

HOW IS HEALTHY START HELPING OREGON FAMILIES?

This summary provides information for parents about the impact that Healthy Start is having in Oregon. The goals of Healthy Start are to support positive parenting and improve the school readiness of children participating in Healthy Start. Healthy Start also works with parents to help them build the kind of lives they want for themselves and their children. A program evaluation helps to show when Healthy Start's goals are being met.

What Happens With All the Paperwork Parents Fill Out, Anyway?

Parents who participate in Healthy Start complete many forms and surveys. These forms allow Healthy Start programs to better understand how they help children and families, and show where program improvements could be made.

NPC Research, who conducts the research on Healthy Start, received over 22,500 surveys from Healthy Start programs last year. Thank you to all parents who completed Healthy Start forms!

Who are Healthy Start Families?

Last year, 9,788 parents filled out a New Baby Questionnaire for Healthy Start. This was about half of all the first-time parents in the state. Of these families, 2,857 received Home Visiting services and participated in the evaluation of Healthy Start.

How Does Healthy Start Help Children and Families?

Healthy Start Encourages Positive Parenting

Families reported that after 6 months of Healthy Start services they had:

- Improved their parenting,



- Improved their ability to help their child, and
- Decreased their levels of stress.

In addition, families who received Healthy Start's Home Visiting services were *half as likely* to be involved with Child Welfare, compared to families who were not served by Healthy Start.

Healthy Start Promotes Child and Family Health

Families also reported that after at least 6 months of Healthy Start services:

- Most children had their own doctor, health clinic or nurse practitioner (98%).
- Most children received well-child check-ups (94%).
- Most children had health insurance (89%).

Healthy Start Supports Early Literacy and Learning

- After 12 months of Intensive Service, most (86%) families were reading to their children at least 3 times per week. This is much more than the national average for reading!

→ Turn over for more!



What do Parents Say About Healthy Start?

- Almost all families (99%) reported that Healthy Start helped them to get and understand information about parenting and children.

Parents also shared what they thought was the best thing about Healthy Start. We received over 1,300 comments last year. Here are some comments that parents shared:

- "[Because of Healthy Start] now me and my son are safe, and I get a chance at a better life."
- "They visit me and I don't feel so alone. They bring me information about children and other things that is so helpful."
- "They do a really good job. They bring bilingual books and information, and they are very respectful and open to other cultures."
- "Being able to talk about problems and concerns with someone I can trust."
- "How knowledgeable [the home visitor] is, and how willing to help. If she doesn't know something she makes sure to find out for me. It has opened my eyes about a lot of things I never knew."
- "There are so many benefits to having this program, it is hard to choose just one! It would

have to be the interaction with someone who really cares and helps me."

- "The workers! They care about your child just as much as you do and they want you to learn as much as you can about the development of your child."

Overall, the Healthy Start program provides important resources to families at the birth of their first child. The information that parents provide helps Healthy Start continue to deliver these important services to families. This information also helps to document program successes and challenges in order to provide the best Healthy Start services to Oregon families.

Thank you to all of our parents for participating in the Healthy Start program and its evaluation!



Questions? Contact NPC Research at healthystart@npcresearch.com

or visit the Healthy Start website: <http://www.oregon.gov/OCCF/hso>