



*“I didn’t have family. This is my first child and I didn’t have any experience. I was worried about how I can take care of the baby and all the problems I had during the pregnancy. When I got diabetes in pregnancy my nurse came to help me. I was very happy when I heard about Nurse-Family Partnership and when I heard it was free. I am happy and I can take care of my baby really well now.”*

- MONICA  
NFP Client

## STATE PROFILE 2011

## NURSE-FAMILY PARTNERSHIP IN TEXAS



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 Texas’ Nurse-Family Partnership

**90%** of babies were born full term

**90%** of babies were born at a healthy weight - at or above 2500 g (5.5 lbs)

**86%** of mothers initiated breastfeeding

**83%** of children received all recommended immunizations by 12 months

### CLIENT DEMOGRAPHICS

#### At intake

Median age: 18

88% Unmarried

52% Hispanic

33% African American

11% Non-Hispanic White

3% Multiracial/other

1% Native American

1% Asian

Data as of September 2010



In Texas, Nurse-Family Partnership (NFP) is currently serving clients in 22 counties, including: Bexar, Chambers, Crosby, Dallas, El Paso, Floyd, Fort Bend, Galveston, Garza, Hale, Hardin, Harris, Hockley, Jefferson, Lamb, Lubbock, Lynn, Orange, Tarrant, Terry, Travis and Williamson.

#### IMPLEMENTING AGENCY CONTEXT

The Dallas Foundation and TexProtects were instrumental in bringing the first Nurse-Family Partnership to Texas in 2006 at the YWCA of Metropolitan Dallas.

In May 2007, the Texas House of Representatives unanimously approved S.B. 156, following the Texas Senate's unanimous vote in April 2007. The \$7.9 million allocation established a competitive grant program managed through the Texas Health and Human Services Commission aimed at expanding NFP services.

NFP Implementing Agencies in Texas include city and county public health departments, private child welfare agencies, child abuse prevention programs, agencies serving economically disadvantaged women, hospital systems, a State University School of Nursing and a Medicaid Managed Care Plan.

#### FUNDING AND POLITICAL CONTEXT

The Texas Nurse-Family Partnership advocacy effort was led by two members of the Dallas Nurse-Family Partnership Steering Committee: Madeline McClure, Executive Director of TexProtects, and John Castle, Chairman of the Dallas Foundation. Because of their leadership, Lt. Governor David Dewhurst added Nurse-Family Partnership to his Families First 2007 Legislative agenda. Soon after that, Senator Florence Shapiro and Representative Jerry Madden introduced S.B. 156 and H.B. 424 to expand NFP

in Dallas and add an additional 10 agencies in high-need areas across the state.

Funding approved by the 80th Session of the Texas Legislature is a 2:1 combination of Temporary Assistance to Needy Families (TANF) and General Revenue. A local match of 10 percent is required for each site.

The 81st Session of the Texas Legislature approved funding of \$17.8 million for the 2010-2011 Biennium. This included an increase to serve an additional 200 families.

#### PUBLIC HEALTH PROGRAM WITH PROVEN AND MEASURABLE RESULTS

##### Societal Benefits

Nurse-Family Partnership is a rare community health program that has been documented to achieve lasting and significant effects through multiple, well-designed randomized, controlled trials. More than 30 years of research proves that it works. This evidence shows our clients — low-income, first-time mothers — that if they follow the program and work with their nurse, they can transform their lives and the lives of their children. Moreover, independent policy research makes clear that every public health dollar policymakers and communities invest in Nurse-Family Partnership could realize up to five dollars in return.

##### National Recognition

- Reduction of subsequent pregnancies during NFP program implementation has been documented in a new, independent study of NFP in Pennsylvania. Dr. David Rubin found that NFP had significant effects on pregnancy spacing (a.k.a. birth intervals). The program's effect on pregnancy planning was especially strong among mothers younger than age 18, emerged after an implementation period of three years in both urban and rural locations.
- The non-profit, non-partisan Coalition for Evidence-Based Policy finds "strong evidence of effects on life outcomes of children and mothers" in NFP — findings that are consistent with the results of an authoritative evidence review published in *The Lancet*, one of the top medical journals.

ESTABLISHED: 2006  
FAMILIES SERVED: 2,790



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