



Nurse-Family  
Partnership

*Helping First-Time Parents Succeed*<sup>SM</sup>

Nurse-Family  
Partnership in  
Texas





"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, Ph.D., Founder,  
Nurse-Family Partnership

# Why NFP

Our nurses change the future for the most vulnerable babies born into poverty in the United States, and their mothers.



A woman with long brown hair, wearing a blue denim shirt, is holding a young child in a red and blue plaid shirt. The woman has a large white flower in her hair. They are outdoors in a grassy area with trees in the background. A semi-transparent dark grey box is overlaid on the right side of the image, containing text.

# NFP Goals

Improve Pregnancy Outcomes

Improve Child Health  
and Development

Improve Economic  
Self-Sufficiency of the Family



# The How

**EXPERT:**

Specially-trained nurses

**PROVEN:**

Extensive and  
compelling evidence

**INTENSIVE:**

Pregnancy through  
age 2

**TIMELY:**

First 1000 days

# NFP Nurses

Registered Nurses

Specializing in  
Community Health  
Nursing Practice

Receive Extensive  
Education in the  
Model



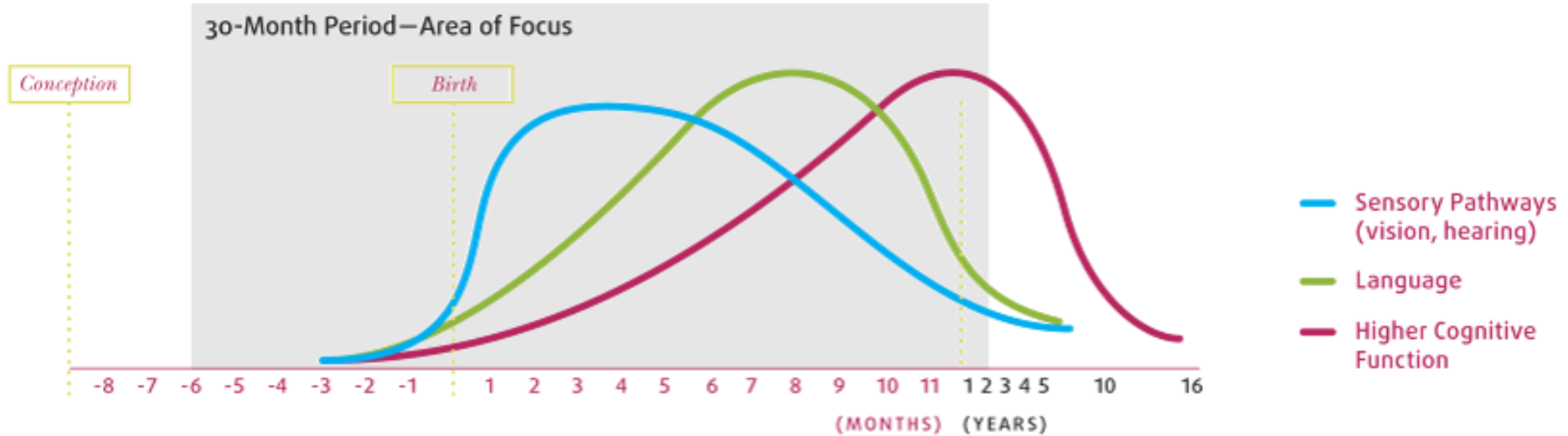
# The First 1,000 Days

A blurred background image showing two women standing in a doorway, engaged in conversation. The woman on the left is wearing a striped shirt, and the woman on the right is wearing a dark jacket. The scene is dimly lit, with light coming from the doorway behind them.

- Early experience influence the developing brain
- Toxic affects of chronic stress
- Adversity can lead to lifelong problems
- Early intervention can prevent consequences
- Stable, caring relationships essential for development

# Human Brain Development

Synapse formation dependent on early experiences



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



# Home Visit Overview

A photograph of a pregnant woman's belly, which is the central focus of the image. The belly is wrapped in a red and grey striped cloth. Two hands are visible, one at the top and one at the bottom, gently touching the belly. The background is a soft, out-of-focus light color.

