



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
up to five dollars in return.



"They always say babies don't come with instruction manuals, but if there was one, the Nurse-Family Partnership would be it."

Andrea, Mom from Pennsylvania



Cognitive, Social & Emotional Development are Interdependent

Emotional well-being and social competence provide a strong foundation for emerging cognitive abilities, and together they are the bricks and mortar that comprise the foundation of human development.

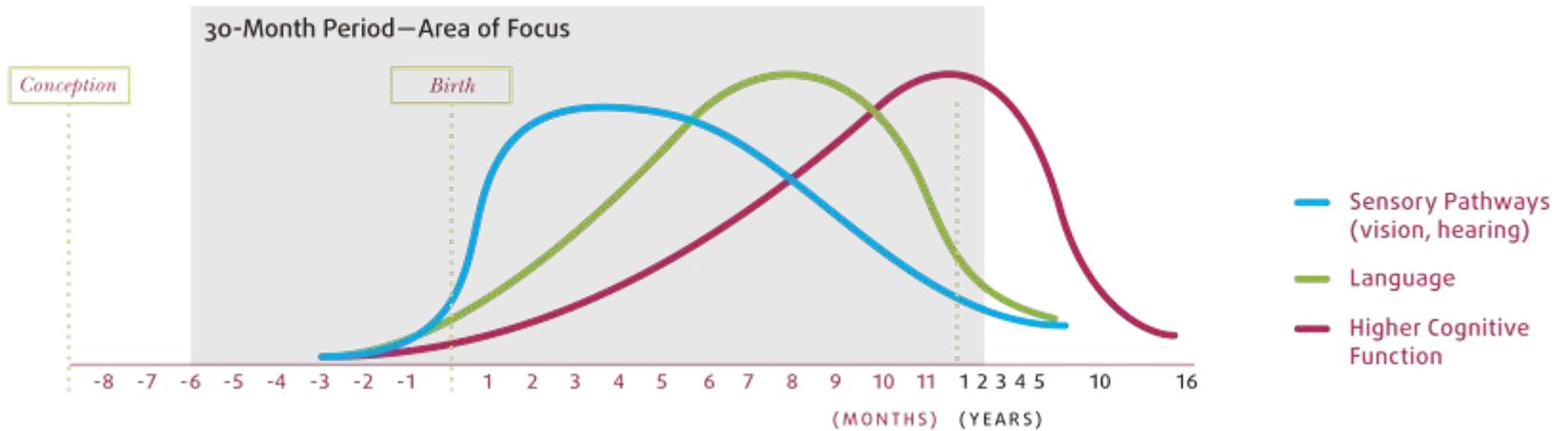


Source: "The Science of Early Childhood Development" Center on the Developing Child, Harvard University at www.developingchild.harvard.edu



