



Promoting Maternal and Child Health Through Home Visiting

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Session Objectives

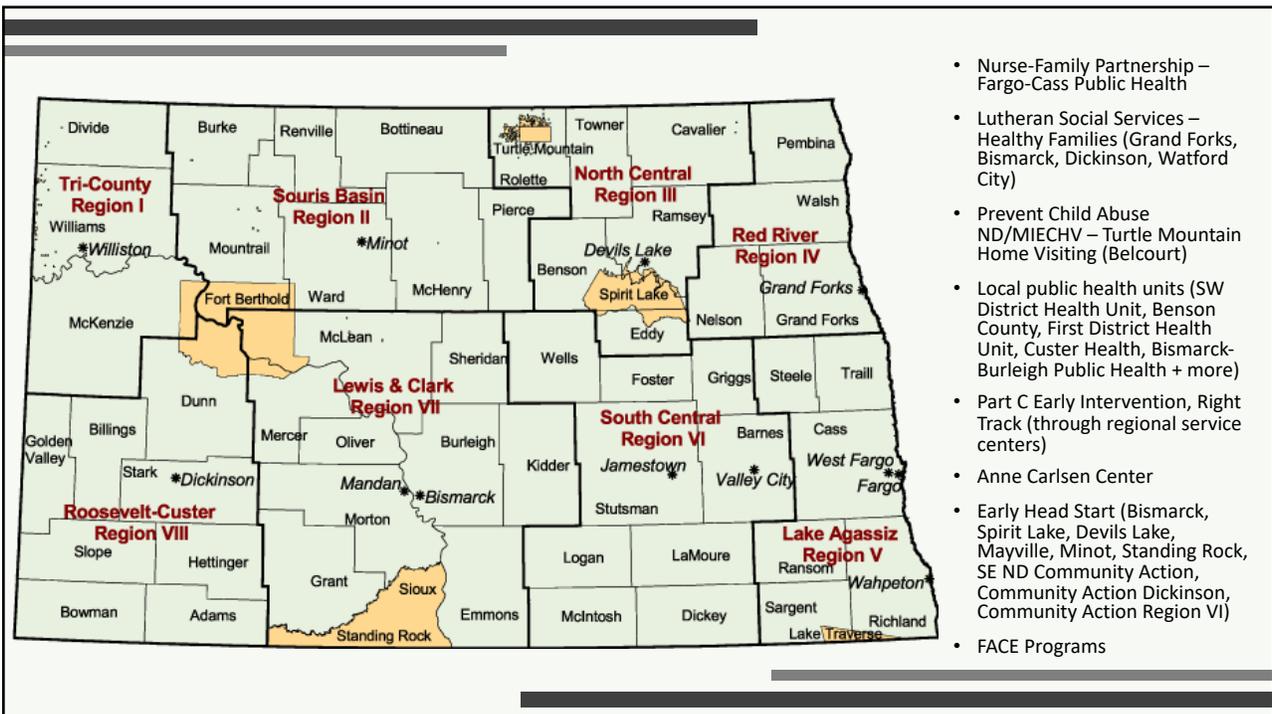
- After today's session, you will be able to
 - Name three home visiting programs that serve rural families in ND
 - Identify public health outcomes addressed by home visiting
 - Describe how home visiting supports early literacy and school readiness

Home Visiting Overview



Home visiting is a service provided by qualified professionals within the home, typically serving prenatal clients and families with children through primary school entry.

Focus areas include increasing parental knowledge of child development, positive parenting practices, screening children for physical and developmental health concerns, parental mental health and safety concerns, and family stability.



