

Healthy Families New Jersey

Helping Expectant and New Parents Get a Healthy Start

Healthy Families provides services to prenatal families and families with new babies who are at risk for child abuse or neglect

Healthy Families is a research based, nationally accredited Home Visitation Program designed to promote positive childhood outcomes and family functioning. The Healthy Families Program promotes healthy parent-child interaction, knowledge of child development, home health and safety practices, and provides linkages to community resources to improve family self-sufficiency. There are currently 24 programs located in all 21 counties throughout the state of New Jersey.

Participants Receive:

- An in-depth assessment to identify family strengths and potential areas of need.
- Weekly visits from a home visitor who provides information on healthy parent-child interaction, child development, and health and safety practices.
- Assistance in setting meaningful goals for the family and development of specific objectives/strategies for achieving those goals.
- Developmental screening for early identification of potential developmental delays.
- Linkages to community and health-care services.
- Ongoing support from the time a mother is pregnant until the child turns three years of age.



Learn more about Healthy Families at www.healthyfamiliesnj.org

Cost Benefit

For each dollar spent on prevention efforts, research has shown that as much as five dollars are saved on intervention and future societal costs. New Jersey spends an estimated \$3 billion *per year* on the lasting effects of child maltreatment, including the costs associated with juvenile delinquency, mental health, incarceration, loss of productivity, substance abuse, hospitalizations and foster care.



Educational Impact

Each family's home environment is evaluated in the following categories: Responsivity, Acceptance, Learning Materials, Organization and Parent Involvement. This ensures that the child's home is sufficiently stimulating to foster learning and healthy development. The family is linked to or provided with needed materials, such as books and educational toys, to foster educational growth.

Program Outcomes

99% of babies were linked to a medical provider, resulting in fewer emergency room visits, thereby saving hundreds of thousands of dollars.

89% of target children were up to date on their immunizations (more than the state average of 77%—Kids Count, 2008).

88% of all families served received prenatal care ensuring healthy beginnings for their children.

87% of children received timely lead screenings.

91% of children received timely developmental screenings.

Based upon 2009-2010 Statistics

◆ Healthy Families served nearly 3,000 families in the state of New Jersey.

◆ 715 pregnant women were served

◆ Approximately 2500 infants and children were served.

◆ 2116 eligible children were enrolled in WIC services.

◆ Nearly 1,000 children had received lead screening by the time they turned 12 months old.

Fast Facts 2009-2010

Child Development

Each child in the Healthy Families program receives a developmental screening using the Ages and Stages Questionnaire (ASQ). At a minimum, each program administers the tool beginning when the child is six months old and every six months thereafter. Referrals to a pediatrician and/or Early Intervention are made if a possible delay is detected. Reaching children with delays early-on is essential to ensuring that they lead fulfilled and productive lives as children and as adults.