Human Brain Development

Synapse formation dependent on early experiences



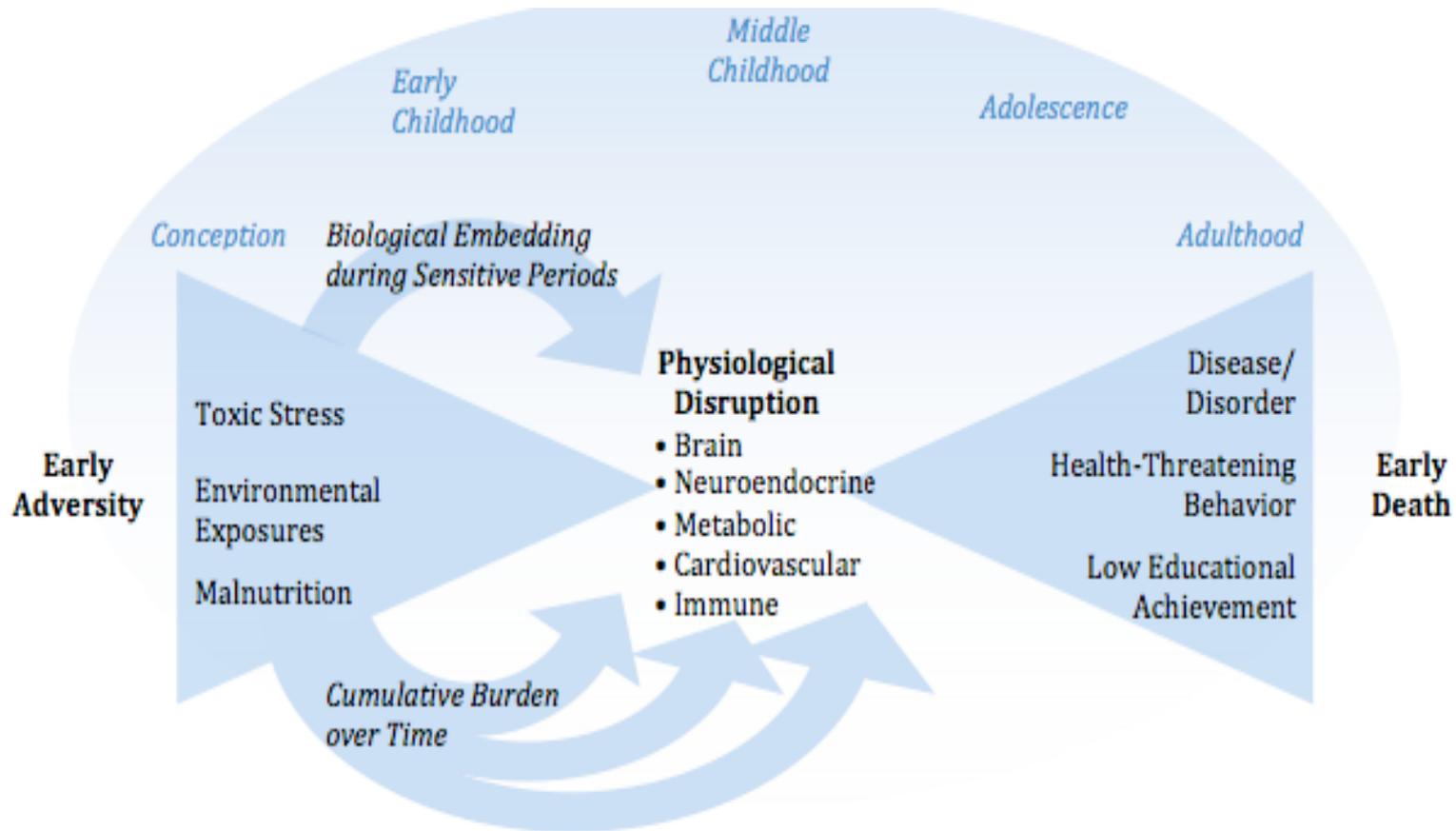
Source: Nelson, C.A., *From Neurons to Neighborhoods* (2000).
Shonkoff, J. & Phillips, D. (Eds.)

The Ability to Change Brains and Behavior Decreases Over Time

Adults with more adverse experiences in early childhood are more likely to have health problems, including alcoholism, depression, heart disease and diabetes. There are even studies linking cancer, heart disease and arthritis to early childhood adversity.

Source: "The Science of Early Childhood Development" Center on the Developing Child, Harvard University at www.developingchild.harvard.edu

