

# HEALTHY FAMILIES AMERICA® PREVENTS CHILD ABUSE AND NEGLECT

Healthy Families America® (HFA) is the nationally-recognized, evidence-based home visiting program of Prevent Child Abuse America®. HFA supports families in the home and focuses on building nurturing, safe and secure relationships between parent and child to maximize opportunities for all children –and parents– to reach their full potential.

**HFA demonstrates positive outcomes for children and families, including reductions in child abuse and neglect.** These positive outcomes represent findings from independent researchers replicated across multiple studies, including randomized control trial and quasi-experimental studies. This growing body of independent research shows HFA decreases child maltreatment.

## OUR OUTCOMES

### HFA HELPS PREVENT CHILD ABUSE AND NEGLECT.

Eight studies looking at families with children up to 3 years old show that HFA has **impacts on child maltreatment prevention**, including:



The federal MIHOPE study showed that HFA had the **largest impact on emotional and physical abuse reduction** compared to three other models tested.

### HFA HELPS REDUCE CHILD PROTECTIVE SERVICES INVOLVEMENT.

**49%**  
FEWER SUBSTANTIATED  
CPS REPORTS

In a study looking at outcomes up to age 7, school-age children of young, first-time moms who enrolled in HFA early in pregnancy were **49% less likely to experience an indicated Child Protective Services (CPS) report.**

HFA **prevents the recurrence of child maltreatment by 1/3** among families with prior CPS involvement.

### HFA INCREASES POSITIVE PARENTING PRACTICES.



HFA parents had more confidence in themselves as parents and did more to promote healthy child development, such as having **more positive interactions with their children.**

HFA parents also used more positive discipline with less yelling and **less physical punishment.**

*I have learned through Healthy Families America that you don't need to use physical punishment or call your kids names to get them to listen to you. I've learned different ways to be calm and the importance of getting on their level to understand their emotions and to let her know I get it. I can show her that I understand and then she knows she can trust me because I am calm with her.*

- Sarah, HFA Mom, Oregon

## ECONOMIC IMPACT

The lifetime economic burden for **each** victim of child maltreatment is approximately \$830,928. By investing in upstream prevention programs, like home visiting, we can prevent child abuse and neglect before it can begin. This not only saves taxpayer dollars, but also helps strengthen families and create thriving communities.