



# Nurse-Family Partnership

*Helping First-Time Parents Succeed*®

Better Worlds Start with Great  
Mothers. And Great Mothers  
start with Us.





"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 of Nurse-Family Partnership  
Professor of Pediatrics at University of Colorado



# Overview

- An evidence-based, community health program  
Dr. David Olds @ University of Colorado in 1977
- Improving prenatal care, quality of parenting and life prospects for mothers by partnering them with a registered nurse

Every dollar invested in Nurse-Family Partnership can yield up to \$5.70 in return



# GOLD STANDARD RESEARCH



1977  
Elmira, NY  
400  
Low-income whites  
Semi-rural area



1990  
Memphis, TN  
1,138  
Low-income blacks  
Urban area



1994  
Denver, CO  
735  
Large proportion of Hispanics  
Nurses and paraprofessionals





## TRIAL OUTCOMES

The following outcomes have been observed among participants in at least one of the trials of the program:

**48%** reduction in child abuse and neglect

**56%** reduction in ER visits for accidents and poisonings

**50%** reduction in language delays of child age 21 months

**67%** less behavioral/intellectual problems at age 6

**79%** reduction in preterm delivery for women who smoke

**32%** fewer subsequent pregnancies

**82%** increase in months employed





# 280,000+

## FAMILIES SERVED

Since replication began in 1996

# 41 STATES

the U.S. Virgin Islands  
and some Tribal communities

# 5X \$ RETURN

Every \$1 invested in NFP saves  
\$5.70 in future costs for the  
highest-risk families served



# OUR VISION

A future where all children are healthy, families thrive, communities prosper and the cycle of poverty is broken.





## KEY GOALS

- Improve Pregnancy Outcomes
- Improve Child Health and Development
- Improve Economic Self-Sufficiency of the Family





# Key Components

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



## Enrollment Criteria

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- First time pregnant (expecting 1<sup>st</sup> baby)
- No more than 28 weeks pregnant. The earlier the better.
- Resides in Los Angeles County



# Multipilot Program

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## Enrollment Criteria

- Pregnant and parenting with a minimum of one secondary risk factor.





Measurement  
of  
success





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Nurse Family Partnership Program  
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<https://www.nursefamilypartnership.org/>

For more information on Maternal, Child and Adolescent Health

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

