



**SAN MATEO  
COUNTY HEALTH**

All together better.

# Family Health Services: Our Journey Towards Evidence-Based Programs in Home Visiting

Anand Chabra, MD, MPH

Medical Director, Family Health Services

May 19, 2022



# Acknowledgements

The Home Visiting Staff and Supervisors in FHS HV programs

Special thanks to Kristine Averilla, Guillermo Vasquez, Maribeth Viray, Amy Lam-Bonilla

## Funders



# Where Do We Stand Now?

Family Health Services has 2 full-service evidence-based home visiting programs, Nurse-Family Partnership (started 2012) and Healthy Families San Mateo (started 2019).

The Prenatal Advantage/Black Infant Health program (started 1991) is evidence-informed and based on learnings from the State-funded BIH program. It uses the evidence-based Triple P (Positive Parenting Program) curriculum.

Evidence-based interventions used in our pediatric home visiting team include the Triple P parenting curriculum and the Asthma Management Academy (AsMA) curriculum. Children & Family Services public health nurses use the SafeCare evidence-based curriculum. Other evidence-based curricula are under consideration for the pediatric team.

27 out of 51 home visitor positions are in a full-service evidence-based model.



"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





## Nurse-Family Partnership is...

- An evidence-based, community health program
- Improving prenatal care and pregnancy outcomes, quality of parenting and life prospects for mothers by partnering them with a registered nurse
  1. **Improve pregnancy outcomes:** Help women practice sound health-related behaviors, including: obtaining good prenatal care from their healthcare provider; improving their diet; and reducing personal health behaviors that can affect a child such as the use of cigarettes, alcohol and illegal drugs.
  2. **Improve child health and development:** Help parents provide responsible and competent care for their children.
  3. **Improve families' economic self-sufficiency:** Help parents develop a vision for their own future, plan future pregnancies, continue their education and find jobs.



## Nurse-Family Partnership Eligibility Criteria

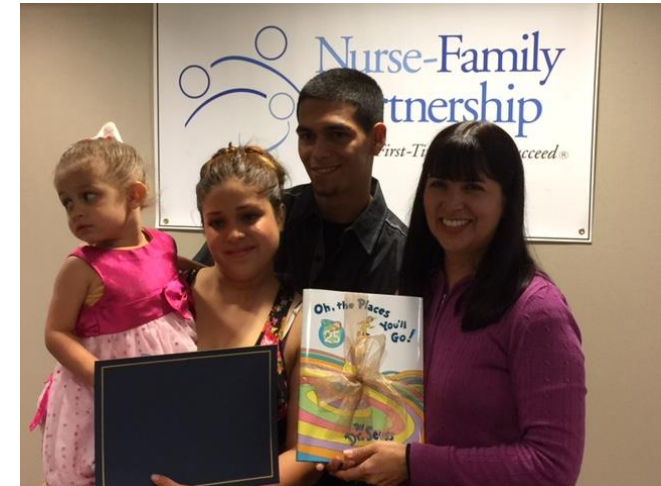
1. First-time mother-to-be
2. Enrollment prior to 3rd trimester of pregnancy
3. San Mateo County resident
4. Low Income (generally Medi-Cal eligible)

Length of service is from pregnancy through child turning 2 years old

# San Mateo County NFP Client Demographics



- A total of **819** women have been served in the program since the launch of NFP in 2012
- Most clients are between 18-24 years of age
  - **2.4%** < 15
  - **22.8%** 15-17
  - **26.4%** 18-19
  - **22.3%** 20-24
  - **12.7%** 25-29
  - **13.3%** > 30
- **82.1%** of clients identify as Hispanic or Latina; **15%** Non-Hispanic or Latina; **2.9%** declined to answer
- **60%** of total referrals came from healthcare providers/clinics.



# San Mateo County NFP Program Outcomes



- **95.8%** of NFP toddlers are up-to-date with immunizations by 2 years of age
- **98.1%** of NFP mothers report breastfeeding at birth and nearly **57.4%** continue to breastfeed at 6 months; **41.7%** are breastfeeding at 12 months
- **89.7% to 94.3%** of NFP infants and toddlers were assessed with the ASQ-SE2 [Ages and Stages Social Emotional developmental tool] at 6, 12, 18 and 24 months of age
- **8.2%** preterm birth rate (< 37 weeks gestation) for NFP participants in San Mateo County  
8.8% California rate, 7.6% San Mateo County rate (2020 data March of Dimes Peristats)
- **6.5%** Low Birth Weight rate cumulative for NFP participants in San Mateo County  
6.9% California and San Mateo County rate (2020 data March of Dimes Peristats)



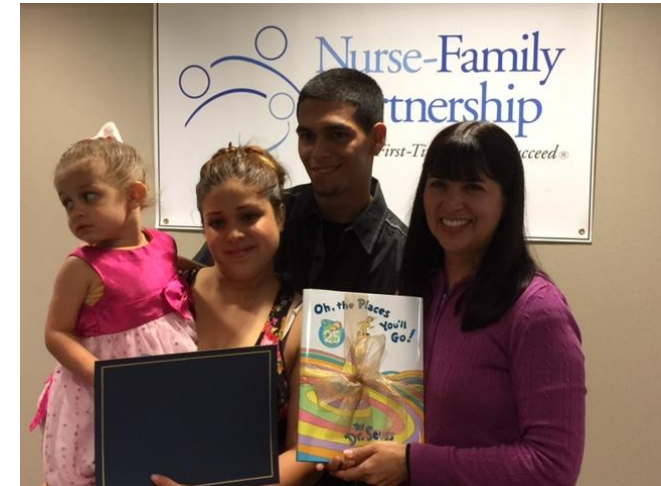
(Outcome Data through March 31, 2022).