Toxic Stress Damages Brain Architecture



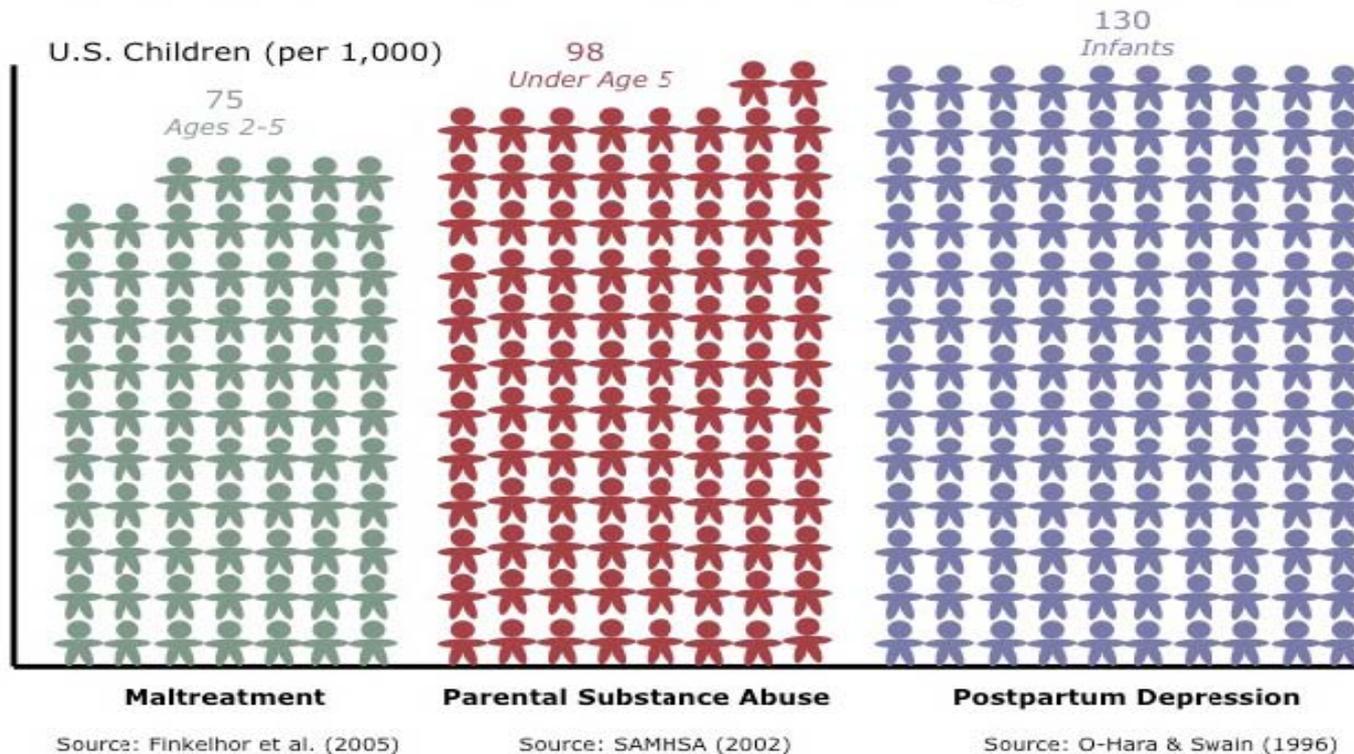
Source: "Neuroscience, Molecular Biology, and the Childhood Roots of Health Disparities: Building a New Framework for Health Promotion and Disease Prevention"
Shonkoff, Boyce & McEwen (*JAMA*, June 3, 2009)

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Sources of Toxic Stress in Young Children

