



STATE PROFILE 2012



NURSE-FAMILY PARTNERSHIP IN IOWA

Nurse-Family Partnership® (NFP) is an evidence-based, community health program that helps transform the lives of vulnerable mothers pregnant with their first child. Each mother served by NFP is partnered with a registered nurse early in her pregnancy and receives ongoing nurse home visits that continue through her child's second birthday. Independent research proves that communities benefit from this relationship — every dollar invested in Nurse-Family Partnership can yield up to five dollars in return.

NURSE-FAMILY PARTNERSHIP GOALS

1. Improve pregnancy outcomes by helping women engage in good preventive health practices, including thorough prenatal care from their healthcare providers, improving their diets, and reducing their use of cigarettes, alcohol and illegal substances;
2. Improve child health and development by helping parents provide responsible and competent care; and
3. Improve the economic self-sufficiency of the family by helping parents develop a vision for their own future, plan future pregnancies, continue their education and find work.

Positive Outcomes for Clients Served by Iowa's Nurse-Family Partnership

88% of babies were born full term

91% of children were born at a healthy weight - at or above 2500 g (5.5 lbs)

77% of mothers initiated breastfeeding and **39%** continued to breastfeed at child age 6 months

CLIENT DEMOGRAPHICS

At intake

Median age: 17
84% Unmarried
58% Medicaid recipients
Cumulative data as of Sept. 20, 2011

Race

45% White
35% Black or African American
10% No Response
6% Asian
4% Multi-racial

Ethnicity

73% Non-Hispanic/Latina
26% Hispanic/Latina
1% Declined to self-identify/
No response

Data Oct. 1, 2010 - Sept. 30, 2011.
All data is client self-identified.



In Iowa, Nurse-Family Partnership serves clients in Des Moines and Polk County.

IMPLEMENTING AGENCY CONTEXT

The Visiting Nurse Services (VNS) Iowa NFP program serves Polk County because of its continued high infant mortality among African-American and Vietnamese populations. VNS has been providing services to women and children since its inception in 1908. Through a variety of programs, VNS serves

approximately 22,000 participants per year and is the designated MCH (Title V) agency for Polk County. VNS collaborates with many organizations in Polk County to provide a broad array of services to the maternal child population. VNS also operates the Healthy Start Project and spearheaded efforts to provide continuity and a systematic approach to referrals among and across community agencies and programs.

VNS utilizes a centralized intake and assessment process for all agency referrals including MCH Title V and Healthy Start case management services.

FUNDING CONTEXT

Funding for the VNS NFP program is through Substance Abuse and Mental Health Services Administration (Project Launch) and through the United Way's ongoing support of their work with pregnant teens. VNS leadership has a long history of identifying unmet needs in their community and working closely with and contracting with the Iowa Department of Health, Iowa Department of Human Services, Polk County Health Department, Des Moines School District and County Attorney.

In addition to Polk County, VNS also operates outreach assistance to connect families to services in Clinton and Jackson Counties. VNS continues to serve a significant number of non-English speaking participants. They employ bilingual outreach specialists to provide outreach and interpretation services for other community providers as well in Spanish, Vietnamese, Arabic, Nuer, Burmese, Somali, Swahili, Karen and Chin.

PUBLIC HEALTH PROGRAM WITH POSITIVE, MEASURABLE RESULTS

Nurse-Family Partnership is a rare community health program that has been documented to achieve lasting significant effects through multiple, well-designed randomized, controlled trials. Positive outcomes from over 30 years of longitudinal studies suggest that if our clients-low-income, first-time mothers-follow the program and work with their nurse, they can transform their lives and the lives of their children.

NATIONAL RECOGNITION

- The Washington State Institute for Public Policy and The RAND Corporation estimate that investments in Nurse-Family Partnership can lead to significant returns to society and government. Every dollar invested in the program can yield a return of \$3.23, and up to five dollars in return for the highest risk families served.
- In an August 2011 report, the non-profit, non-partisan Coalition for Evidence-Based Policy rated the eight models available to states through the new Maternal, Infant and Early Childhood Home Visiting program grant. Nurse-Family Partnership was the only model ranked as having a "strong" level of confidence that it will produce meaningful improvements for society.

ESTABLISHED: 2010
FAMILIES SERVED: 167



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