

Working Together to Ensure Healthier Families

Nurse-Family Partnership Overview

"There is a magic window during pregnancy...it's a time when the desire to be a good mother and raise a healthy, happy child creates motivation to overcome incredible obstacles including poverty, instability or abuse with the help of a well-trained nurse."

David Olds, PhD, Founder,
Nurse-Family Partnership





Nurse-Family Partnership is...

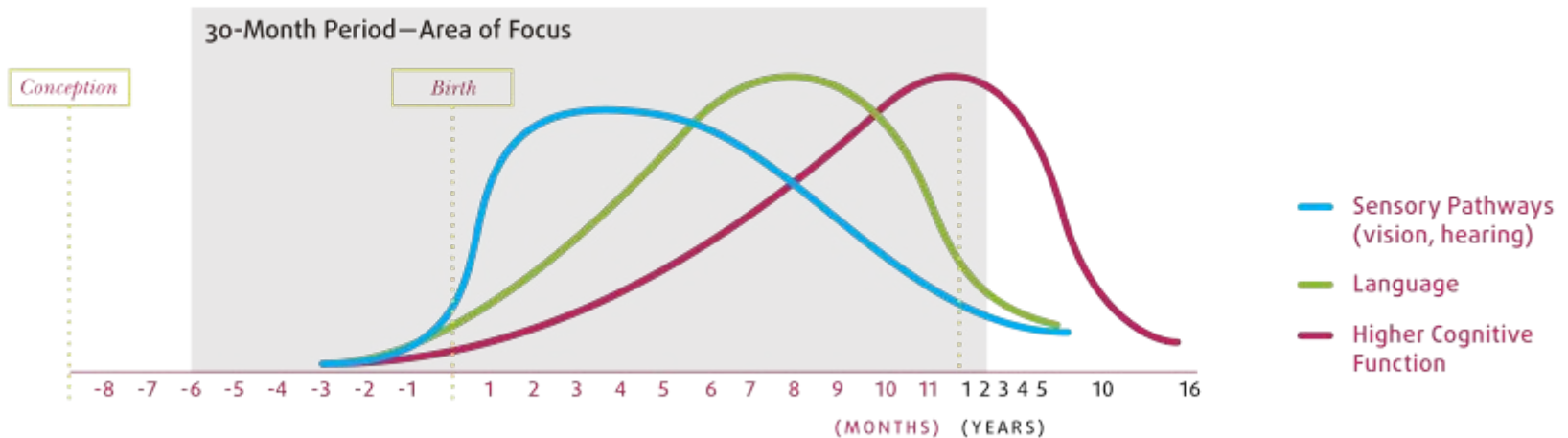
- An evidence-based, community health program
- Transforming lives of vulnerable first-time mothers living in poverty
- Improving prenatal care, quality of parenting and life prospects for mothers by partnering them with a registered nurse

Every dollar invested in Nurse-Family Partnership can yield **more than five dollars in return.**



Human Brain Development

Synapse formation dependent on early experiences



Source: Nelson, C.A., *From Neurons to Neighborhoods* (2000).
Shonkoff, J. & Phillips, D. (Eds.)



Program Goals

- Improve pregnancy outcomes
- Improve child health and development
- Improve parents' economic self-sufficiency

Key Program Components

- First-time, at-risk mothers
- Registered nurses
- Intensive services (intensity, duration)
- Focus on behavior
- Program fidelity (Clinical Information System)

Why Nurses?

- Knowledge, judgment and skills
- High level of trust, low stigma
- Credibility and perceived authority
- Nursing theory and practice at core of original model

Home Visit Overview

Personal Health

Health Maintenance Practices
Nutrition and Exercise
Substance Use
Mental Health Functioning

Environmental Health

Home
Work, School, and
Neighborhood

Life Course Development

Family Planning
Education and Livelihood

Maternal Role

Mothering Role
Physical Care
Behavioral and Emotional
Care

Family and Friends

Personal network
Relationships
Assistance with Childcare

Health and Human Services

Service Utilization

Trials of the Program

Dr. Olds' research & development of NFP continues today...



