



**Public Health**  
Prevent. Promote. Protect.

Idaho Public Health Districts

# Idaho Public Health Districts

April 2015

## Home Visiting Programs Creating Stronger Idaho Communities

Parenthood is one of our most rewarding, yet challenging responsibilities. For first-time parents, effective parenting can be overwhelming and seem impossible due to emotional, physical and socio-economic barriers.



Idaho home visiting programs assist vulnerable parents by providing information, emotional support, access to resources, and direct instruction on parenting practices. Evidence shows that when families receive home-based

support, their children are born healthier and are less likely to suffer from abuse or neglect. Home visiting programs show a strong return on the investment of funds in this area of prevention and early learning support.

Idaho is currently implementing two different home visiting programs through the Local Public Health Districts – Nurse Family Partnership and Parents as Teachers.

### Nurse Family Partnership (Districts 1 and 3)

Nurse-Family Partnership (NFP) is an evidence-based program that empowers low-income, first-time mothers to become confident parents and strong women by pairing them with registered nurses as home visitors. This trusted relationship instills a level of confidence in the moms that will help them guide themselves and their children to successful futures.

In District 1, NFP recently celebrated the first graduate of the 30-month program. The graduate was referred when she was pregnant and living in a small garage, but by the end of the program, she finished school, was working two jobs as a nursing assistant and was living in a comfortable home;

most importantly, she is now a confident mother and advocate for her son.

### Parents as Teachers (Districts 2,4,5,6, and 7)

Parents as Teachers is an evidence-based model providing a broad context of parenting education and family support, especially for those families in vulnerable situations. At its core, Parents as Teachers is relationship-based and parenting-focused. The curriculum focuses on parent-child interaction, development-centered parenting, and family well-being; on strengths, capabilities and skills; and on building protective factors within the family. Parents as Teachers serves a range of families with high needs - not just first time parents – and offers services from prenatal to kindergarten entry.

### A Proven Success

Both of these programs have been rigorously tested and studied. Results show that when brought to scale, home visiting programs can achieve significant reductions in pre-term births, infant deaths, second teen births, child maltreatment, crimes and arrests, youth drug use and Medicaid costs. Not only do these benefits affect the individual families, but the community as a whole by lowering demand on social services and the justice system, saving tax payer dollars. Economic analyses performed by the Washington State Institute for Public Policy, the Brookings Institute and the Rand Corporation determined that home visiting programs can provide a return on investment for taxpayers of \$2.37 to \$5.70 per \$1 invested in the program.

By working together and bolstering our home visiting programs, Idaho communities are changing the lives of their most vulnerable citizens, and creating a better, safer, and stronger community not just for today, but for generations to come.

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## HEALTHY PEOPLE IN HEALTHY COMMUNITIES

PANHANDLE HEALTH DISTRICT (1)	PUBLIC HEALTH - IDAHO NORTH CENTRAL DISTRICT (2)	SOUTHWEST DISTRICT HEALTH (3)	CENTRAL DISTRICT HEALTH (4)	SOUTH CENTRAL PUBLIC HEALTH DISTRICT (5)	SOUTHEASTERN IDAHO PUBLIC HEALTH (6)	EASTERN IDAHO PUBLIC HEALTH (7)
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