NATIONAL FORUM ON EARLY CHILDHOOD PROGRAM EVALUATION

Sources of Toxic Stress in Young Children

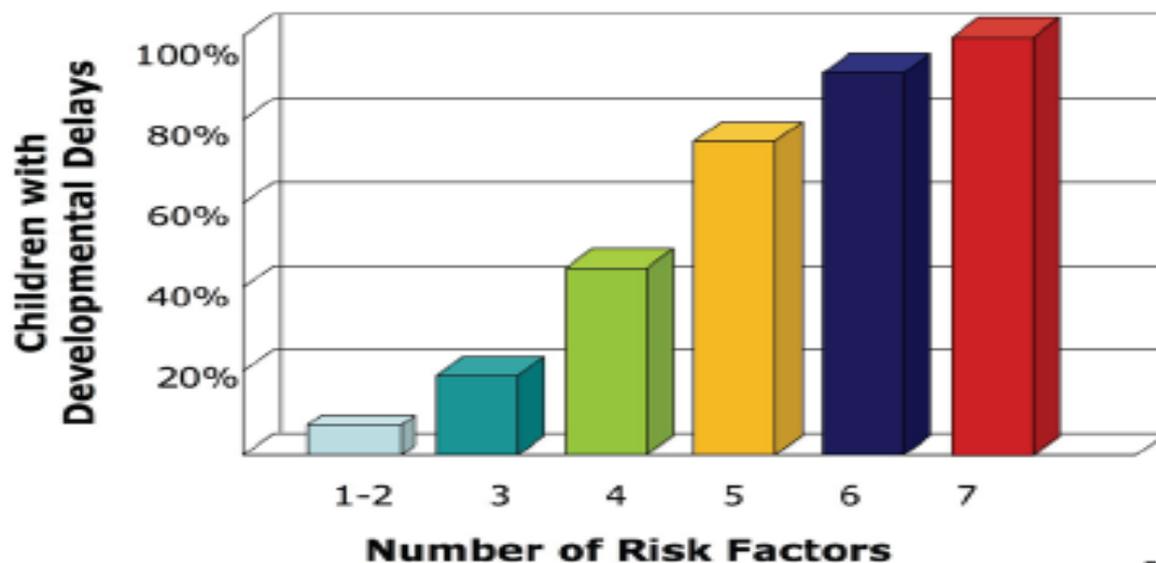


Developmental Delays Correlate With Significant Adversity



Center on the Developing Child
HARVARD UNIVERSITY

Significant Adversity Impairs Development in the First Three Years



Source: Barth et al. (2008)



Program Goals

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

Key Program Components

- First-time, at-risk mothers
- **BSN** 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

Evidence-Based Policy

The Coalition for Evidence-Based Policy has cited Nurse-Family Partnership -

“as one of only two interventions meeting the Top Tier, and if implemented more broadly, could help spark rapid progress against major national problems.”

Coalition for Evidence-Based Policy
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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."

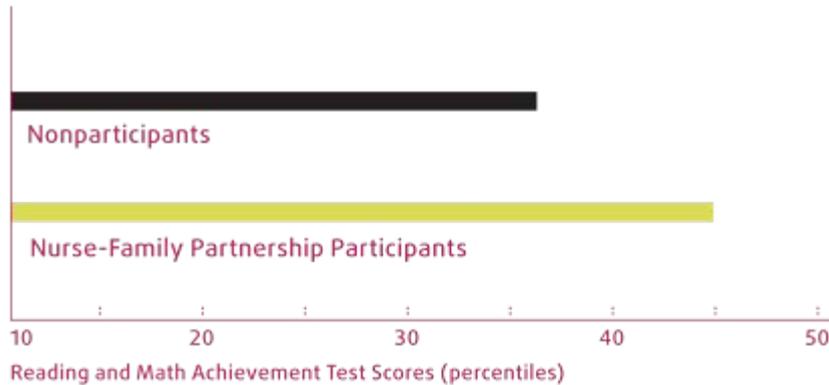
Dr. Thomas R. Frieden, former New York City Health Commissioner (now Director, CDC, and Administrator, Agency for Toxic Substances and Disease Registry)





Academic Achievement

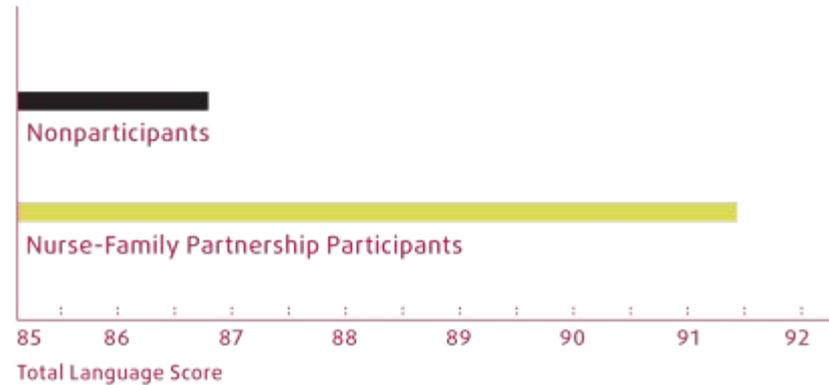
Grades 1–3, Age 9—Memphis
(Born to low-resource mothers)



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)

