

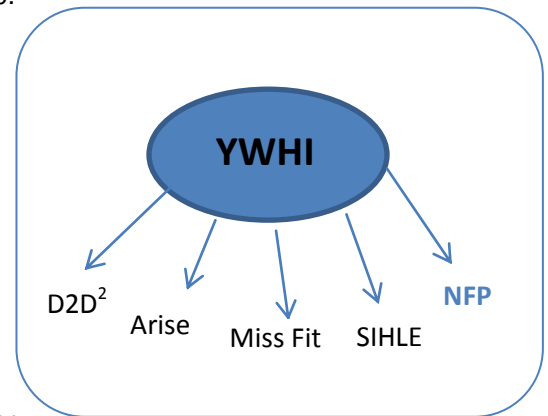
Chicago South Side Nurse-Family Partnership

Healthier Moms. Heartier Children. Happier Families.™

The maternal and child health outcomes in Chicago have consistently lagged behind national statistics. Chicago mothers have higher rates of delayed prenatal care, low birth weights, preterm births, infant mortality, subsequent births, lower education, and single parenting - particularly for females under the age of 20. Within Chicago, low-income mothers and families on the South Side demonstrate the greatest disparities in these outcomes.

Because of the clear need for immediate intervention to reverse these troubling trends, the Young Women's Health Initiative (YWHI), which coordinates and governs multiple community-based programs, chose Nurse-Family Partnership® (NFP) as its inaugural program.

NFP is a national, evidence-based maternal and child health program that helps reverse the aforementioned trends and transform the lives of low-income mothers pregnant with their first child. The Chicago South Side NFP is the first of its kind in the city and completely free to participants.



The goals of the NFP are to: improve pregnancy outcomes through better prenatal health; enhance child health and development by helping parents provide sensitive and competent care; and to improve parental life-course by helping parents develop a vision for their future, plan subsequent pregnancies, continue their education, and find work.

To achieve these goals, NFP partners first time mothers together with nurses who provide intense and frequent home visitation services beginning early in pregnancy and continuing until the child's second birthday. Every nurse has at least a bachelor's degree and is specifically trained to provide education, support and guidance related to personal health, child health and development, parent – child interaction, home, family and friends, and life course. Regardless of the geographic location, the NFP curriculum is heavily standardized and based upon the wealth of evidence that has been collected since it began. Each agency is also routinely monitored to ensure adherence to the curriculum.

Built upon the work of Dr. David Olds, the NFP model has been rigorously tested. Randomized controlled trials conducted in diverse ethnic and socioeconomic communities over the past 35 years have consistently demonstrated multi-generational benefits for mothers and their children. In addition, independent analysis has shown that communities derive social and financial advantages when they invest in NFP; the RAND Corporation calls Nurse-Family Partnership "a wise choice" that returns to the community \$5.70 for every \$1.00 spent in high risk communities.

The results are indisputable: compared with non-participants, NFP mothers and children exhibit better prenatal health; fewer subsequent pregnancies; increased maternal employment rates; lower incidences of child neglect, injury and abuse; improved child school readiness; and decreased criminal behavior. With these results in mind, the theme of the Chicago South Side NFP is "Healthier Moms. Heartier Children. Happier Families."

Unlike the national NFP, which has no age or residency requirements, the Chicago South Side NFP is specifically funded to assist pregnant teens 19 years of age and younger, who live in designated zip codes. In addition, participants must meet income standards (200% below federal poverty level based on teen mother's income alone), be less than 28 weeks pregnant at time of application, and be first time mothers with no prior live births.

The Chicago program was implemented on July 28, 2011 and quickly secured commercial space, employed staff and formed referral partnerships which allowed it to have a rapid, positive impact on the lives of several clients.

Administered through Mercy Hospital and Medical Center's Family Health Center, the Chicago South Side NFP is located in the Mercy Medical - Chatham building at 8541 S. State St., Suite 1A, Chicago, IL, 60619. The program is one of five programs governed by YWHI which strives to create a paradigm shift in the behaviors and attitudes not only among young women, but also among health care providers and policy makers (see the YWHI backgrounder for further detail). For additional information on the Chicago South Side NFP or YWHI, contact Dr. Karen A. Scott, MD, FACOG, Chicago South Side NFP Program Administrator and Principal Investigator, at 815.514.6035 or email YWHI@YWHIChicago.org.