

EVIDENCE OF EFFECTIVENESS



HEALTHYFAMILIESAMERICA.ORG

Healthy Families America® (HFA) is the nationally recognized, evidence-based home visiting program of Prevent Child Abuse America®. The HFA network includes close to **600 sites** that annually serve almost **70,000 families** with more than **950,000 home visits** across **38 states, DC, all 5 territories, and Israel.**

- HFA's most rigorous evidence includes 35+ peer-reviewed published articles and 14 randomized control trials that compare outcomes for families enrolled in HFA to those not offered HFA services.
- Research over the past 30 years has shown positive results and sustained impact with HFA families in geographically and racially diverse communities experiencing various amounts of stress and challenge.
- HFA has positive findings in all eight domains examined by the HHS Home Visiting Evidence of Effectiveness (HomVEE) review and 40% of HFA sites receive funding from the Maternal Infant Early Childhood Home Visiting (MIECHV) program.
- HFA is rated at the highest level (well-supported) by the Title IV-E Prevention Services Clearinghouse for the Family First Prevention Services Act (FFPSA).
- Every \$1 dollar spent on HFA produces an estimated Return on Investment (ROI) of \$1.43 in benefits for families and society. For some families, ROI is even higher. A seven year study on HFA found an ROI of \$3.16 (\$5.11 in 2022 dollars) for families involved with child welfare.

HFA STRENGTHENS PARENT-CHILD RELATIONSHIPS



POSITIVE PARENTING PRACTICES

HFA parents are **more confident as parents** and more likely to parent in ways that **promote healthy child development**. They interact more positively with their children and create **safer and higher quality home environments**.



Reduced recurrence of maltreatment

by 1/3

CHILD MALTREATMENT

HFA **improves child safety and prevents maltreatment**, particularly for first-time parents who enroll prenatally. HFA parents also use more positive discipline, with **less physical punishment and yelling**. For families already involved with child welfare, **recurrence of maltreatment was reduced by one-third**.

HFA PROMOTES HEALTHY CHILD DEVELOPMENT



48%
fewer low-birthweight infants

CHILD HEALTH

HFA parents have **fewer low-birthweight infants**, and more moms choose to breastfeed. HFA children **receive more well-child visits and developmental screenings**.



26%
fewer children receive special ed services

CHILD DEVELOPMENT & SCHOOL READINESS

HFA children show **enhanced cognitive development** and have **fewer behavior problems**. By the end of first grade, more HFA children excel academically and **fewer are retained or receive special education services**.

HFA ENHANCES FAMILY WELL-BEING



MATERNAL HEALTH AND WELL-BEING

HFA moms show **improved mental health, lowered parenting stress**, and **increased avoidance of risky behaviors** (including reducing alcohol and marijuana use by nearly half and increasing the use of condoms by almost 40%).

LINKAGES AND REFERRALS

HFA reduces barriers and **connects families with essential community services**, including **referrals to health services and links to economic supports** such as TANF and SNAP benefits.



5x
more likely to enroll in school or training programs



27%
fewer families were homeless

ECONOMIC SELF-SUFFICIENCY

HFA moms are more likely to continue their education. HFA moms are **5 times more likely to enroll and participate in school and training programs**, and teen moms are nearly **twice as likely to complete at least one year of college** compared to teen moms not receiving HFA. Children are more likely to have health insurance and **fewer moms report being homeless** in the six years since enrollment in HFA.

FAMILY VIOLENCE

In HFA families, there is **less intimate partner violence** and **fewer incidents resulting in injury**.



30%
fewer intimate partner violence incidents resulting in injury

MORE ABOUT HFA

HFA ensures model fidelity through a rigorous accreditation process and set of Best Practice Standards. HFA prioritizes flexibility where it matters most — for communities and families.

- **HFA puts communities in the driver's seat.** The community identifies existing service gaps and the best mechanism to get support to families, ensuring those who provide HFA services bring community knowledge and lived expertise to the work.
- **HFA provides tailored support for families with varying amounts of stress and challenge.** Our comprehensive relational health assessment process with all families at intake helps connect each family with the services most appropriate to their identified needs.
- **HFA engages with families in partnership** - honoring diverse family structures and parenting practices, elevating family voice and promoting equity in all facets of our work. Family strengths are the focus from the very first interaction with HFA staff.



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