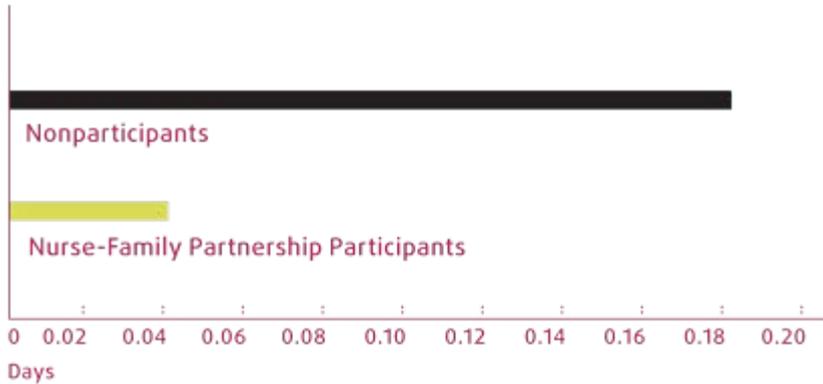


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Days Hospitalized for Injuries

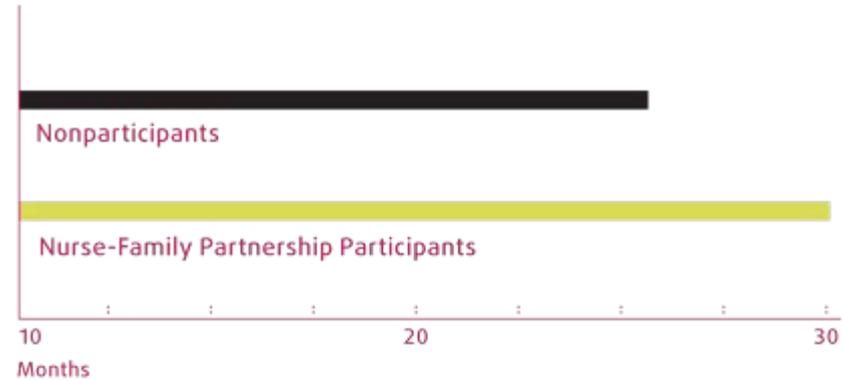
Birth to age 2—Memphis



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

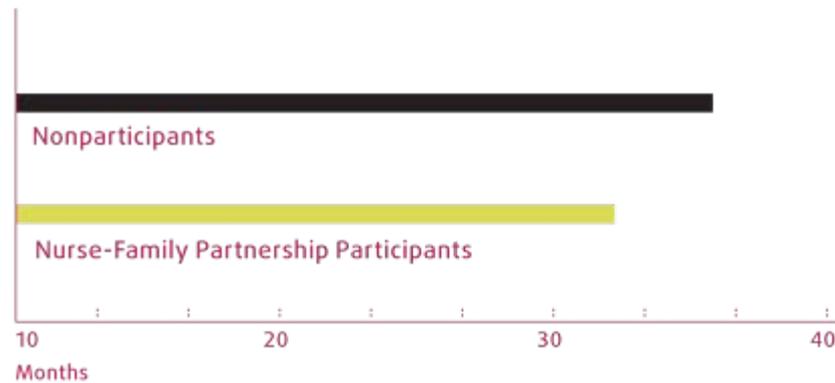


Source: *JAMA*, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.



Months Receiving Welfare Assistance (AFDC)

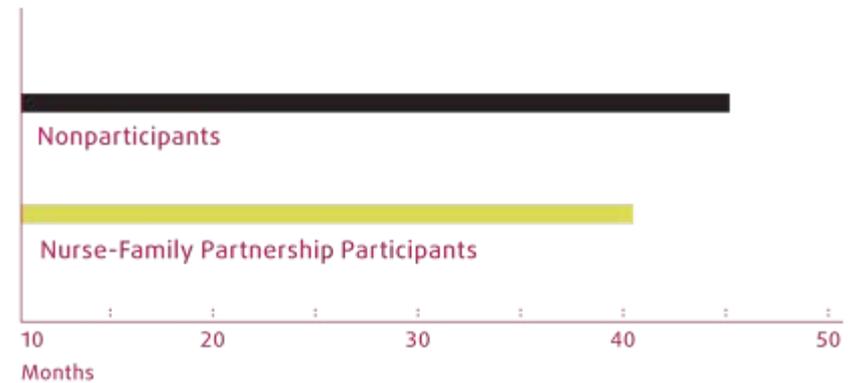
Birth through age 5—Memphis



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.

