

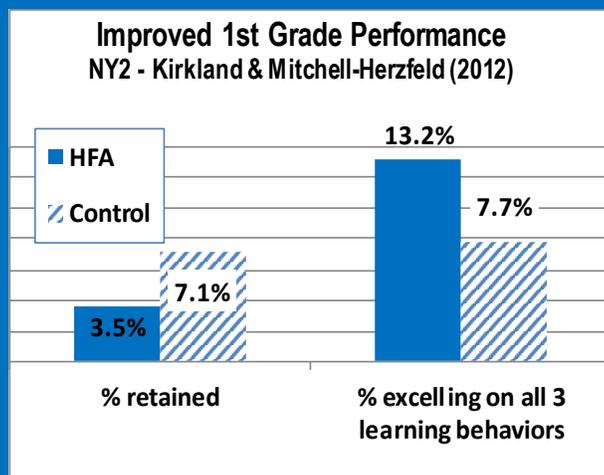
Healthy Families America is an effective and proven early childhood home visiting model with positive impacts in eight areas essential for children. Currently nearly 100,000 families are served by over 550 Healthy Families America sites in 37 states, the District of Columbia, American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, the US Virgin Islands and Canada. [Learn more about home visiting at homvee.acf.hhs.gov](http://homvee.acf.hhs.gov)

HFA nurtures the parent-child relationship to promote child well-being and prevent adverse childhood experiences (ACEs) especially child abuse and neglect. A child's first relationships and earliest experiences lay the foundation for health and well-being across the entire lifespan, which is the core of an Infant Mental Health approach.

SCHOOL READINESS & ADJUSTMENT

The largest long-term rigorous study of HFA to date shows impacts on academic success, with more children in gifted programs, fewer retained in first grade, and fewer receiving special education services. HFA also increased positive learning behaviors (works and plays cooperatively, follows oral directions and rules, and completes work on time).¹

These results are consistent with other studies reporting early indicators of children who are ready to learn, including higher scores for HFA children compared to controls on tests of cognitive development¹⁵ or developmental screening¹⁶ at age 1 or 2 years, and fewer behavioral problems¹⁷.



CHILD ABUSE & NEGLECT

Parents' self-reports provide a powerful measure of child Maltreatment. Several rigorous studies show reductions in harsh parenting, neglect, physical abuse, and psychological abuse measured from one to seven years², and increased use of non-violent discipline³.

Studies also show reduced rates of substantiated maltreatment⁴, with strongest results for subgroups such as first-time moms who enrolled prenatally⁵, moms who are not depressed⁶, parents with prior CPS involvement⁷, and those who received the recommended number of visits⁸.

CHILDREN'S HEALTH

HFA improves birth outcomes, including low birth weight, a problem with tremendous public and personal costs. When moms enroll in HFA before the third trimester, multiple studies report positive impacts on birth weight⁹, and fewer birth complications¹⁰. HFA has also been shown to increase breastfeeding¹¹.

HFA improves parents' access to health care for their child by helping them:

- ◇ obtain insurance coverage¹²,
- ◇ complete well-baby visits¹³, and,
- ◇ establish a medical home for routine and preventive health care needs¹⁴.

THE BOTTOM LINE: Healthy Families America nurtures child development, including long-term improvements in children's school performance, and prevents *adverse childhood experiences* (ACEs) such as child abuse and neglect. These outcomes have been shown in rigorous studies in multiple states.

References: available at:

healthyfamiliesamerica.org/impact-briefs/

More Information: Go to healthyfamiliesamerica.org to read more about HFA's positive impacts for children and communities.