



INVESTING



IN HEALTHIER



FAMILIES

**NURSE-FAMILY PARTNERSHIP:
A PROMISE FOR SOUTH CAROLINA'S FUTURE**



“YOU’RE PREGNANT”

She’s only 18. Hearing those two words, she tries to fight a rising panic. Her thoughts swirl: How will I finish high school? Who will help me take care of the baby? How will I know what to do?

She has no money, and the only reliable person in her life is a sick grandmother. Alone in the doctor’s office, she cries. There’s nowhere to turn.

Each year in South Carolina, **one in five children is born to a first-time, low-income mother** who is at the greatest risk of suffering health, education and economic disparities – disparities that perpetuate a vicious cycle of poverty.

No matter how a new mother arrives at this situation, there's no doubt the quality of her life – and her baby's – depends on crucial choices in the next few years.

Support at a Critical Crossroads

Enter Nurse-Family Partnership® (NFP).

NFP is a nationally recognized, evidence-based nurse home visitation program for first-time, low-income mothers. Through ongoing consultations in the mother's home, registered nurses work to:

- Improve pregnancy outcomes
- Improve child health and development
- Increase the economic self-sufficiency of the family

The program lasts from pregnancy until the child turns 2.

Although many program participants are teens, NFP serves mothers of all ages.

South Carolina NFP Client Snapshot

Median age at intake – **19**

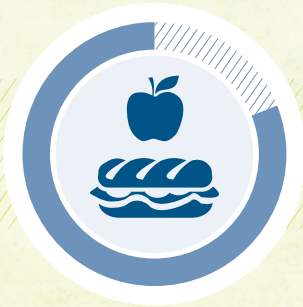
Median grade completed for those without diploma – **10th**

Marital status – **94% are unmarried**

Median household income – **\$10,500**

Challenges in Our State

South Carolina consistently scores poorly on indicators of maternal and child health and well-being, making NFP a vital component of our state's continuum of care.



84 PERCENT of fourth graders who receive free or reduced school lunch score below proficient reading levels, underscoring the correlation of poverty and poor academic achievement.



37 PERCENT of children live in households where neither parent has full-time, year-round employment.



In 2010, there were 17,763 substantiated investigations of child abuse and neglect. NFP serves 19 high-risk counties, which account for **64 PERCENT** of those cases.

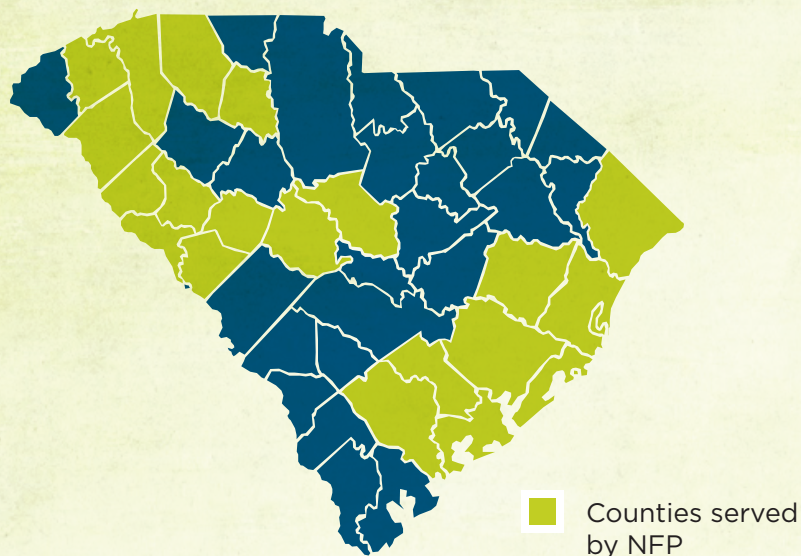
The majority of first-time mothers served by South Carolina NFP are minority women (**59 PERCENT**), who tend to have higher risk of poor birth outcomes and economic challenges. Here is a breakdown* of birth outcomes for our state's mothers:

Population Segment	Teen Birth Rate (per 1,000) (2008)**	Preterm Births (2009)	Low Birth-Weight Infants (2009)	Below 200% Poverty Level (2009)
African-American	70	19%	14%	71%
Hispanic	159	12%	7%	69%
White	38	12%	8%	33%
Overall	53	14%	10%	49%

*All data compiled from Annie E. Casey Foundation Kids Count Data Center, Kaiser Family Foundation State Health Facts and the Centers for Disease Control and Prevention.

** Pregnancies separated by origin of mother as determined in 2007 by the Centers for Disease Control and Prevention.

NFP Locations: Seven Sites Serve Families in 19 Counties



“Our work focuses on making this state a better place to live and work. Nurse-Family Partnership contributes to our economic vigor by stabilizing vulnerable families. This will have a measurable impact on our future.”

