

A RANDOMIZED TRIAL OF HEALTHY FAMILIES NEW YORK: SELECT FINDINGS

Healthy Families America State Leader Meeting

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NYS OCFS, Bureau of Evaluation & Research

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The Research Team

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Healthy Families New York

- **Modeled after Healthy Families America**
- **Provides services at home to expectant and new mothers screened for risks of child maltreatment**
- **Differs from Olds' Nurse Family Partnership**
 - **Paraprofessional home visitors**
 - **Enroll late prenatal and postnatal cases**
 - **Serves moms who already have children**

Randomized Experimental Design

Families Eligible for HFNY

(N=1173)

- Expectant or new parent
- Positive screen
- Score of 25+ on Kempe

Random Assignment

Control Group

(N=594)

Information & referral
to other services in
community

HFNY Group

(N=579)

Offered home visiting
services until child
enters K or Head Start

Data Collection

- Randomly assigned at 3 sites between 3/2000 and 12/2001
- In-home interviews at baseline, birth, & 1, 2, 3 years post-birth
- Interviewers were blind to group assignment



Participation at Follow-Ups

- **Birth outcome analyses limited to Early Enrollment Cohort (n=549):**
 - 30 weeks or less pregnant at randomization
 - HFNY group received an average of 7 visits
 - Single birth only
- **Year 1 Follow-up included 1060 families: 90% retention from baseline**
- **Year 2 Follow-up included 992 families: 84 % retention from baseline**

Impact Analysis

- **Intention-to-Treat Approach:**
**includes all families – even those
receiving no home visits (10%)**

