

Working Together to Ensure Healthier Families

Nurse-Family Partnership Overview



Nurse-Family Partnership is...

- An evidence-based, community health program developed by Dr. David Olds @ University of Colorado in 1977
- Transforming lives of vulnerable first-time mothers living in poverty
- Improving prenatal care, quality of parenting and life prospects for mothers by partnering them with a public health nurse

Every dollar invested in Nurse-Family Partnership can yield
up to five dollars in return.



"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, PhD, Founder,
Nurse-Family Partnership



Trials of the Program

Dr. Olds' research & development of NFP continues today...



1977

Elmira, NY

Participants: **400**

Population: **Low-income whites**

Studied: **Semi-rural area**



1988

Memphis, TN

Participants: **1,139**

Population: **Low-income blacks**

Studied: **Urban area**



1994

Denver, CO

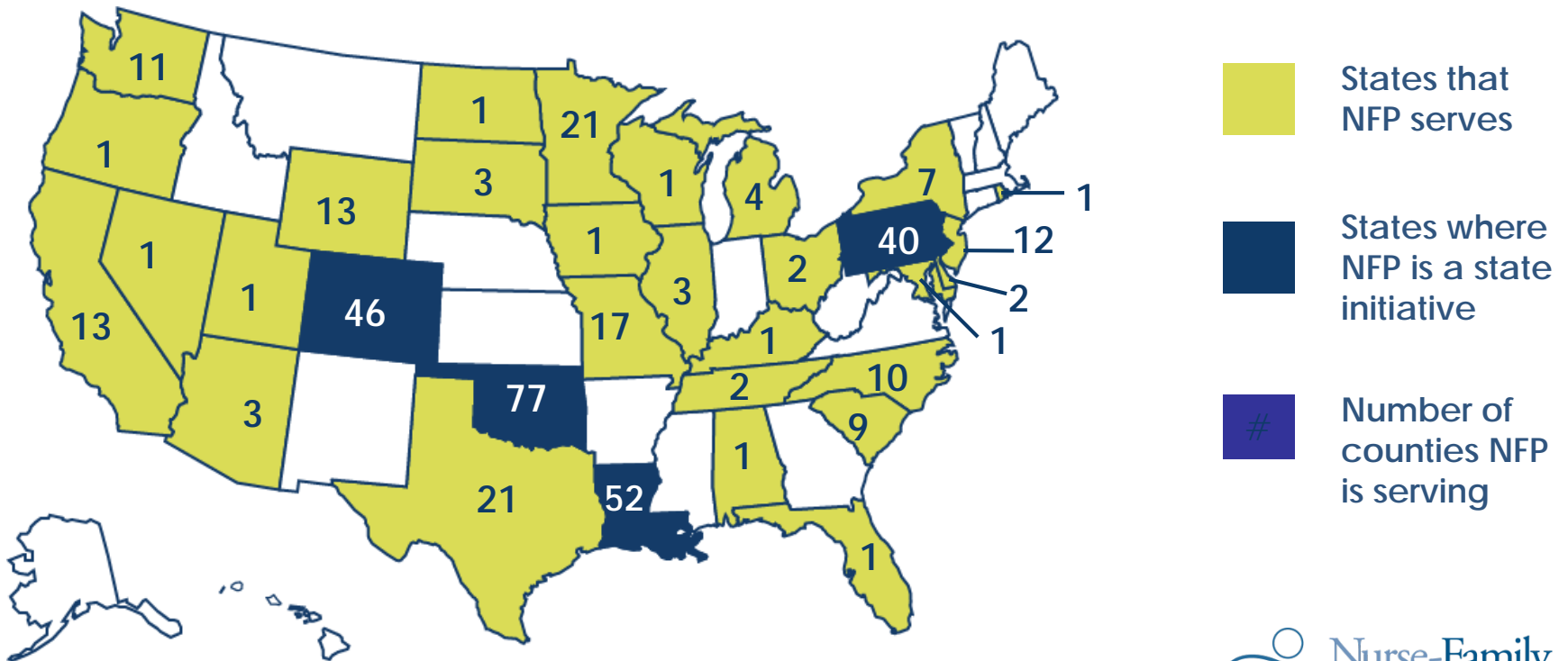
Participants: **735**

Population: **Large portion of Hispanics**

Studied: **Nurse and paraprofessionals**

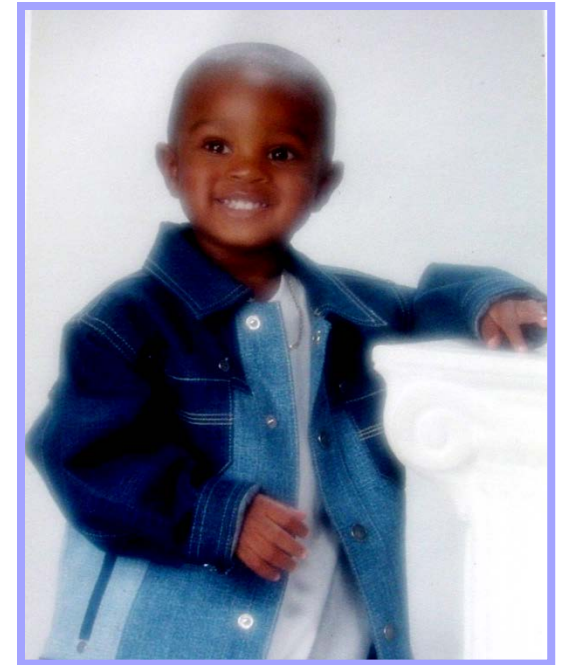


Nurse-Family Partnership is a growing, national program



Healthy People 2020 Leading Indicators

- Physical Activity
- Overweight and Obesity
- Tobacco Use
- Substance Abuse
- Responsible Sexual Behavior
- Mental Health
- Injury and Violence
- Environmental Quality
- Immunizations
- Access to Health Care





Program Goals

- Improve pregnancy outcomes
- Improve child health and development
- Improve parents' economic self-sufficiency

Key Program Components

- First-time, at-risk mothers
- Public Health Nurses
- Intensive services (intensity, duration)
- Focus on behavior
- Program fidelity

Why Nurses?

- Knowledge, judgment and skills
- High level of trust, low stigma
- Credibility and perceived authority
- Nursing theory and practice at core of original model

Participants Must Be:

- First time pregnant (expecting 1st baby)
- No More than 16 weeks pregnant
- Low income
- Reside in LA County



- **During Pregnancy**