1977

Elmira, NY

Participants: **400**

Population: **Low-income whites**

Studied: **Semi-rural area**



1988

Memphis, TN

Participants: **1,139**

Population: **Low-income blacks**

Studied: **Urban area**



1994

Denver, CO

Participants: **735**

Population: **Large portion of Hispanics**

Studied: **Nurse and paraprofessionals**

"The great thing about Nurse-Family Partnership is that it works. To put it simply...it decreases about everything you want to decrease and increases about everything you'd want it to increase."

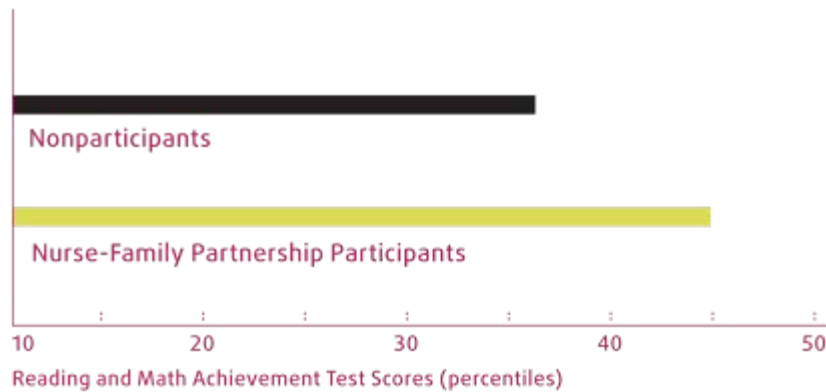
Dr. Thomas R. Frieden, New York City Health Commissioner (now Director of the U.S. Centers for Disease Control and Prevention)





Academic Achievement

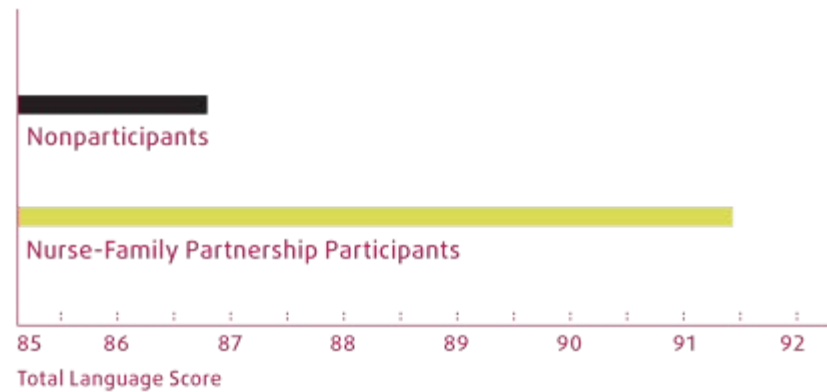
Grades 1–3, Age 9—Memphis
(Born to low-resource mothers)



Source: Reproduced with permission from *Pediatrics*, Vol. 120, e838, Copyright © 2007 by the AAP.

Preschool Language Scale

Age 4—Denver
(Born to low-resource mothers)

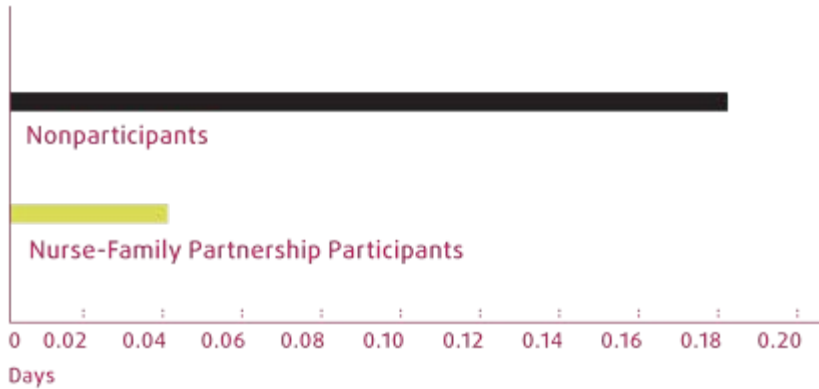


Source: Reproduced with permission from *Pediatrics*, Vol. 114, 1565, Copyright © 2004 by the AAP.



