



# NURSE-FAMILY PARTNERSHIP IN SPOKANE COUNTY

Nurse-Family Partnership (NFP) is an evidenced-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 to receive home visits prenatally through the baby's second birthday. Mothers, babies, families and the Spokane community all benefit.

*Spokesman-Review*

## Nurse-Family Partnership Goals

1. Improve pregnancy outcomes by helping women engage in good preventive health practices; access appropriate prenatal care; improve diet; and reduce use of cigarettes, marijuana, alcohol, and other illegal substances.
2. Improve children's health and development by helping parents provide responsible and competent care and reduce the risk of abuse and neglect.
3. Improve the economic self-sufficiency of the family by helping parents develop a vision for their own future, plan future pregnancies, continue education and find work.

## Positive Outcomes for Spokane

- 92% of children up to date on immunizations at 24 mos.
- 91% babies born full-term
- 97% mothers initiated breastfeeding
- 36% mothers obtained diploma/GED degree
- 10% subsequent pregnancy at 12 months postpartum
- 3% subsequent pregnancy at 6 months postpartum

## Mom's Demographics

- Median Age: 20
- 43% 19 years old or younger
- 60% completed high school
- 84% unmarried
- 90% receive Medicaid
- 60% food assistance
- 90% WIC
- 40% Temporary Assistance for Needy Families



Nurse-Family Partnership Program  
srhd.org | 509.324.1621 | facebook.com/nfpospokane

## NFP in Spokane County

**“Nurse Family Partnership in Spokane County is reaching less than 20% of eligible families.”**

- Susan Schultz, manager

Spokane Regional Health District’s Nurse Family Partnership program began in 2008. Public health nurses provide home visits to eligible clients at no cost to participants. It is funded from a federal Maternal, Infant and Early Childhood Home Visiting grant that must be re-authorized in September 2017 for funding to continue. Additional funding comes from Washington State Department of Social and Health Services, local dollars, and generous community donors.

## Recognition

*“Programs such as the Nurse-Family Partnership — in which nurses visit first-time, low-income mothers to provide information on nutrition and parenting — may be a more focused (and cost-effective) way to increase the school readiness of at-risk kids.”*

— Michael Gerson, “Discipline, With Love,” *Washington Post*

*“...the Nurse-Family Partnership, one of my favorite groups fighting poverty in America. It sends nurses on regular visits to at-risk first-time moms. The nurses warn about alcohol or drug abuse and encourage habits of attentive parenting, like reading to the child.”*

— Nicholas Kristof, “Cuddle Your Kid!” *The New York Times*

*“Another example is the Department of Health and Human Services’ Home Visiting Program. It funds evidence-based approaches to home visiting, such as the Nurse-Family Partnership, to help first-time, low-income mothers ensure their children are healthy and ready to learn. As a result, more disadvantaged mothers are receiving quality help at a critical period in their children’s lives.”*

— American Enterprise Institute

*“<Spokesman article> highlights the value of voluntary home visiting in reducing child abuse neglect. When we reduce child abuse and neglect we cut crime...high-quality home visiting can cut child abuse and neglect in half.”*

— Chief Craig Meidl, *City of Spokane Police Department, Spokesman Review*,

## Nurse-Family Partnership

### H I G H L I G H T S

#### *Spokane County*

- Established in 2008 ·
- 921 families served ·
- 175 capacity when fully staffed ·

#### *Nationally*

NFP is a national program with involvement in almost every state.

Based on a review of 41 NFP evaluation studies, Dr. Ted Miller of the Pacific Institute for Research and Evaluation predicts that, nationwide, every dollar invested in NFP will yield a return on investment to government of \$2.90 and to society of \$6.40.