## 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



# NFP Research

1977 Elmira, NY

Participants: 400

Population: Low-income, white

Studied: Semi-rural area

1990 Memphis, TN

Participants: 1,139

Population: Low-income, black

Studied: Urban area

1994 Denver, CO

Participants: 735

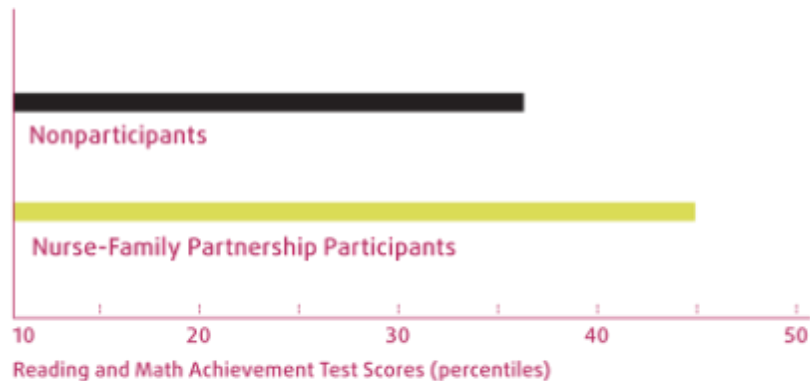
Population: Large Hispanic representation

Studied: Nurse and paraprofessionals

# Trial Outcomes

## Academic Achievement

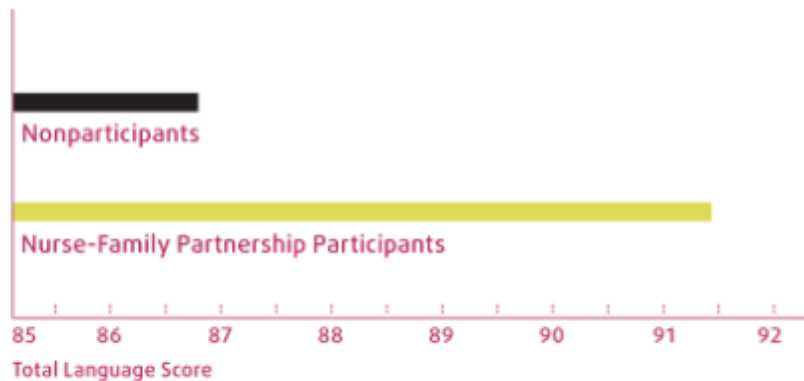
Grades 1-3, Age 9—Memphis  
(Born to low-resource mothers)



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)

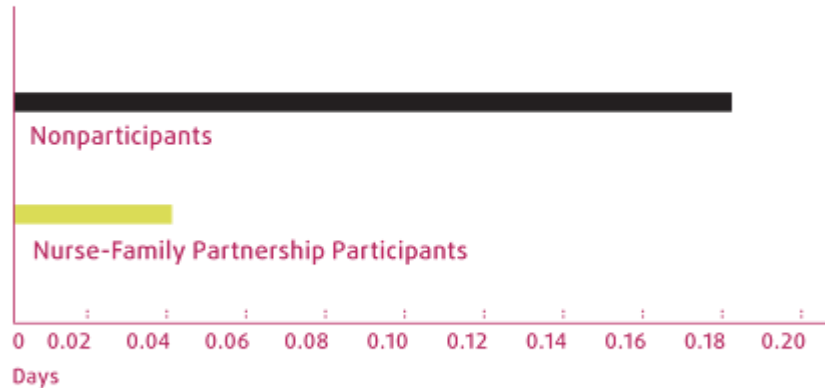


Source: Reproduced with permission from *Pediatrics*, Vol. 114, 1565, Copyright © 2004 by the AAP.