Family Safety and Stability



- Housing security
- Parental academic achievement
- Intimate partner violence (IPV) screening
- CPS involvement and out-of-home placement
- Family economic self-sufficiency

Preventing Child Abuse and Neglect

- Risk factors
 - Children younger than four years
 - Children with special needs that increase caregiver burden
 - Parents' lack of understanding of child development
 - Parent substance abuse disorder
 - Parent mental/behavioral health issues
 - Low family income
 - Young parental age
 - Social isolation



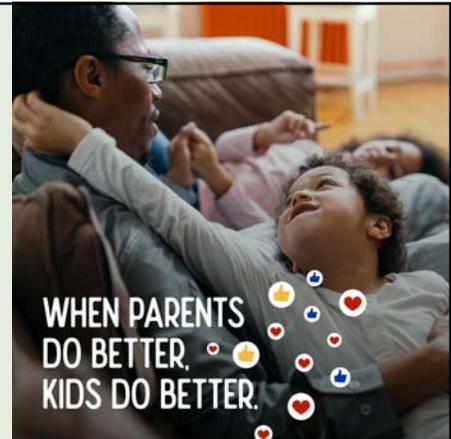
<https://www.cdc.gov/violenceprevention/childabuseandneglect/riskprotectivefactors.html>

Preventing Child Abuse and Neglect

- Protective factors
 - Concrete support for basic needs
 - Nurturing parenting skills
 - Supportive networks
 - Access to community services
 - Caring adults outside the family to serve as role models or mentors
- Effective models: Child First, Healthy Families America, Parents as Teachers, Nurse-Family Partnership

<https://www.cdc.gov/violenceprevention/childabuseandneglect/riskprotectivefactors.html>

<https://homvee.acf.hhs.gov/Outcome/2/Reductions-in-Child-Maltreatment/4/1>



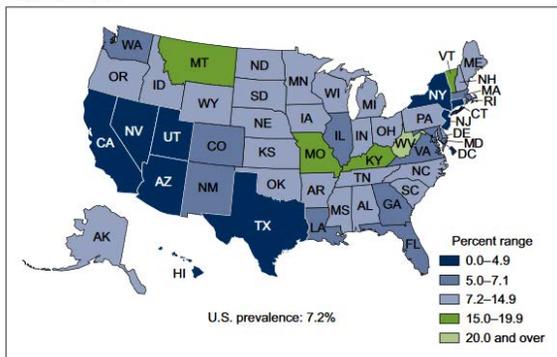
Rural Public Health Concerns

- Higher rates of smoking in adults
- Highest levels of smoking among adolescents
- Higher infant and maternal mortality
- Highest death rates in children and young adults
- Higher rates of poverty
- Less Access to healthcare services
- Less likely to have health insurance



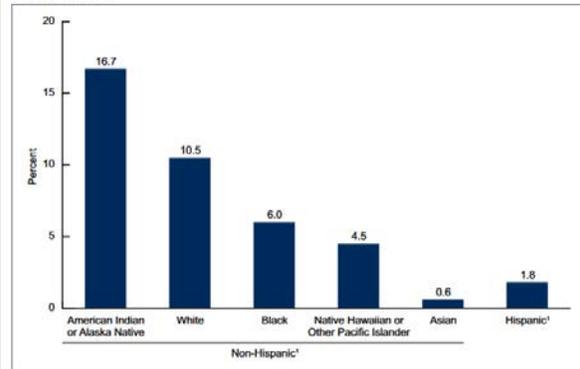
Statistics

Figure 1. Prevalence of maternal smoking at any time during pregnancy, by state: United States, 2016



NOTE: Access data table for Figure 1 at: https://www.cdc.gov/nchs/data/databriefs/db305_table.pdf#1.
SOURCE: NCHS National Vital Statistics System, Natality.

Figure 3. Prevalence of maternal smoking at any time during pregnancy, by race and Hispanic origin of mother: United States, 2016



¹Significant differences among all race and Hispanic-origin groups ($p < 0.05$).
NOTE: Access data table for Figure 3 at: https://www.cdc.gov/nchs/data/databriefs/db305_table.pdf#3.
SOURCE: NCHS, National Vital Statistics System, Natality.