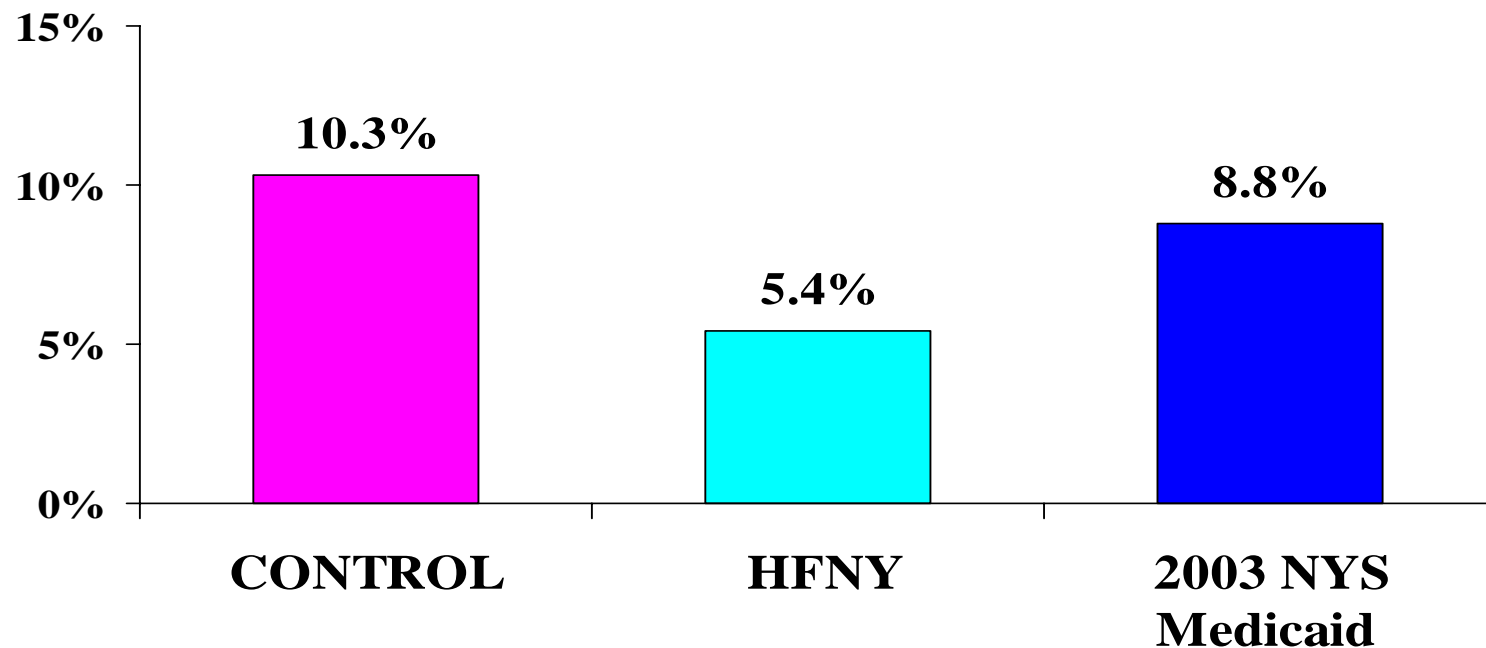


SELECT FINDINGS



Low Birth Weight at Birth

Early Enrollment Cohort (n=549)



Early Enrollment Cohort: A gestational age of 30 weeks or less at randomization

Describing Maltreatment Data

- **Prevalence**—whether the mother reported doing the behavior at all in the past year
- **Frequency**—how often the mothers did the behavior in the past year – the number of incidents mom reported

Self-Reported Abuse & Neglect During the First Two Years of Life

Compared to mothers in the control group:

- **HFNY mothers tended to have a lower rate of neglect (Year 1)**
- **HFNY mothers committed fewer acts of very severe physical abuse, minor physical aggression, & psychological aggression (Year 1)**
- **At Year 2, HFNY mothers committed fewer acts of severe physical abuse**

CPS Measures: Years 1 & 2

NO differences in...

- **Whether or # of reports**
- **Whether or # of substantiated reports**
- **whether respondent was perpetrator**
- **whether target child was victim**

Are there mothers for whom HFNY works especially well?

Prevention subgroup

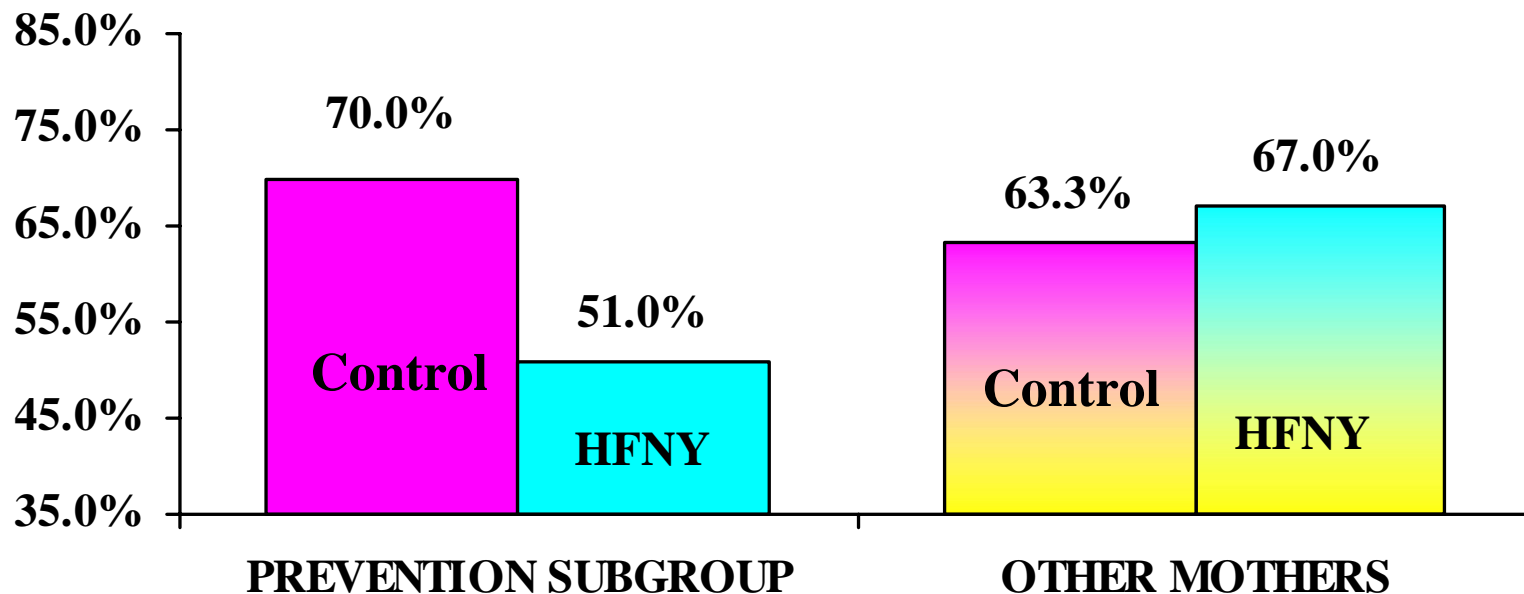
First-time mothers,
under 19 years, &
randomly assigned
at a gestational age
of ≤ 30 weeks