# Memphis Trial Outcomes

## Days Hospitalized for Injuries

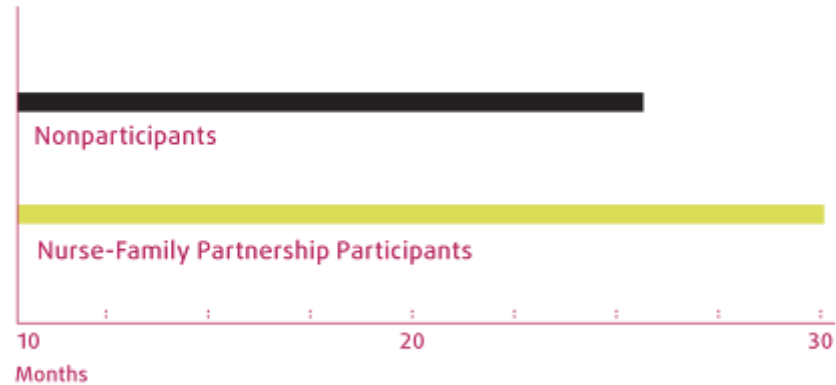
Birth to age 2—Memphis



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

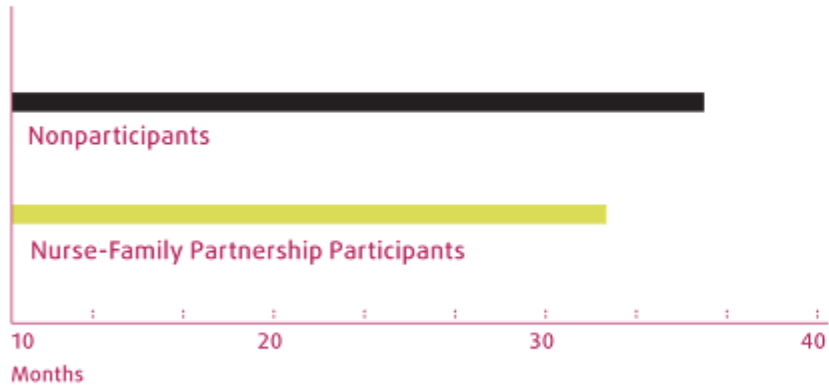


Source: *JAMA*, 2000, Vol. 283, 1987, Copyright © 2000, American Medical Association. All rights reserved.

# Memphis Trial Outcomes (Cont)

## Months Receiving Welfare Assistance (AFDC)

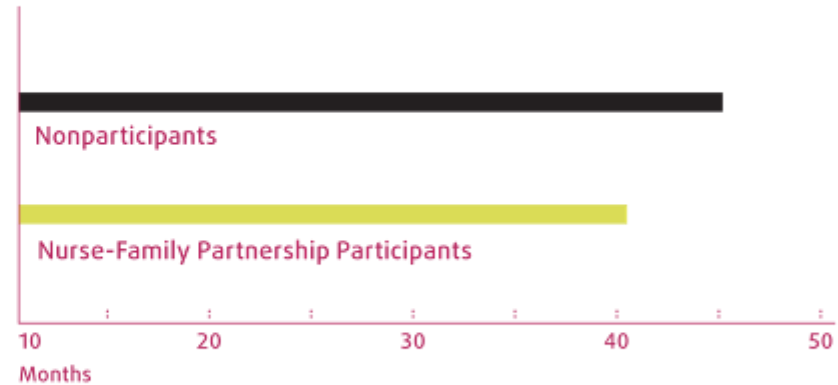
Birth through age 5—Memphis



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.



Every dollar  
invested in  
NFP can yield  
**up to \$5.70**  
in return.

# NFP Projected Outcomes

## PIRE Report by Dr. Ted R. Miller

Based on 177,517 pregnant women enrolled in NFP from 1996-2013, Miller projects that by 2031, NFP will prevent an estimated:

- 500 infant deaths
- 10,000 preterm births
- 13,000 dangerous closely-spaced births
- 42,000 child maltreatment incidents
- 36,000 intimate partner violence incidents
- 90,000 violent crimes by youth
- 41,000 cases of youth substance abuse