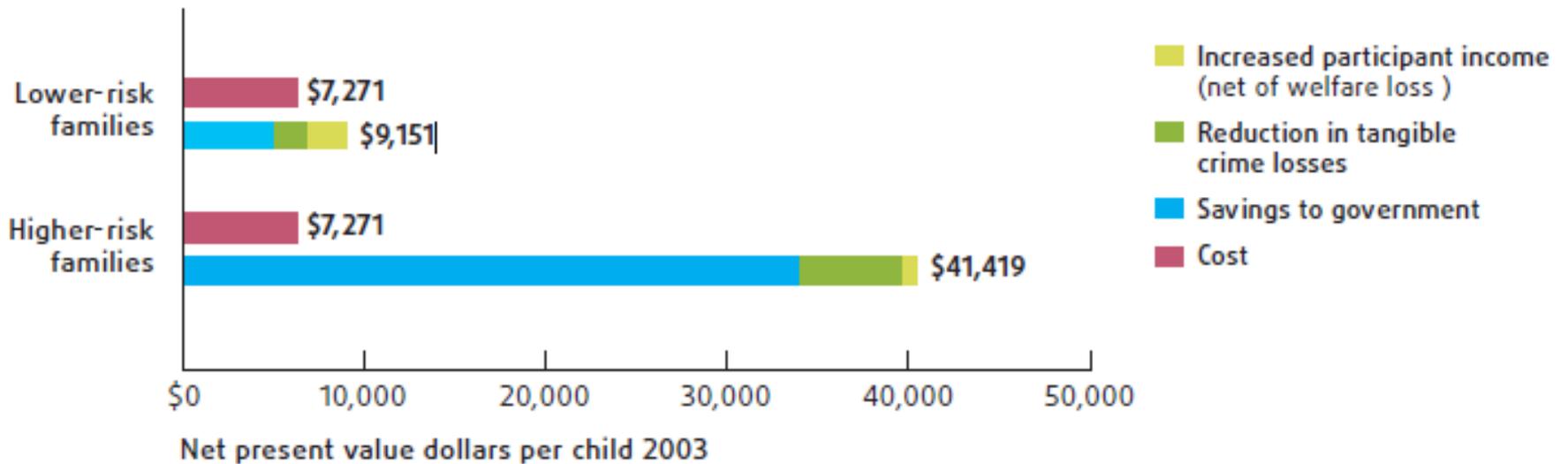
"If communities are truly interested in making sound investments that will yield high public and private gains in both the long and short run, they would fare far better by investing in evidence-based, early child development initiatives like Nurse-Family Partnership than in professional sports stadiums or office towers."

Rob Grunewald,
Associate Economist, Federal
Reserve Bank of Minneapolis





Monetary Savings



Source: 2005 RAND Corporation Study





Nurse-Family Partnership is Cost-Effective

- The RAND Corporation estimates Nurse-Family Partnership can return up to \$5.70 for each \$1 spent on the program.*

Savings accrue to government from **decreased spending** on:

health care

child protection

education

criminal justice

mental health

public assistance

And **increased taxes** paid by employed parents

- Nurse-Family Partnership returns more than \$18,000 over and above program costs for each family enrolled.** (*Washington State Institute for Public Policy 2008*)

* RAND Corporation 1998, 2005; return for highest risk families

** Savings related to low birth weight, child injuries and immunizations not included



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)