Self-Reported Minor Physical Aggression – Y2

(Prevalence: % reporting at least 1 incident in the past year)

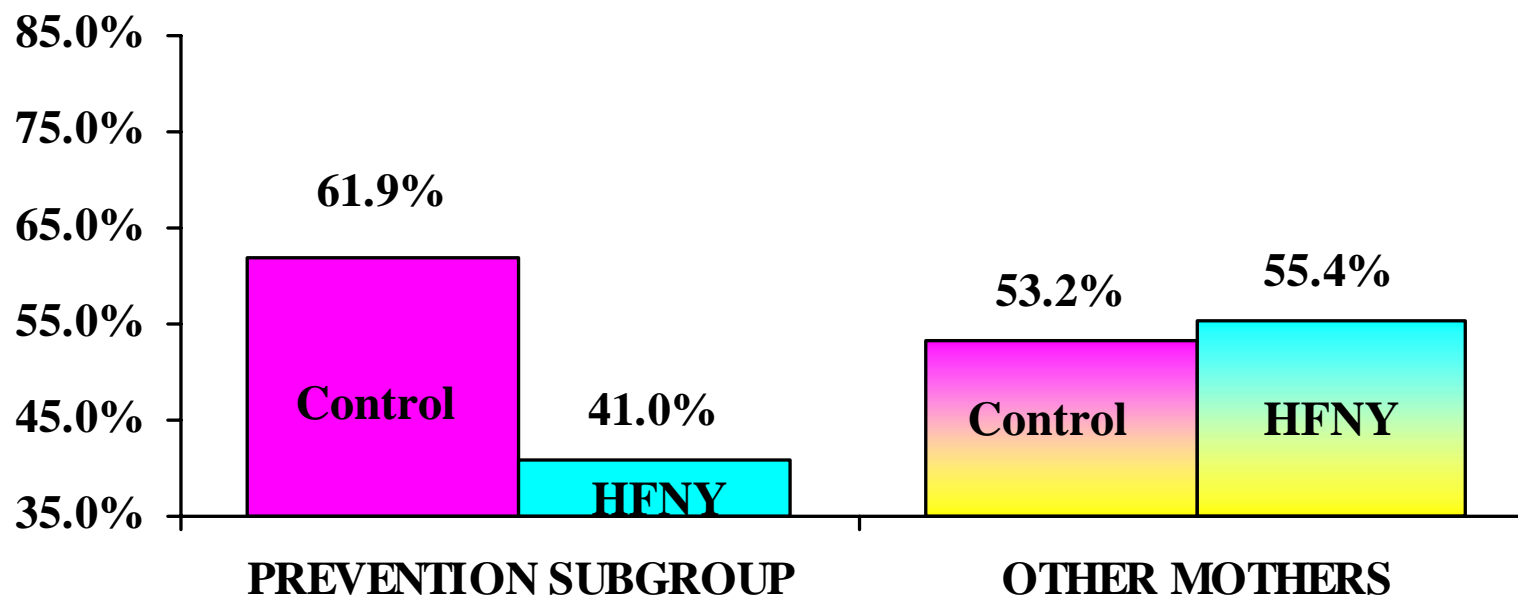
Prevention Comparison (n=908)



