, natural family planning, or other methods. O NO O Yes O to Page 5 Question 28 O to Page 5 Question 29 Go to Page 5 Question 29				

The next questions are about the time around

when your baby's mother got pregnant with

your new baby.

27. What were your or your baby's mother's reasons for not doing anything to keep from getting pregnant? Check ALL that apply	29. Since your baby's mother became pregnant until now, did you attend any of the following kinds of pregnancy related classes, healthcare, or hospital visits?
☐ I didn't mind if she got pregnant ☐ I thought she couldn't get pregnant at that time ☐ I had side effects from the birth control method I was using ☐ I had problems getting birth control when I needed it ☐ I thought I was sterile (could not get anyone pregnant at all) ☐ I didn't want to use anything ☐ My baby's mother didn't want me to use anything ☐ I forgot to use a birth control method ☐ I had problems paying for birth control ☐ Other → Please tell us: If you were not doing anything to keep from getting pregnant, go to Question 29.	Check ALL that apply ☐ A pregnancy, childbirth, or parenting class provided by a hospital or other healthcare organization ☐ Prenatal care visits or ultrasound for my baby's mother ☐ Labor or delivery of my new baby ☐ Postpartum visits for my baby's mother ☐ A visit with my baby's doctor or pediatrician ☐ A visit to the emergency room or urgent care for my baby's mother or my new baby ☐ Other → Please tell us:
28. What kind of birth control were <u>you</u> using when your baby's mother got pregnant?	
Check ALL that apply Condoms Vasectomy (male sterilization) Withdrawal (pulling out) Natural family planning or fertility awareness methods (such as rhythm or calendar method or fertility apps) I was not using birth control My baby's mother was using birth control Other → Please tell us:	

PREPARING FOR BABY

The next questions are about information fathers may be interested in around the time a new baby is born.

110	- VV I				
30.	30. Which of the following people or groups do you normally go to for information specific to fatherhood or parenthood?				
		Check ALL that apply			
		Family Friends Informal peer parenting groups (virtual or in-person groups specifically for fathers or parenting like a Facebook or "MeetUp" group) My health care provider(s) (such as a primary care doctor, nurse, counselor, or therapist)			
		My baby's health care provider(s) (such as a			
		pediatrician) Birth preparation groups (such as hospital based birthing or parenting classes, Lamaze classes)			
		I google or look things up on the internet Other people or groups → Please tell us:			
		I do not have people or groups I go to for fatherhood/parenthood resources			
31. Which of the following are internet resources you normally go to for information specific to fatherhood or parenthood?					
		Check ALL that apply			
		Formal online resources (websites such as fatherhood.org) Informal online resources (such as Facebook, Twitter, or Instagram) Other people or groups Please tell us:			
	_	Other people or groups —— Please tell us:			

☐ I do not use internet fatherhood/parenthood

resources

32. Below are programs or groups for fathers in Kent County and Michigan. Have you heard of or have you participated in the following groups or programs?

For each program check only one answer.

N for Never heard of
H for Heard of, but don't participate
P for Participated in this program

	N	н	Р
a.	Strong Fathers/Padres Fuertes (Strong Beginnings-Healthy Start)		
b.	Great Start Parent Coalition/Great Start Collaborative		
c.	Family Futures		
d.	Hispanic Center of Western Michigan		
e.	Other		
	Please tell us:		
			_
	or when you became a new father, winformation about <u>pregnancy</u> did you and did you receive the information wanted?	u wa	nt,
a.	What to expect during pregnancy and	deli	very
	/anted informationeceived information		Yes
	What to expect in the month after deli	very	wit
	,,	NI.	
		NO	Yes
	/anted information		Yes
	/anted informationeceived information		Yes
			Tes
			Yes

34. When you were preparing to be a new father or when you became a new father, what information about <u>caring for your baby</u> did you want, and did you receive the information you wanted?	35. When you were preparing to be a new father or when you became a new father, what information about your health did you want, and did you receive the information you wanted?
a. Advice on parenting a newborn No Yes	a. Help with physical health concerns including my weight
Wanted information	Wanted information
b. Information on child development or milestones	b. Help with mental health concerns (depression
Wanted information	sadness, anxiety, or stress) Wanted information
c. Advice on co-parenting with my baby's mother No Yes	c. Help with emotional health (managing my anger or temper)
Wanted information	Wanted information
d. The importance of placing my baby to sleep on their back No Yes	d. Information on family planning (having or preventing another pregnancy)
Wanted information	Wanted information
e. How to create a safe sleeping space for my baby No Yes	e. Finding physical and mental health providers
Wanted information	that are the same race, culture, or background as me
f. How to support my baby's mother's breastfeeding	Wanted information
Wanted information	f. Guidance around alcohol or marijuana use No Yes Wanted information
g. How to properly install and use an infant car seat	Received information
Wanted information	g. Finding a family doctor or primary care provider for myself No Yes Wanted information