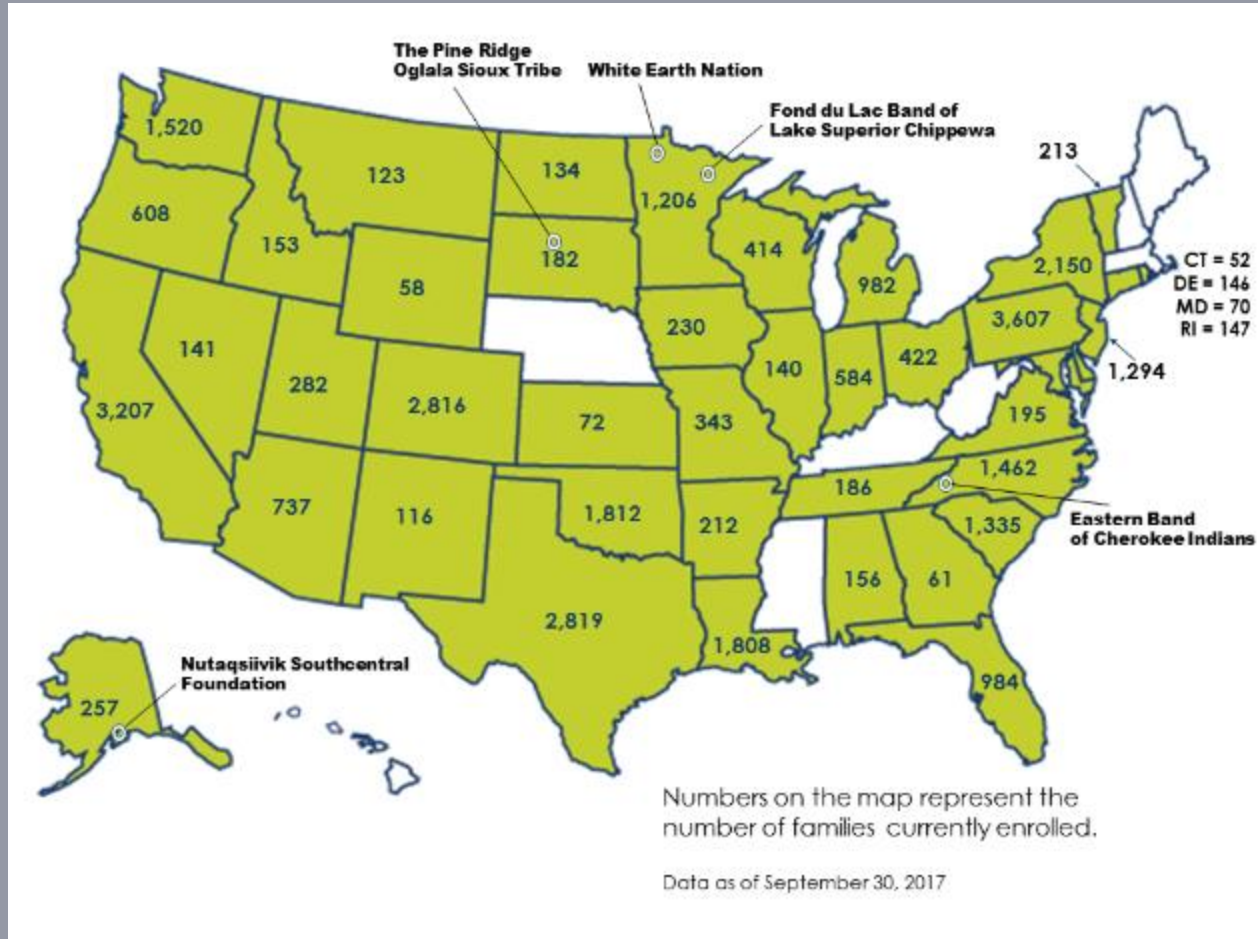
Number of families served since replication began in 1996:  
**269,311**

Number of families currently enrolled:  
**34,467**

Number of nurse home visitors:  
**1,867**

Number of counties where the program is serving clients:  
**586**

Number of states where the program is serving clients:  
**42 + U.S. Virgin Islands**





