



## STATE PROFILE 2013



## NURSE-FAMILY PARTNERSHIP IN WASHINGTON

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 more than 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 Washington State's Nurse-Family Partnership

**92%** of babies were born full term and 93% were born at a healthy weight - at or above 2500g (5.5 lbs)

**20%** reduction in smoking during pregnancy

**35%** of mothers who entered the program without a diploma/GED have since earned one, and another 24% are working toward obtaining one

**95%** of mothers initiated breastfeeding

### CLIENT DEMOGRAPHICS

#### At intake

Median age: 18  
90% Unmarried  
88% Medicaid recipients  
Cumulative data as of Sept. 30, 2012

#### Race

54% White  
13% Declined to self-identify  
13% Black or African American  
4% American Indian/Alaska Native  
11% Multi-racial  
2% Native Hawaiian/Pacific Islander  
3% Asian

#### Ethnicity

32% Hispanic/Latina  
64% Non-Hispanic/Latina  
4% Declined to self-identify/  
No response

Data Oct. 1, 2010 - Sept. 30, 2012.  
All data is client self-identified.



In Washington, Nurse-Family Partnership is currently serving clients in 10 counties: Clark, Jefferson, King, Mason, Pierce, Skagit, Snohomish, Spokane, Thurston and Yakima.

#### IMPLEMENTING AGENCY CONTEXT

Nurse-Family Partnership is operated individually by the local public health departments/districts for the county, except in Yakima where it is operated collaboratively by Yakima Memorial Hospital and Yakima Valley Farm Workers Clinic, and in Snohomish County, where the NFP program operates out of the Little Red School House.

NFP began in three counties in Washington with a total of six nurses in 1999 and continues to expand. All agencies participate in the Washington State consortium that meets quarterly. The consortium meets to discuss fidelity to the model, solve issues facing



individual agencies, review data, and support NFP implementation across the state.

#### FUNDING AND POLITICAL CONTEXT

Each of the implementing agencies have a number of different funding sources. Funding sources include: First Steps (a state defined Medicaid service), state general-fund and private dollars through the Thrive by Five Home Visiting Services Account grants, city and county funds, local agency support, private foundations, nonprofit agencies, federal grants, and the

federal Maternal, Infant and Early Childhood Home Visiting Program.

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

##### Societal Benefits

Nurse-Family Partnership is a rare community health programs that is based on evidence from randomized, controlled trials – more than 35 years of research proves that it works. This evidence shows our clients – eligible 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 for policymakers and communities they serve that for every public health dollar they invest in a Nurse-Family Partnership program, they could realize more than five dollars in return.



##### National Recognition

- The Washington State Institute for Public Policy, The RAND Corporation and The Brookings Institution have all concluded that investments in Nurse-Family Partnership lead to significant returns to society and government, giving taxpayers a \$2.88-\$5.70 return per dollar invested in the program.
- The Partnership for America's Economic Success finds investments in early childhood programs, such as Nurse-Family Partnership, to be stronger investments than state business subsidies when viewed from a long-term, national perspective.
- Office of Juvenile Justice & Delinquency Prevention (OJJDP) recognizes Nurse-Family Partnership as an Exemplary Model Program.
- The non-profit, non-partisan Coalition for Evidence-Based Policy finds "strong evidence of effects on life outcomes of children and mothers" by Nurse-Family Partnership.

ESTABLISHED: 1999  
FAMILIES SERVED: 5,346



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