

# EVIDENCE OF EFFECTIVENESS

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

Rigorous research demonstrates HFA's effectiveness in addition to meeting the criteria for federal funding through the Maternal Infant Early Childhood Home Visiting (MIECHV) program. **HFA's most rigorous evidence comes from 19 publications of randomized control trials, comparing the positive changes for HFA families to a randomized control group of families who did not receive HFA services.** HFA shows impacts in all eight domains examined by the Home Visiting Evidence of Effectiveness (HomVEE) review for the MIECHV program, including:

## INCREASE IN 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, and providing higher-quality and safer homes. Parents also used more positive discipline with less yelling and less physical punishment compared to families who did not receive HFA home visiting services.

## IMPROVEMENT IN CHILD HEALTH

HFA reduced the rate of low birth weight births by 48% among moms who enrolled prenatally, and increased the number of moms who chose to breastfeed. More children had health insurance and a primary care provider, in addition to receiving more well-baby visits and fewer visits to the emergency room.



## REDUCTION IN JUVENILE DELINQUENCY, FAMILY VIOLENCE AND CRIME

Moms in HFA reported engaging in 30-40% less intimate partner violence.



## IMPROVEMENT IN CHILD DEVELOPMENT AND SCHOOL READINESS

Children enrolled in HFA showed improvements in cognitive development and had fewer behavior problems. By first grade, more children were in gifted programs and fewer were retained or received special education services.

## REDUCTION IN CHILD MALTREATMENT

HFA reduced child maltreatment according to parents' self-reports, which provide a more comprehensive measure of child maltreatment than official cases. First-time moms who enrolled prenatally and moms with prior CPS involvement experienced the greatest benefits.

## IMPROVEMENT IN FAMILY ECONOMIC SELF-SUFFICIENCY

HFA moms were more likely to continue their education, including teen moms who were seven times more likely to complete at least one year of college compared to those who did not receive HFA services. Also, 32% fewer young moms reported being homeless.



## IMPROVEMENT IN MATERNAL HEALTH

HFA reduced pregnancy complications by 70%, bolstered mothers' mental health, and lowered parenting stress. HFA helped moms avoid risky behaviors, including reducing alcohol and marijuana use by nearly half and increasing the use of condoms by almost 40%.



## INCREASE IN LINKAGES AND REFERRALS

HFA connected families with essential community services, including family planning. Through HFA, more families enrolled in TANF, and received greater SNAP benefits.

**HFA's most rigorous evidence demonstrates the positive outcomes for children and parents and how HFA is helping to strengthen families and promote child well-being.**