Working Together to Ensure Healthier Families

Nurse-Family Partnership Overview
Nurse-Family Partnership is…

- An evidence-based, community health program
- Impacts 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
Trials of the Program
Dr. Olds’ research & development of NFP continues today…

1977
Elmira, NY
Participants: 400
Population: Low-income whites
Context: Semi-rural area

1988
Memphis, TN
Participants: 1,139
Population: Low-income blacks
Context: Urban area

1994
Denver, CO
Participants: 735
Population: Large portion of Hispanics
Context: Urban
Compares: Nurse & paraprofessionals
CONSISTENT RESULTS ACROSS TRIALS

- Improvements in prenatal health (especially reductions in smoking and hypertensive disorders)
- Reductions in children’s injuries
- Improvements in children’s language development and school readiness (among those born to low resource mothers)
- Reductions in children’s behavioral problems at school entry
- Reductions in children’s depression
- Reductions in children’s substance use in early adolescence
- Reductions in maternal behavioral impairment due to substance use
- Increased inter-birth intervals
- Increased maternal employment
- Reductions in welfare & food stamp use
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 (performance management 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

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Colorado Department of Human Services

Fiscal Agent

- Annual state tobacco appropriation, annual grant application and funding selection process, contracts including funding conditions, please contact.
- Finances/budgets including invoicing/Medicaid estimates, please contact Mary Webb Martin 303-866-5023 or maryw.martin@state.co.us

Nurse Consultation, Site Development and Program Advocacy

- Updates to site contact information and other miscellaneous administrative items, please contact Holly Ruud, Program Coordinator NFP at 303-839-1808 x 104 or hruud@iik.org.
- Community awareness and involvement, advocacy and lobbying, development and/or expansion of sites please contact Michelle Neal, Program Director NFP at 303-839-1808 x 101 or mneal@iik.org.
- Implementing the NFP curriculum, interpretation and use of the data, resources for nurses and clients please contact Michelle Neal.
- www.iik.org

Nurse Family Partnership

Nurse Training and Evaluation

- Scheduling participants for NFP education sessions and ordering NFP curriculum materials please contact the Nurse-Family Partner at www.nursefamilypartnership.org

University of Colorado

- The Nurse Home Visitor Act requires the University of Colorado at Denver Health Sciences Center to designate an entity to assist the State Board of Health in selecting, evaluating and monitoring sites. The University is this entity and subcontracts these responsibilities to the NFP National Service Office and Invest in Kids.
- www.ucdenver.edu
CO NFP Outcomes

• **17,100** families served in Colorado since the program began

• **49%** reduction in domestic violence during pregnancy

• **21%** reduction in smoking during pregnancy

• **32%** reduction in alcohol use during pregnancy

• **90%** of babies were born full term and 90% were born at a healthy weight – at or above 2500g (5.5 lbs.)

• **91%** breast feeding rate at birth

• **90 %** of children received all recommended immunizations by 24 months
For More Information

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