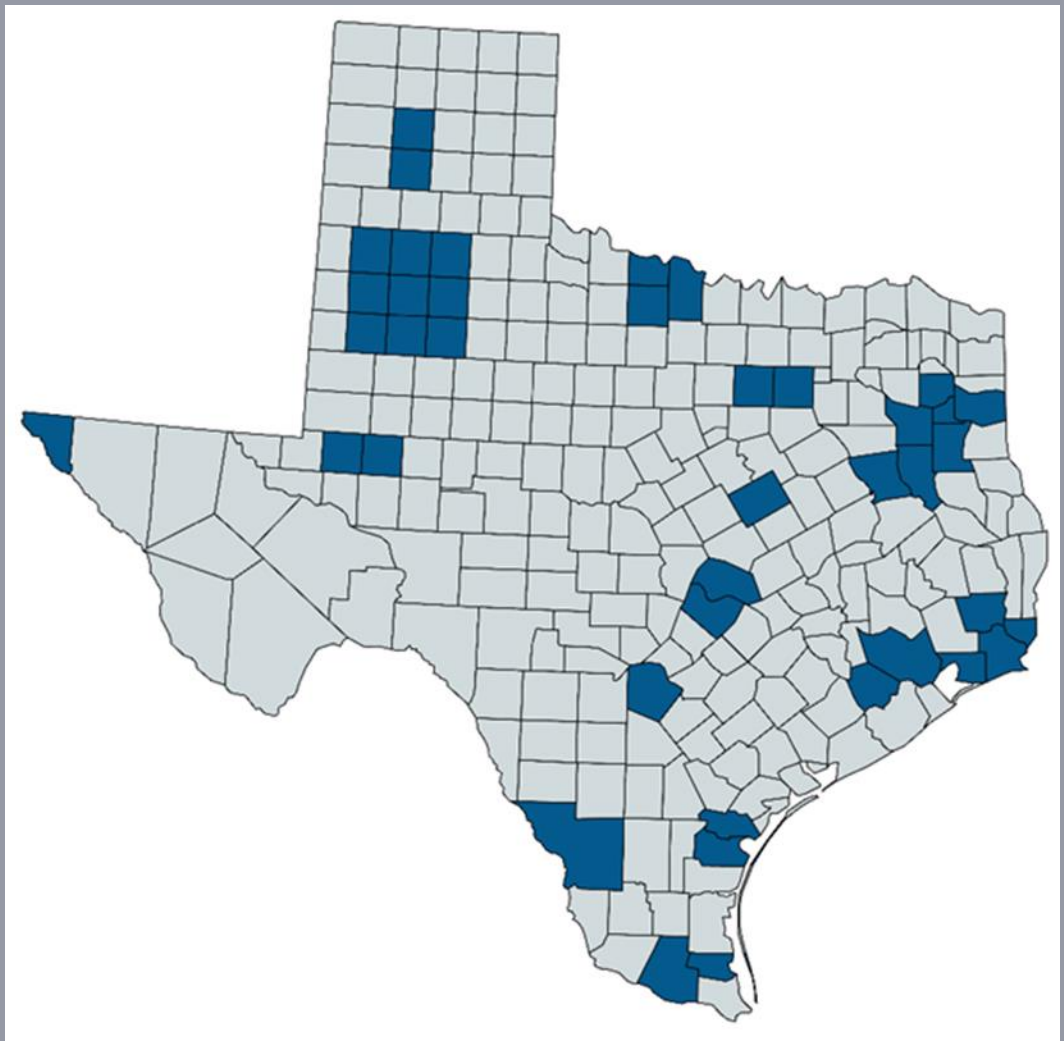
# Nurse-Family Partnership in Texas

Number of families served since  
2006: 12,736

Number of families currently  
enrolled: 2,793

Number of nurse home visitors:  
123

Number of counties where the  
program is serving clients:  
41





Texas

# NFP Outcomes

- 10.7% of births occurred before 37 weeks
- 11.4% low birth weight
- 92.2% initiate breastfeeding at birth
- 25.9% clients have a subsequent pregnancy at 24 months



# Texas NFP Outcomes

- 96.2% of children are up-to-date with immunizations at 24 months
- 61.6% of clients who were working at child's age 24 months and were 18 years or older at intake

A pregnant woman is shown from the waist up, wearing a sleeveless, light-colored dress with a dark floral pattern. She is standing in a field of tall, golden grass, and her hands are resting on her belly. The background is a soft, warm glow from a setting or rising sun, creating a serene and natural atmosphere.

# Nurse-Family Partnership Budget

- Approximately \$16 million in TANF and Maternal Infant and Early Childhood Home Visiting Dollars
- Each site comes up with 10-25% of operating costs with local dollars
- 2019 Legislative Ask: Increase of \$4 million to serve 800 additional families across the state



Questions?

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