Days Hospitalized for Injuries

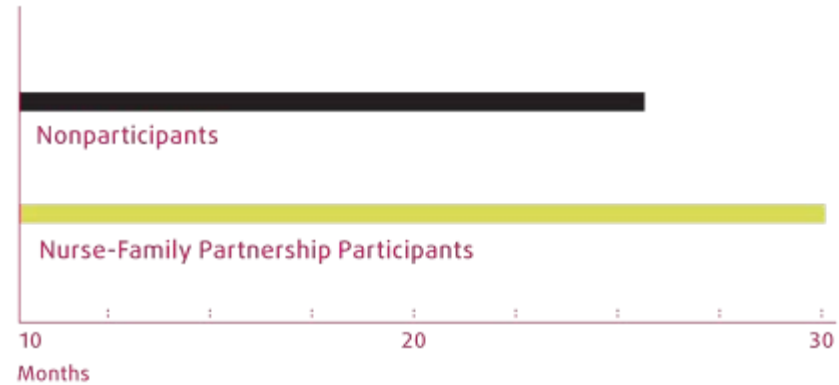
Birth to age 2—Memphis



Source: *JAMA*, 1997, Vol. 278, 650, Copyright © 1997, American Medical Association. All rights reserved.

Months Between Births

Between first and second child
(by first child's fifth birthday)—Memphis



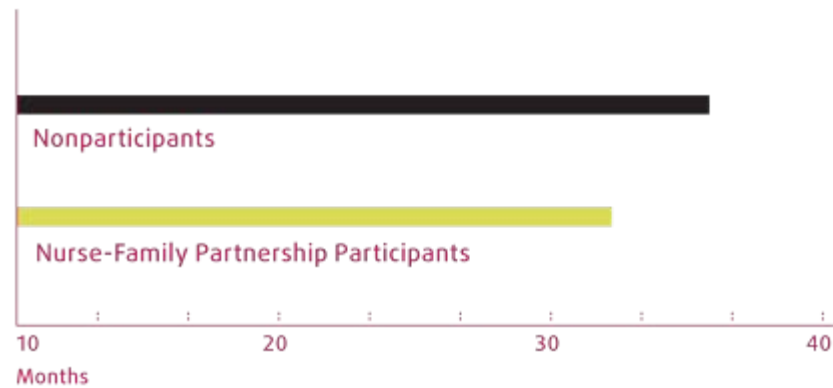
Source: *JAMA*, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.





Months Receiving Welfare Assistance (AFDC)

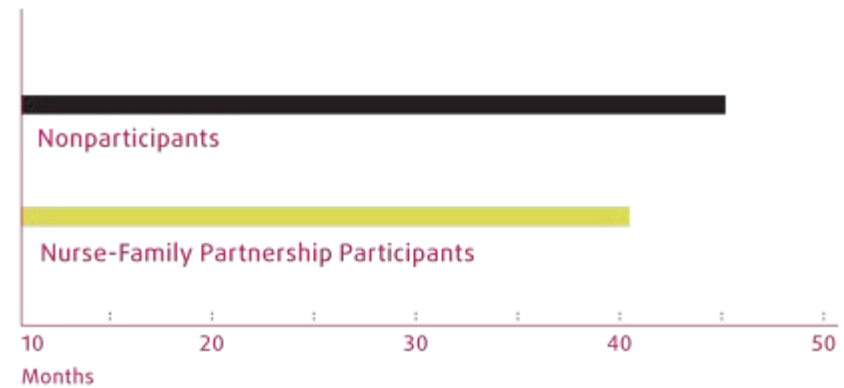
Birth through age 5—Memphis



Source: JAMA, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.