Self-Reported Harsh Parenting in Past Week – Y2

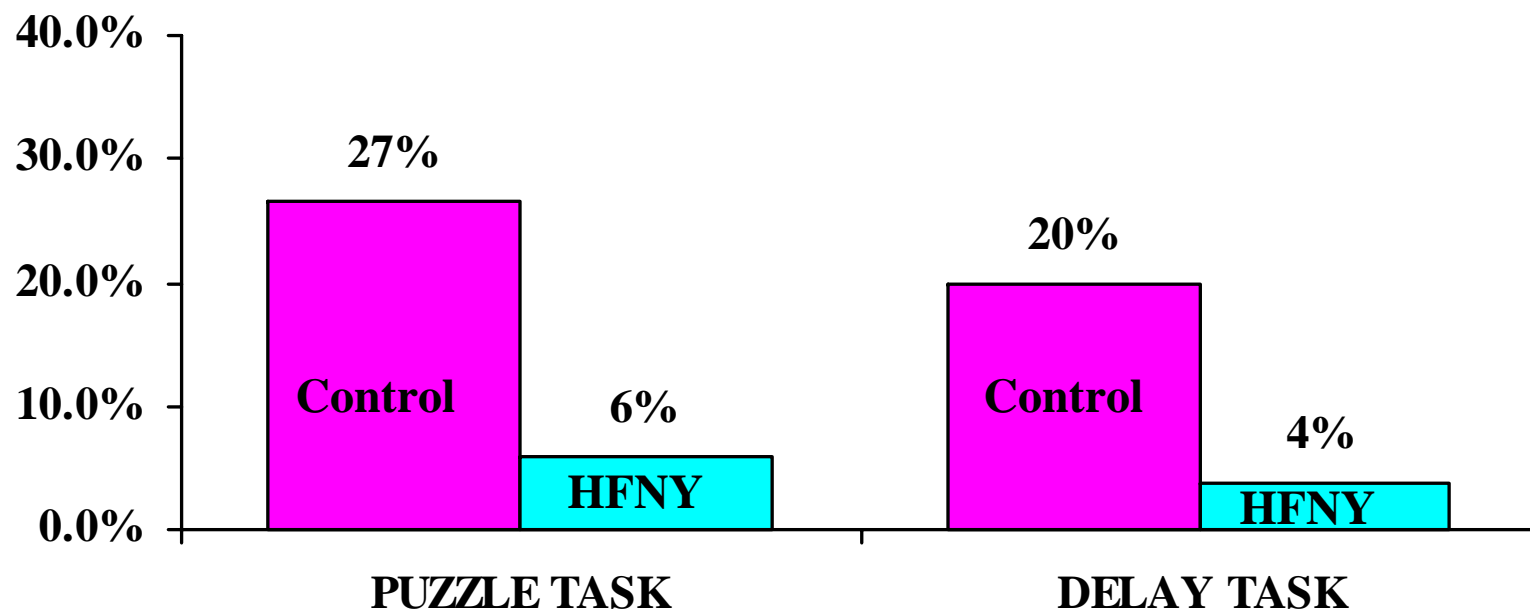
(Prevalence: % reporting at least 1 incident in the past year)

Prevention Comparison (n=907)



Parent-Child Observations: Harsh Parenting – Y3

Prevention Subgroup (n=71)



Summary: Parenting

➤ **While overall impacts were limited...**

➤ **WHO is served by HFNY matters**

Young, expectant first time mothers who enter early in pregnancy (such as at or before 30 weeks) appear to benefit the most in terms of child abuse.

Implications for HFA

- **Enroll more families early in the prenatal period**
- **Prioritize home visitation services for young, first-time mothers who enter early**
- **For the women who do not fall into the affected subgroups, consider, explore and evaluate:**
 - **curriculum or program enhancements**
 - **motivational interviewing**
 - **more intensive home visitation schedules**

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the HFNY Evaluation, contact:
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