36. When you were preparing to be a ne or when you became a new father, w information about financial or legal did you want, and did you receive th information you wanted?	rhat <u>concerns</u>	37. Were there any other things you wa information about when you were to be a new father or when you bec father? Please tell us.	preparing
a. Applying for or understanding time o work (Family Medical Leave/FMLA)	No Yes		
Wanted informationReceived information			
b. Finding or understanding health insurance related to having a baby	No Yes		
Wanted information			
c. Finding financial assistance, support, resources	or		
Wanted information			
d. Finding legal assistance for or understanding child support or custoo parenting time (PT) orders	dy, or		
Wanted information			
f. Finding advice on or help with my citi immigration status	zenship or		
Wanted information			

YOUR AND YOUR	BABY'S RELATIONSHIP			
The next questions are about your new baby's living situation.				
38. What is your relat mother now?	ionship with your baby's			
Are they your				
□ Spouse (legally r □ Partner (not legally r □ Girlfriend □ Friend □ Ex-partner or ex □ Ex-girlfriend □ Other	ally married)			
39. <i>Not including your new baby</i> , how many children do you have?				
Number of children				
☐ None- my new b	paby is my <i>only</i> child			
40. Is your baby alive	now?			
□ No ──→ □ Yes	We are very sorry for your loss. Go to Page 11, Question 51			

Go to Question 41

71.	new baby's living situation		ibes yo	ui
		Check	c ONE ar	iswer
M	y new baby Lives with me alone full t Lives with me and my bab mother full time		Go t Page Questic	10
	□ Lives with my baby's mot □ Splits time with me and r □ Other living situation —	my bab		er
Go	to Question 42			
42.	What are the reasons your live with you full time? For e if it is not a reason or Yes if it	each ite		
			No	Yes
a.	My baby's mother and I sepa	rated		
b.	My baby's mother and I were			
_	living together			
c. d.	There is a custody order in pl There are personal issues wit			_
u.	baby's mother or their family			
e.	I have issues with my housing	j		
f.	My baby is in the hospital			
g.	My baby's mother and I are a to work, school, extended tra			
	deployment			
h.	Other			
	Please tell us:			

43.	43. In the <i>past 30 days</i> , about how many days did you spend time with or have a visit with your new baby?		CARING FOR BABY			
			ne next questions are about breastfeeding.			
	Number of days (1-30) No days- I do not spend time with or visit my new baby Go to Question 45	46.	Did your baby's mother ever breastfeed or feed pumped milk to your new baby, even for a short period of time?			
	do to Question 45		□ No □ Yes □ I don't know			
44.	entire time you are with your baby even if you or	47.	47. When your <i>new baby was born</i> , what did you think about your baby's mother breastfeeding your baby?			
	your baby are sleeping.		Check ONE answer			
	Number of hours (1-24) Less than one hour		 □ I wanted her to breastfeed □ I did not want her to breastfeed □ I wasn't sure if I wanted her to breastfeed □ I had no opinion about whether she would breastfeed 			
45.	Overall, in the <i>past 30 days</i> , how satisfied or dissatisfied are you with how much time you spend with your new baby?		ne next questions are about how your baby eeps.			
	□ Very satisfied□ Somewhat satisfied□ Neutral□ Somewhat dissatisfied	48.	In the past 2 weeks, how did you place your new baby to sleep at night and during naps? For each one, check No or Yes.			
	□ Very dissatisfied	b. c.	On their side			
			<u>you</u> don't lay your baby down to sleep, go to age 11, Question 51.			

49.	In the past 2 weeks, where have you placed your new baby to sleep at night or during	d		OTHER EXPERIENCES
	naps? For each one, check No or Yes.		Т	he next questions are about a variety of topics.
e. f. g. h.	On a twin or larger mattress or bed		y d y g	f you did not attend any healthcare visits for our baby's mother during pregnancy or at delivery or healthcare visits for your baby or our baby's mother after your baby was born to to Page 12, Question 52. While attending healthcare visits for your baby's mother during pregnancy, at delivery, or at healthcare visits for your baby or your baby's mother after your baby was born, did you experience discrimination or were you prevented from doing something, hassled, or made to feel inferior? For each one, check No
50.	In the past 2 weeks, has your new baby been placed to sleep with the following? For each one, check No or Yes.	en		if you did not experience discrimination because of it or Yes if you did.
c. d.	Comforters, quilts, blankets, or non-fitted sheets	Yes		My disability status