 - Every week for the first 4 weeks
 - Every other week until delivery

- **After the Baby is Born**
 - Once a week for 6 weeks
 - Twice a month until 21 months old
 - Once a month until baby's 2nd Birthday



Home Visit Overview

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

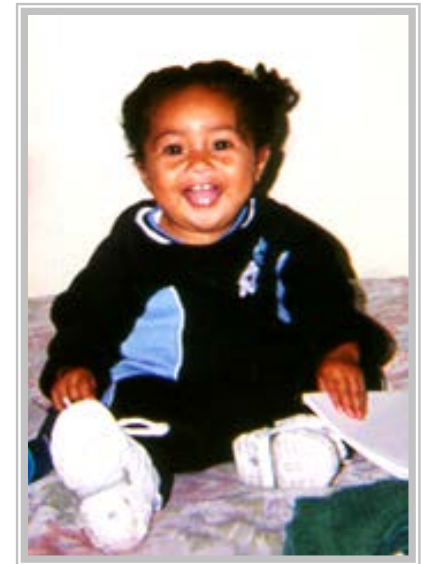
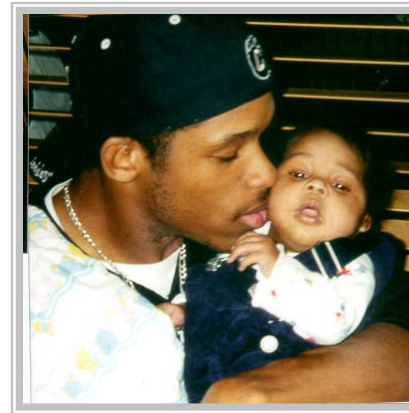
Personal network
Relationships
Assistance with Childcare

Health and Human Services

Service Utilization

-PHN-NFP Typical Day

-Case Scenario



"The Nurse-Family Partnership empowers first-time mothers with the resources and knowledge to provide an environment in which children can reach their full potential."

**Former U.S. Senator
Arlen Specter (R-PA)**

"The success of the Nurse-Family Partnership is undeniable: this program should be expanded to every community in this country, not just a select few."

**Ken Salazar, Interior
Secretary**

"I am very proud that Milwaukee was chosen to be a Nurse-Family Partnership site because this is a proven cost-effective investment in the well-being of children and families."

**Milwaukee Mayor
Tom Barrett**

"This program saves money. It raises healthy babies and creates better parents. It reduced childhood injuries and unintended pregnancies, increased father involvement and women's employment, reduced use of welfare and food stamps, and increased children's school readiness."

Barack Obama, U.S. President





For More Information

Maternal Child and Adolescent Health
Nurse Family Partnership
600 S. Commonwealth
Los Angeles, CA 90005
213-639-6433 or 213-639-6434

<http://lapublichealth.org/mch/index.htm>

Nurse-Family Partnership is Endorsed as a Model Program by

Coalition for Evidence-Based Policy
A Project Sponsored by



Washington State
Institute for
Public Policy

World Health
Organization



Office of Juvenile
Justice & Delinquency
Prevention



PARTNERSHIP FOR AMERICA'S
ECONOMIC SUCCESS

NIEER

National Institute on
Early Education
Research

For More Information on MCAH

<http://lapublichealth.org/mch/index.htm>