Tobacco Cessation



- Counseling and pregnancy specific materials and support programs, motivational interviewing
- **BABY & ME – Tobacco Free™**
- **ND Quits**

An addiction to nicotine has both physiologic and psychological components and pregnancy moms can benefit from additional cessation support.

- Research support positive intervention effect on the number of cigarettes smoked per day.

Opioids and Substance-Exposed Newborns

- Substance use and addiction are preventable behaviors.
- There are known biological, physiological, social and environmental factors that contribute to the risk.
- The risk begins accumulating as early as the prenatal period.



Substance Abuse Prevention

Principle 1. Intervening early in childhood can alter the life course trajectory in a positive direction.

Principle 2. Intervening early in childhood can both increase protective factors and reduce risk factors.

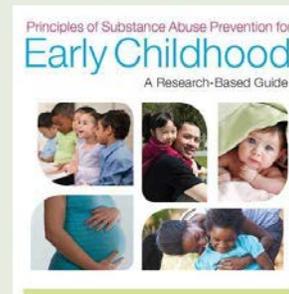
Principle 3. Intervening in early childhood can have positive long term effects.

Principle 4. Intervening in early childhood can have effects on a wide array of behaviors.

Principle 5. Early childhood interventions can positively affect children's biological functioning.

Principle 6. Early Childhood prevention interventions should target proximal environments of the child.

Principle 7. Positively affecting a child's behavior through early intervention can elicit positive behaviors in adult caregivers and in other children,. Improving the overall social environment.



Breastfeeding

- Three evidenced based maternal and childhood home visiting models have shown effect in increasing breastfeeding initiation, duration and exclusivity.
- Integrating home visiting programs with breastfeeding support can be a strategy to improve access to lactation services.
- Support is especially important to low-income mothers who are vulnerable to formula use and may not have access to support outside medical system.



Home Visiting a Promising Strategy

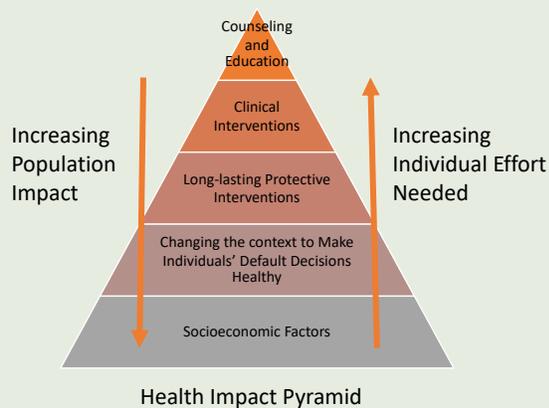


Photo: United States Breastfeeding Committee

- Safe Sleep and reduction in childhood death and injuries
- Maternal Mental Health and Wellness

A Child's World: Child Development



- Observe development
- Conduct assessments/screenings
- Connect to resources
- Support families

Early Language Learning and Literacy

1 in 3 American children start kindergarten without appropriate early literacy skills (American Academy of Pediatrics)

Home visitors can close that gap by providing resources, modeling behaviors, helping parents develop necessary skills



Image by i410h1r from Pixabay

American Academy of Pediatrics. "Evidence Supporting Early Literacy and Early Learning." Books Build Connections Toolkit – AAP.org, 2015. Accessed May 2019. <https://www.aap.org/en-us/literacy/>

ACEs & NEAR@Home



“I wish someone had shared ACEs research with me when I was a young parent. I didn’t know then what I know now.” – Home Visitor



- Home visiting professionals are uniquely positioned to talk with parents about NEAR science (neuroscience, epigenetics, adverse childhood experiences, and resilience)
- ACE histories impact lives and influence parenting
- Home visitors help families build resilience

Brooke’s Story



- Served by Nurse-Family Partnership (NFP) through Fargo-Cass Public Health
- First-time mom – to twins!
- Regular support and connection to resources
- Happy family!

- Read full story:
<https://www.nursefamilypartnership.org/stories/brooke/>

Thank You!

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