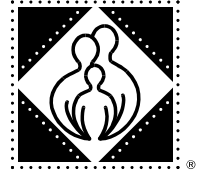


Healthy Families America Helps Families Promotes Self-Sufficiency¹



Healthy Families America promotes self-sufficiency.

Prevention activities help families succeed at home, in school and at work. Healthy Families America has been effective in improving mothers' lives by facilitating their re-enrollment in school, making referrals for employment and housing, encouraging them to find counseling for substance abuse and domestic violence, and helping them strategize about ways to decrease stress in their lives.

⊙ **Arizona (Holtzapple):** Healthy Families America participants spent 121 fewer days on Aid to Families with Dependent Children (AFDC), 200 fewer days on Food Stamps, and 73 fewer days on Medicaid than a comparison group who qualified for but were not enrolled in Healthy Families America services (this study was begun prior to 1996 welfare reform changes).

⊙ **Arizona (LeCroy):** Seventeen percent of participants were employed at the beginning of services compared to 31% at six months and 40% at 12 months.

⊙ **Florida (Nelson):** During the reporting year, 35% of families ended their dependence on public assistance, 19% obtained a GED/job training, 64% obtained employment and 41% obtained better housing.

⊙ **Iowa:** Thirty-five percent of participating Healthy Families America families ended their dependence on public assistance. Of those families participating in Iowa's program for at least six months, 63.4% reported improved or

resolved issues concerning their living situation, and 69% reported improved or resolved issues concerning domestic violence.

⊙ **Maryland (Klagholz):** At the end of year four, 88% of mothers had positive employment/educational status.

⊙ **New Jersey:** Mothers employment rates increased from 10% to 34% between program intake and 12 months.

⊙ **New York:** Program participants assessed life course indicators between intake and 12 months. In this time, social isolation fell from 36% to 30%, relationship difficulties fell from 52% to 44%, and domestic violence fell from 25% to 14%. Housing problems declined from 35% to 19%, substance abuse fell from 14% to 4%, and alcohol abuse fell from 11% to 3%. In addition, 87% of participants said problem-solving skills improved, and 84% said their program helped them improve their ability to access needed services and improve the future planning skills. Fifty-five percent said they learned a lot about how to manage their lives on a day-to-day basis.

Healthy Families America helps reduce subsequent pregnancies.

Delaying subsequent pregnancies by at least 18 months can improve the health of expectant mothers and their children considerably. Mothers who are successful in delaying subsequent pregnancies are generally in a better position to complete school, obtain employment, leave welfare and provide more positive child-rearing environments for their children.

⊙ **Florida (Williams):** Ninety-five percent of mothers enrolled in Healthy Families Florida did not have a subsequent pregnancy within two years of the target child's birth (the goal was 85%).

⊙ **Maryland (Klagholz):** One hundred percent of teen mothers and 94% of adult mothers did not have a repeat birth.

⊙ **Virginia (Galano I):** The repeat teen birth rate was substantially lower among participating families (9.4%) compared to the citywide rate of 35.8% and statewide rate of 29.8%.

¹ This report highlights findings from 18 studies conducted in 11 states over the past decade. The study designs range from pre-post analysis to statewide comparison and randomized trials.