



## STATE PROFILE



## NURSE-FAMILY PARTNERSHIP IN TEXAS

Nurse-Family Partnership® (NFP) is an evidence-based, community health program that helps transform the lives of vulnerable mothers pregnant with their first child. Each mother served by NFP is partnered with a registered nurse early in her pregnancy and receives ongoing nurse home visits that continue through her child's second birthday. Independent research proves that communities benefit from this relationship — every dollar invested in Nurse-Family Partnership can yield more than five dollars in return.

### NURSE-FAMILY PARTNERSHIP GOALS

1. Improve pregnancy outcomes by helping women engage in good preventive health practices, including thorough prenatal care from their healthcare providers; improving their diets; and reducing their use of cigarettes, alcohol and illegal substances;
2. Improve child health and development by helping parents provide responsible and competent care; and
3. Improve the economic self-sufficiency of the family by helping parents develop a vision for their own future, plan future pregnancies, continue their education and find work.

*"I didn't have family. This is my first child and I didn't have any experience. I was worried about how I can take care of the baby and all the problems I had during the pregnancy. When I got diabetes in pregnancy my nurse came to help me. I was very happy when I heard about Nurse-Family Partnership and when I heard it was free. I am happy and I can take care of my baby really well now."*

- MONICA  
NFP Client

### Positive Outcomes for Clients Served by Texas' Nurse-Family Partnership

**89%** of babies were born full term

**90%** of babies were born at a healthy weight or above 2500 g (5.5 lbs)

**88%** of mothers initiated breastfeeding

**94%** of children received all recommended immunizations by 24 months

Cumulative data as of Sept. 30, 2015.

### CLIENT PROFILE

#### At intake

Median age: 19

86% Unmarried

76% Medicaid recipients

Cumulative data as of Sept. 30, 2015.

#### Race

7% Declined to self-identify/No response

55% White

30% Black or African-American

3% Multi-racial

1% American Indian/Alaska Native

1% Asian

#### Ethnicity

58% Hispanic/Latina

41% Non-Hispanic/Latina

1% Declined to self-identify/  
No response

Data Oct. 1, 2010 - Sept. 30, 2015.  
All data is client self-identified.

“...Our findings affirm that home visiting using the NFP program model makes major differences in the lives of low income families. It reduces intimate partner violence, child maltreatment, and youth crime and substance abuse, increases independence, and saves both money and lives. Expanding MIECHV [the federal home visiting program] and other public funding for NFP thus seems a wise investment...”  
 – Ted R. Miller, Pacific Institute for Research and Evaluation.



In Texas, Nurse-Family Partnership (NFP) serves clients in 32 counties, including: Arlington, Bexar, Chambers, Crosby, Dallas, Ector, El Paso, Floyd, Fort Bend, Galveston, Garza, Gregg, Hale, Hardin, Harris, Hidalgo, Hockley, Jefferson, Lamb, Lubbock, Lynn, Nueces, McLennan, Midland, Orange, Potter, Tarrant, Terry, Travis, Webb, Wichita, Willacy and Williamson.

NFP implementing agencies in Texas include city and county public health departments, private child welfare agencies, child abuse prevention programs, agencies serving economically disadvantaged women, hospital systems, a state university school of nursing and a Medicaid managed care plan.

#### HISTORY OF NFP IN TEXAS

The Dallas Foundation and TexProtects were instrumental in securing private dollars for bringing the first Nurse-Family Partnership to Texas at the YWCA of Metropolitan Dallas in 2006.

In 2007, Nurse-Family Partnership expanded in Texas with the passage of State Senate Bill 156 and House Bill 424 and received bipartisan, unanimous support. Lt. Governor David Dewhurst, Sen. Florence Shapiro, Sen. Jane Nelson and Rep. Jerry Madden led the efforts to approve the program and \$7.9 million to expand the model across Texas. Madeline McClure, executive director of TexProtects, and John Castle, past chairman of The Dallas Foundation, have led and continue to lead a strong, community-driven Texas Nurse-Family Partnership Statewide Leadership Board to support and encourage the state’s investment in NFP. The current state funding of \$22 million supports 14 sites, and seven other sites are supported by federal funding from the Maternal, Infant and Early Childhood Home Visiting (MIECHV) program.

#### PUBLIC HEALTH PROGRAM WITH PROVEN AND MEASURABLE RESULTS

##### Societal Benefits

Nurse-Family Partnership is a rare community health program that has been documented to achieve lasting and significant effects through multiple, well-designed randomized, controlled trials. More than 37 years of research proves that it works. This evidence shows our clients – low-income, first-time mothers – that if they follow the program and work with their nurses, they can transform their lives and the lives of their children. Moreover, independent policy research from the RAND Corporation showed that every public health dollar policymakers and communities invest in Nurse-Family Partnership could realize more than five dollars in return for the highest-risk clients.

##### NATIONAL RECOGNITION

- “Programs such as the Nurse-Family Partnership – in which nurses visit first-time, low-income mothers to provide information on nutrition and parenting – may be a more focused (and cost-effective) way to increase the school readiness of at-risk kids.” -Michael Gerson, “Discipline, With Love,” The Washington Post, Oct. 2, 2014.
- The RAND Corporation showed that every public health dollar policymakers and communities invest in Nurse-Family Partnership could realize more than five dollars in return for the highest-risk clients.
- “...the Nurse-Family Partnership, one of my favorite groups fighting poverty in America. It sends nurses on regular visits to at-risk first-time moms, from pregnancy until the child turns 2. The nurses warn about alcohol or drug abuse and encourage habits of attentive parenting, like reading to the child. The results are stunning: at age 15, these children are less than half as likely to have been arrested as kids from similar circumstances who were not enrolled.” - Nicholas Kristof, “Cuddle Your Kid!,” The New York Times, Oct. 20, 2012.

ESTABLISHED: 2006  
 FAMILIES SERVED: 9,307



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