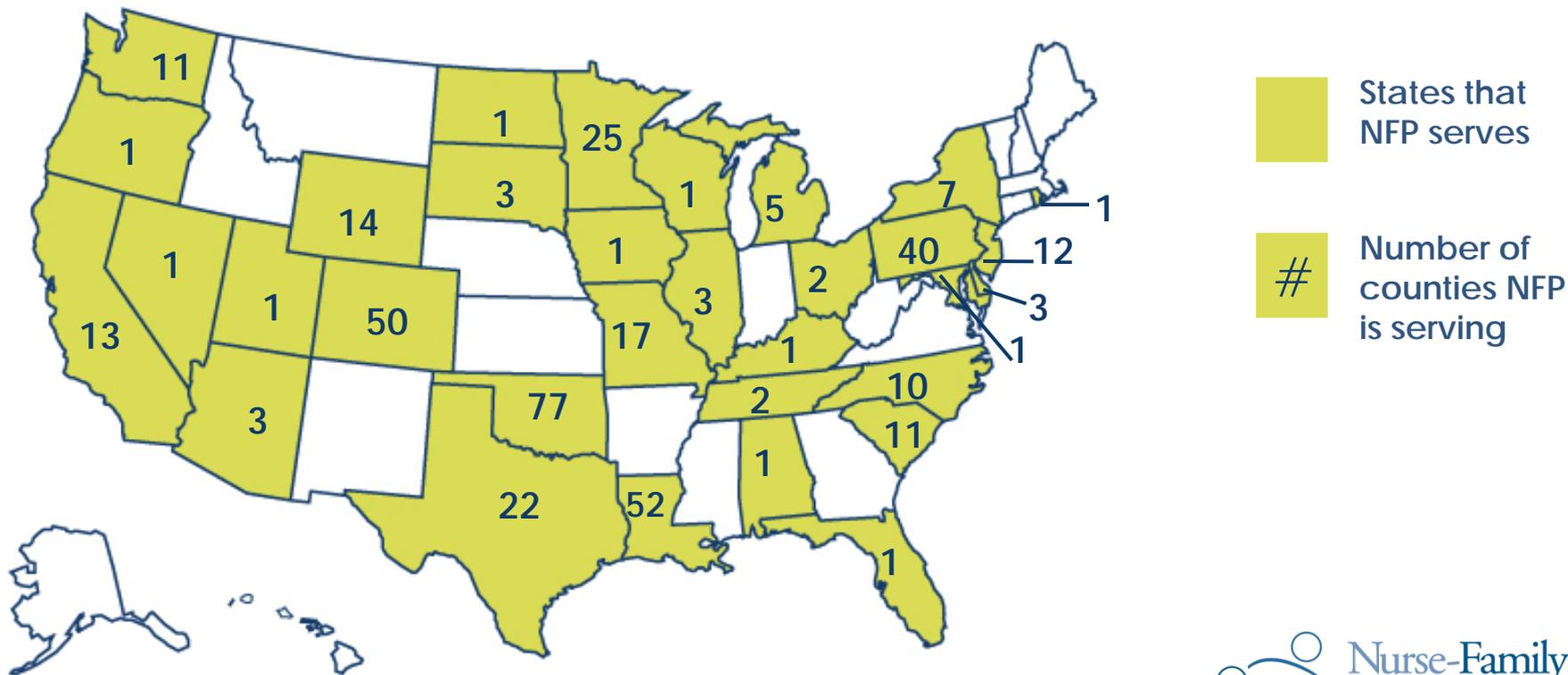


Sources of Nurse-Family Partnership Funding

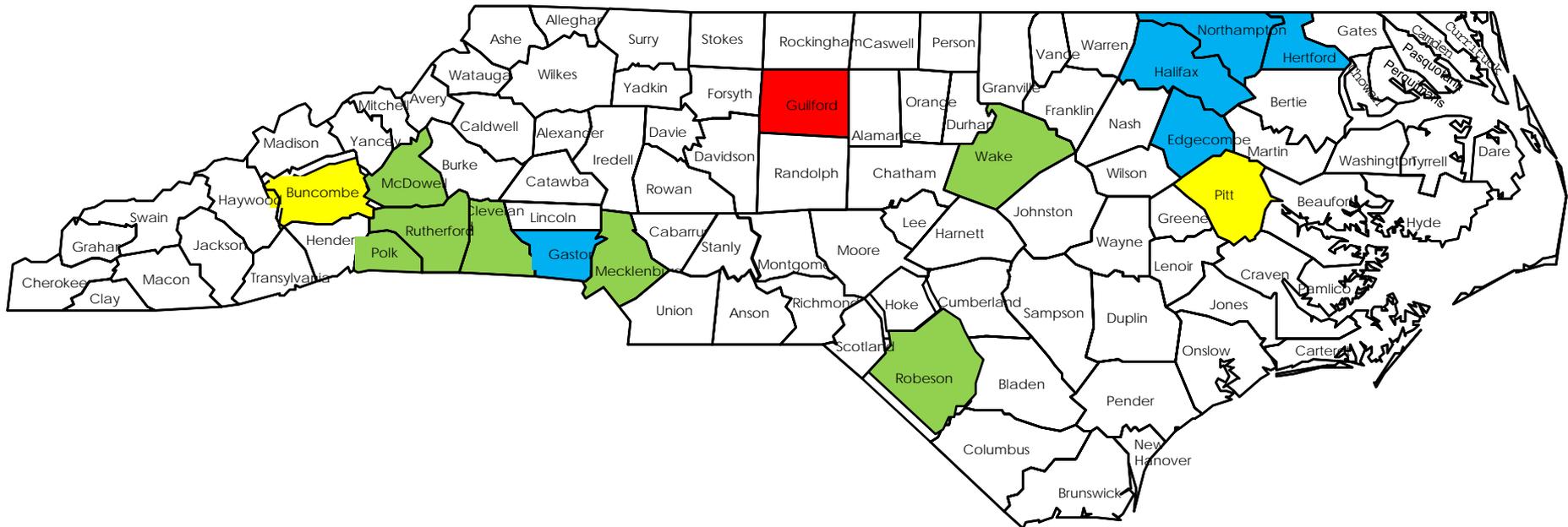
- Medicaid
- TANF/Public Welfare
- Child Abuse Prevention
- Juvenile Justice/Delinquency Prevention
- Substance Abuse and Mental Health
- Tobacco Settlement
- United Way
- School Readiness
- Private Philanthropy
- Title V/Maternal and Child Health Initiatives
- State, City and County General Funds
- Maternal, Infant and Early Childhood Home Visiting Program (federal)



Nurse-Family Partnership is a growing, national program



NFP In North Carolina as of October 2010





The National Service Office

- Prepares communities and agencies to implement Nurse-Family Partnership model with fidelity
- Educates nurse home visitors and nurse supervisors
- Provides ongoing clinical support
- Provides ongoing agency management and operations support
- Advocates for local political support and long-term resources
- Provides resources/training for marketing and community outreach
- Collects and evaluates data to ensure quality services and to guide quality improvement



"If there is any hope that Congress' new health care bill will put some restraints around the growth in medical costs, it rests in the part of the proposal that calls for rewarding programs that reshape how medicine gets practiced...the Administration has the chance to invest in one such program – the Nurse-Family Partnership – when it starts giving out \$1.5 billion in home health care grants..." 5.25.10



" We're all better off if we make the investment upfront. I would rather see us be involved early and have it be an educational situation, as opposed to no involvement and then become part of the criminal justice system."

Patrick Perez, sheriff of Kane County, IL and member of Fight Crime: Invest in Kids 4.14.10

TIME

"If you want to invest societal resources where they will have the biggest benefit for all of us, clearly the evidence is there now that protecting children from the worst kinds of deprivation in their youngest years will result in more functional, capable, prosocial citizens."

Martha Farah, director of the Center for Cognitive Neuroscience at the University of PA 3.2.09

THE NEW YORKER

"Infant development strategies, like other forms of social capital, are perversely distributed in America - fetishized in places where babies are fundamentally secure and likely to prosper, undervalued in places where babies are not. The NFP aims, in a fashion, at equalization."

Katherine Boo 2.6.06

Nurse-Family Partnership is Endorsed as a Model Program by

Coalition for Evidence-Based Policy

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Office of Juvenile
Justice & Delinquency
Prevention



PARTNERSHIP FOR AMERICA'S
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NIEER

National Institute on
Early Education
Research



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