# North Fair Oaks NFP Client Demographics



- A total of **119** women from North Fair Oaks have been served in the program since the launch of NFP in 2012
- Most clients are between 18-24 years of age
  - **21.8%** 15-17
  - **37.0%** 18-19
  - **20.2%** 20-24
  - **10.9%** 25-29
  - **10.1%** > 30
- **74.8%** of clients identify as Hispanic or Latina; **4.2%** Non-Hispanic or Latina; **21.0%** declined to answer
- **73%** of total referrals came from healthcare providers/clinics.



# SUCCESS STORY



## NURSE-FAMILY PARTNERSHIP PROGRAM (NFP)

R.E. is a 21 year old first-time mom who is enrolled in the Nurse-Family Partnership Program (NFP). When her NFP nurse first contacted her to see if she was interested in the program, she welcomed the extra support with open arms. At their first visit together, R.E. came with many great questions about pregnancy, labor, and delivery, including a detailed birth plan that she asked to go over together. Her NFP nurse praises her for the many strengths she has including her proactive nature and having confidence in her own voice. For example, when she went to her prenatal appointment and was scheduled with another provider, she asked to be switched back to her nurse practitioner whom she already established trust with. She knew what she needed and

wasn't afraid to speak up for herself. R.E. has never missed a visit with her nurse during her time in NFP, and they have made a very special connection. R.E. continues to share and delight in every new accomplishment of her healthy baby boy, as he grows and develops well in her nurturing care. R.E. and her NFP nurse have also talked about the importance of responding to infant cues and how to create a strong relationship with her baby from the start. She is a sponge for information related to caring for her now 5-month old. R.E.'s nurse describes her as one of the most attuned moms she has ever worked with, and looks forward to R.E. continuing to use her voice and her strengths to be the mom that she wants to be and having the kind of life she dreams of for herself and her son.



## Raecine & Raylan

“ I didn’t know how to raise a kid. I needed help. I didn’t know where to go. I’m an only child myself, so raising a boy, I had no clue...[Healthy Families America] changed my life to the nth degree—to the point that I wanted to finish school just for him, to have a better life for him, to show him that you can overcome anything. ”



## Healthy Families San Mateo is...

- A leading family support and evidence-based home visiting program
- Believe that early, nurturing relationships are the foundation for healthy development.
- Promotes healthy child development and growth
- Enhance family functioning by reducing risk and building protective factors



## Healthy Families San Mateo Eligibility Criteria

1. All pregnant people
2. Enrollment prior to giving birth
3. San Mateo County resident
4. Medi-Cal eligible

Length of service is from pregnancy through child turning 3 years old



# Healthy Families San Mateo Client Demographics (Entire County)

A total of **576** women in the county have been served in the program since the launch of the program in 2019

### Client Ages

- **3.0%** <20
- **16.8%** 20-24
- **29.5%** 25-29
- **28.3%** 30-35
- **22.4%** Over 35

**79%** of clients identify as Hispanic or Latina; **15%** Non-Hispanic or Latina; **6%** declined to answer/unknown

**73%** of total referrals came from healthcare providers/clinics.





## Healthy Families San Mateo Client Demographics (North Fair Oaks)

A total of **85** women in North Fair Oaks have been served in the program since the launch of the program in 2019

### Client Ages

- **3.5%** <20
- **18.8%** 20-24
- **31.8%** 25-29
- **22.5%** 30-35
- **23.5%** Over 35

**67%** of total referrals came from healthcare providers/clinics.

# SUCCESS STORY



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## HEALTHY FAMILIES OF AMERICA PROGRAM (HFA)

J.R. is a 31 year old first time single mom of a one year old child, and has been a part of the Healthy Families of America (HFA) program since October 2020. J.R. has had to overcome many obstacles and stressors since joining the program, including the premature birth of her child, custody issues, and personal health issues. Despite the obstacles, J.R. has been able to successfully stay in college, obtain support accessing services, and implement the parenting skills she has learned. She has always followed through to obtain her baby's Well-Child Checks and Early Intervention appointments, and is always interested in learning parenting skills and participating in play activities with her baby. She has also shared how much the Growing Great Kids Protective Shield, a tool she learned from HFA, has impacted her and that she uses it as a reminder to protect her son from negative stress. J.R. has also expressed gratitude to her community worker for the consistent services she received during the COVID-19 pandemic. She expressed feeling supported even when "the world was in crisis", and that she was amazed by how her community worker was able to



reach out and stay connected with her through various mediums including virtual Doxy.me visits, phone call check-ins, and mailed learning materials.

J.R. is a very involved hands-on mom, and continues to have a joyful, positive connection and attachment to her baby.





# Questions?