Months Receiving Food Stamps

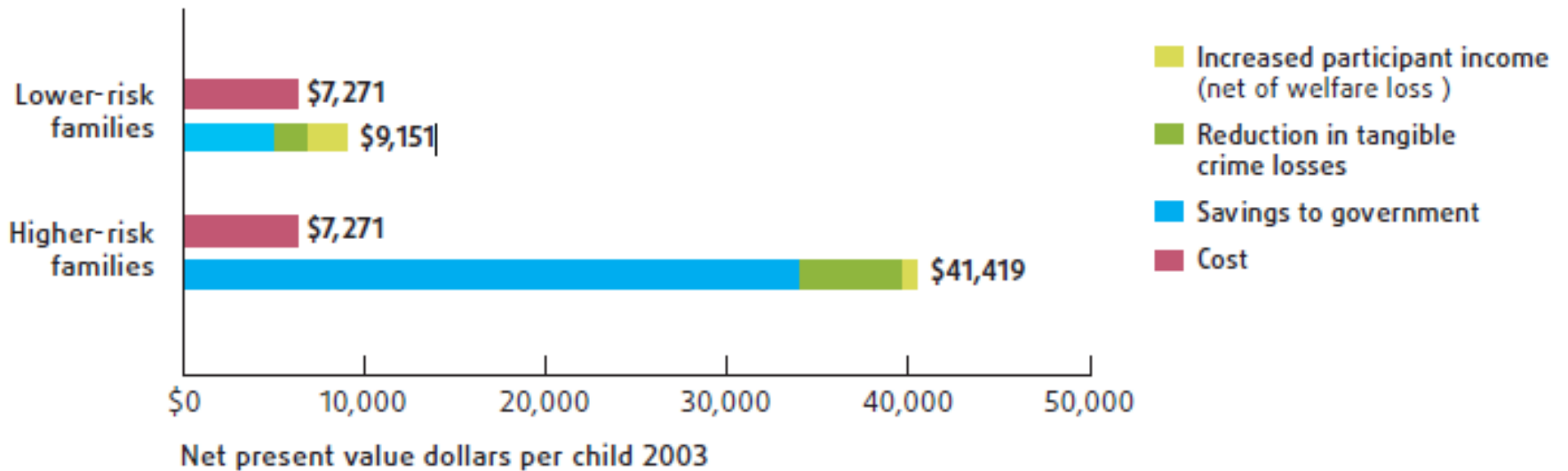
Birth through age 5—Memphis



Source: JAMA, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.



Monetary Savings



Source: 2005 RAND Corporation Study





Nurse-Family Partnership is Cost-Effective

- Nurse-Family Partnership returns more than \$18,000 over and above program costs for each family enrolled (*Washington State Institute of Public Policy 2008*)
- Savings accrue to government from decreased spending on*
 - health care
 - child protection
 - education
 - criminal justice
 - mental health
 - public assistance
- Savings also accrue to government from increased taxes paid by employed parents - **\$5.70** per dollar invested *

* (*RAND Corporation 1998, 2005*)



Anticipated program effects per 100 participating families

- 50% decrease in language delays at 21 months resulting in a **savings of \$133,000-\$440,000***
- 50% reduction in child abuse and neglect among children from birth to two years, resulting in a **savings of \$38,500***
- 29% reduction in subsequent births within two years after the birth of the first child and a 14% increase in time between first and second births, reducing risk of premature delivery and **saving \$80,933 for every premature birth that was prevented***