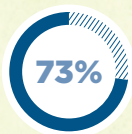
Dick Wilkerson

Past Chair, SC Chamber of Commerce

Evidence of Effectiveness

Nationwide, 30 years of research support NFP’s success. In South Carolina, NFP has served **1,815** mothers, welcomed **1,130** babies and conducted **33,460** home visits.*

AS A RESULT:



of mothers enrolled in NFP had no subsequent pregnancies at program completion (i.e., **27 percent** faced a repeat pregnancy within 2.5 years of enrollment).**



of mothers have successfully initiated breastfeeding.



of babies were born full-term, and **89 PERCENT** were born at a healthy weight (at or above 2,500 grams/5.5 lbs.).



of mothers who entered the program without a diploma/GED are working to obtain one.

*This data was last updated in December 2012.

**Subsequent pregnancy data is cumulative through September 2012. The record of NFP completers is impressive compared to a national sample of low-income mothers, for whom 39 percent of pregnancies occurred within 18 months of a previous birth (National Survey of Family Growth, 2008).



Proven Results

NFP is the most rigorously evaluated program of its kind. Research conducted over the past 30 years demonstrates:

- Improved prenatal health
- Fewer childhood injuries
- Fewer subsequent pregnancies
- Reduced child abuse and neglect
- Increased intervals between births
- Increased maternal employment
- Improved school readiness
- Increased presence of the father in the household

There are significant economic benefits to investing in early intervention programs. **The RAND Corporation has independently estimated that the return for each dollar invested in NFP is up to \$5.70.**

NFP: A Smart Investment

In 2008, a group of public and private partners came together to address maternal and child health challenges in our state. They recognized that South Carolina needed a solution to not only improve birth outcomes but also to ensure more families had adequate opportunities to break the cycle of poverty.

Together, they decided to invest in NFP.

Statewide partners include:

- The Duke Endowment
- South Carolina First Steps to School Readiness
- BlueCross BlueShield of South Carolina Foundation
- Children's Trust of South Carolina
- South Carolina Department of Health and Environmental Control (DHEC)

Public-private partnership convenes and decides to commit financial resources to NFP, launching the state's first programs in Anderson, Greenville, Spartanburg, Lexington and Richland counties.

Horry County NFP expands service area to include Georgetown and Williamsburg counties.

Support from Colleton County First Steps program allows the Charleston/Berkeley/Dorchester program to expand by hiring another nurse to serve Colleton County.

2008

2009

2010

2011

2012

BlueCross BlueShield of South Carolina Foundation joins the partnership, investing funds to expand NFP to Charleston, Berkeley, Dorchester and Horry counties.

The Children's Trust of South Carolina is awarded a federal Evidence-Based Home Visitation grant from the Administration for Children and Families to support NFP infrastructure.

South Carolina secures \$2.5 million in federal funding from the Maternal, Infant and Early Childhood Home Visiting program. A portion of funds allowed NFP to expand to Greenwood, Abbeville, McCormick, Edgefield, Saluda, Pickens and Union counties. The funding also helped to expand capacity in Greenville.

JENNIFER'S STORY

When Jennifer found out she was pregnant, she felt excited – but apprehensive about the road ahead. During her first visit at a local health clinic, she learned about NFP in Greenville County.

Jennifer's nurse, Veronica, helped her find resources. Veronica encouraged Jennifer to stay focused on her goals. While pregnant with her son, Jayden, Jennifer earned her GED. After he was born, she started working and attending school at ECPI University in Greenville.

"It's hard work being a mom, and it's even harder to go back to school again, but that's what I learned from the program –

to follow through with your dreams to build the life you want for your family," Jennifer said. "I recommend the program to women every day where I work. It truly has made a better life for my family."

Jennifer and Matthew, Jayden's father, married in August 2011 when Jayden was almost 2. Today, Jennifer has her associate's degree in applied medical sciences and works for the Greenville Hospital System in pediatrics. She hopes to become a registered nurse and help other mothers the same way Veronica and NFP helped her.

Nurse-Family Partnership Today

The public-private partners have worked hard to sustain and expand NFP. Since its launch in 2008, the program size has nearly tripled and nurses have conducted more than **31,000 home visits**. NFP has grown into a thriving statewide network. The program employs dozens of registered nurses, serving more than **800 families** in **19 counties** on any given day.

Where Do We Go From Here?

NFP is a great success in South Carolina, but many more families in our state would benefit from access to this program. With your support, we hope to continue working with our most vulnerable families to improve the stability of our communities.

Learn More

To find out more or sign up for our quarterly newsletter, visit NFPSC.org.



People Are Talking About NFP

Join the conversation and find out what they're saying at [#NFPHelpsSC](https://twitter.com/NFPHelpsSC).

“I’m impressed and encouraged by the success stories I continue to hear. I attribute that success to the dedicated DHEC employees implementing the program across the state, the strength of the public-private partnership providing financial support, and the devoted moms and dads who are participating because they want to improve opportunities for their children.”

Catherine Templeton
Director, SC DHEC