52.	Have you <i>ever</i> been treated unfairly due to your race, ethnicity, or skin color in any of the following situations? For each one, check No or Yes.	Ti	he next ques	nd pregnancy can be stions are about thin ed in the 12 months b born.	gs that ma	ay
	No Yes		·			
c.	Housing (renting, buying, mortgage)	55.	55. Did any of the following things happen during the 12 months before your new baby was born? For each one, check No or Yes.			
	At school or my child's school	b.	I was evicted	ed or divorcedd or forced to move		Yes
53.	Stress means a situation in which a person feels tense, restless, nervous, or anxious, or is unable to sleep at night because their mind is troubled all the time. Within the last 30 days, how often have you felt this kind of stress?	d. e. f.	I was homel in a car, or in My spouse, I My spouse, I work hours	a regular place to sle ess or had to sleep ou a shelter partner, or I lost a job. partner, or I had a cut or pay	tside,	
	□ Always □ Often □ Sometimes □ Rarely □ Never	h.	mortgage, o My spouse o I went to jail Someone cle	ms paying the rent, or other bills or partner went to jail/ /prisonose to me had a probl g or drugs	orison	
54.	Have you <i>ever</i> been in jail or prison longer than two days, been on court ordered probation, house arrest, or electronic	k.	Someone cle	ose to me was very sid	k or	
	monitoring, or had court ordered community service?	56.		us how often each o during the <i>12 month</i> vas born.		
	 □ No □ Yes □ Other → Please tell us: 	a.	I worried wh	ether my food would to buy more	run out be	fore I
			☐ Often	Sometimes	☐ Neve	er
		b.		at I bought just didn't to get more	last, and I c	lidn't
			☐ Often	☐ Sometimes	☐ Neve	er

57.	During the 12 months before your new baby was born, did lack of transportation keep you from any of the following? For each one, check No or Yes.		Some of these things might happen to people during childhood. Childhood experiences may be important. Please tell us if any of these things happened to you from the time you were born through age 17.
b. c.	Going to medical appointments	b.	Most of the time I had an adult who believed in me and who I could count on to help me
	item, check No if it was not true or Yes if it was. No Yes	d.	Someone in my family or I went hungry because we could not afford enough food
b.	I had safe housing	e.	A parent or guardian got in trouble with the law or went to jail
	My house or apartment was too crowded	f.	A parent or guardian I lived with had a serious drinking or drug problem
e.	(heat, water, lights)	g.	by the court or child welfare agency)
f.	I had other basic needs that were not met		

	e last questions are about your job and work ave.	64.	How did you feel about the amount of time you were able to take off <i>after</i> the birth of your new baby?
60.	During the 12 months before your new baby was born, were you employed for wages or self-employed?		☐ Too little time ☐ Just the right amount of time ☐ Too much time
	□ No □ Yes	65.	Did any of the following things affect your decision about taking leave from work after your new baby was born? For each one, check No or Yes.
61.	Are you currently Check ONE answer	a.	No Yes I could not financially afford to take
62.	□ Employed for wages or self employed □ Out of work for 1 year of more □ Out of work for less than a year □ A stay-at-home parent or caretaker □ A student □ Other → Please tell us: □ Did you take leave from work after your new baby was born? □ Check ALL that apply □ I took paid leave from my job □ I took unpaid leave from my job □ I didn't take any leave □ Go to Question 64	c. d. e. f.	leave
63.	After your new baby was born, in total, how many weeks or months of leave from work did you take, or will you take? Write ONE answer		
	Less than one week weeks OR months		

00.	During the 12 months before your new	69.	Are you hispanic, Latino/	x, or spanish origin:
	baby was born, what was your yearly total household income before taxes? Include your income, your spouse or partner's income if they lived with you, and any other income you may		□ No □ Yes	
	have received. All information will be kept private and will not affect any services you are getting.	70.	Which one or more of the you say is your race?	following would
	□ \$0 to \$18,000			Check ALL that apply
	□ \$18,001 to \$23,000 □ \$23,001 to \$27,000 □ \$27,001 to \$32,000 □ \$32,001 to \$37,000 □ \$37,001 to \$42,000 □ \$42,001 to \$48,000 □ \$48,001 to \$60,000 □ \$60,001 to \$85,000 □ \$85,001 or more		 Black or African America White American Indian or Alas Asian Pacific Islander Other 	
67.	During the 12 months before your new baby was born, how many children and adults, including yourself, depended on this income?	71.	Are you of Middle East or (MENA) origin (Arab, Cha Egyptian, etc.)?	
			□ No □ Yes	
	Number of children (under the age of 18)			
			Go to Page	16.
	Number of adults (18 years of age or older)			
68.	Do you currently live in Kent County, Michigan? Your answer to this question <u>does not</u> affect your eligibility to take this survey and receive a gift card.			
	□ No □ Yes □ I don't know			

We would love to hear more about your story!
Is there anything else you would like to share about your experiences around pregnancy and your new baby or the health and wellbeing of fathers in Kent County?

Thanks for answering our questions!

Your answers will help us work to make fathers and babies healthier.

For Office Use Only

Received: Checks:	/By: D ○ Yes ○ No
Data Entry:	/By:
DDE:	/By:
Verification:	/By:

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