*Source: New York City Department of Health and Mental Hygiene 2004

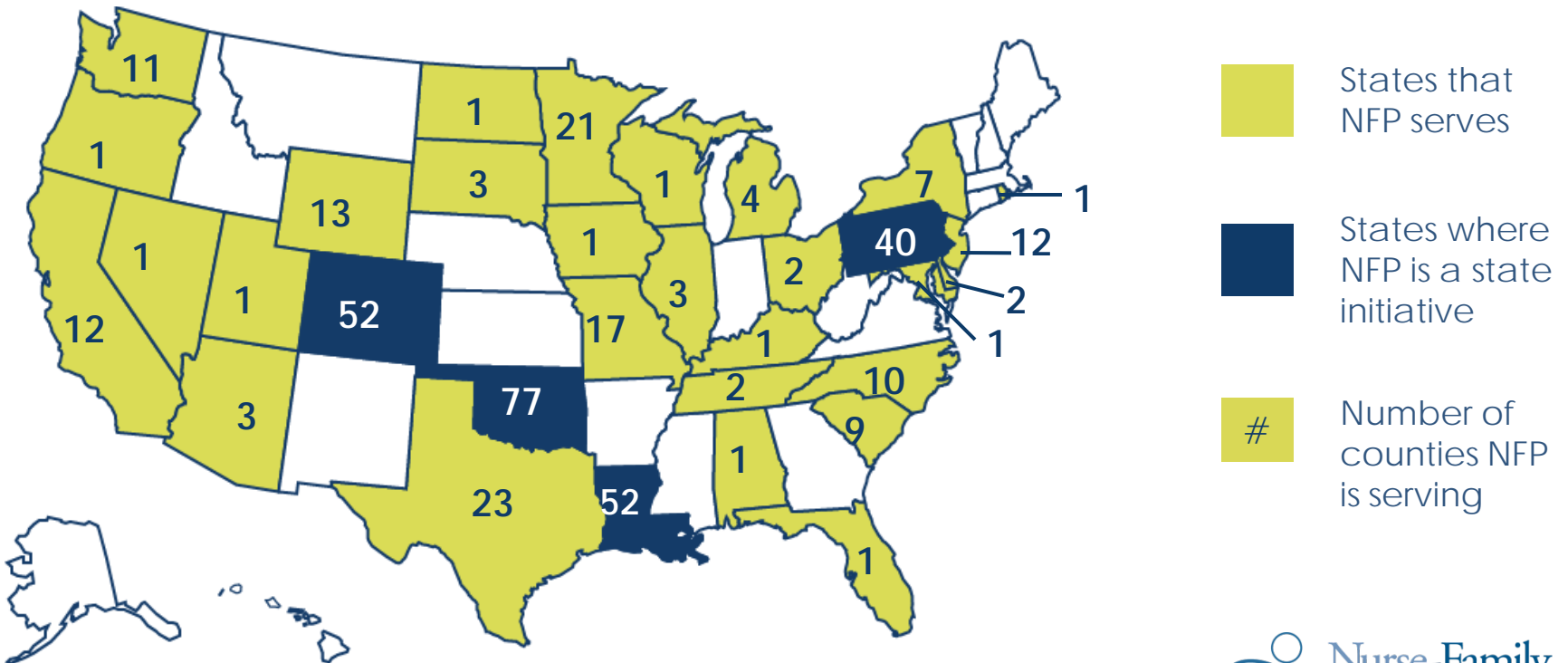
"This program saves money. It raises healthy babies and creates better parents. It reduced childhood injuries and unintended pregnancies, increased father involvement and women's employment, reduced use of welfare and food stamps, and increased children's school readiness."

Barack Obama, U.S. Senator
(now President)





Nurse-Family Partnership is a growing, national program





NFP Outcomes: East and South Regions

- 31% reduction in cigarette smoking among NFP moms during pregnancy
- 10.4% of children between 12-24 months of age experienced emergency room visits or hospitalizations resulting from injury and ingestion (National NFP = 14.6%)
- NFP mothers report breast feeding at birth
 - East 94% South 99% Healthy People 2010 75%
- 40% to 58% increase in workforce participation for clients 18 years and older between intake and infants age 24 months
- Low birth weight rates:
 - East 6.8% South 7.3% National NFP 9%

THE NEW YORKER

"[NFP] aims, in a fashion, at equalization." 2.6.06

The New York Times

"These programs usually involve having nurses or mature women make a series of home visits to give young mothers the sort of cajoling and practical wisdom that in other times would have been delivered by grandmothers or elders." 3.1.07

CBS EVENING NEWS *with Katie Couric*

"Studies show the program is a resounding success - improved prenatal health, fewer cases of child abuse and neglect, and babies who do better when they grow up." 8.6.07

philly.com

The Philadelphia Inquirer

"[NFP] is one of the few social programs that has been scientifically shown to work." 1.16.06

THE DENVER POST

"The Nurse-Family Partnership's work is crucial." 1.2.09

Newsweek

"the [NFP] effort stands as a testament to what health care can accomplish by focusing on families. It can change whole life trajectories..." 4.25.05

Nurse-Family Partnership is Endorsed as a Model Program by



Washington State
Institute for
Public Policy

World Health
Organization



Office of Juvenile
Justice & Delinquency
Prevention



PARTNERSHIP FOR AMERICA'S
ECONOMIC SUCCESS



National Institute on
early Education
Research



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