

Research In Brief: Key Evidence of the Effectiveness of Oregon's Early Childhood Home Visiting Programs

The American Academy of Pediatrics, following a systematic review of research, issued a policy statement endorsing the effectiveness of voluntary early childhood home visiting as an effective strategy for improving child and family well-being.¹ Accordingly, Oregon offers an array of these programs to pregnant people and families with young children. By providing different programs with varying levels of intensity, cost, timing, and duration, programs can meet the diverse needs of Oregon's families and offer these relationship-based parenting supports to more families. **Currently however, fewer than 5% of all families with children less than age five are able to be served through early childhood home visiting.** For families with two or more socio-demographic risk factors (e.g., teen parents, single parents, geographically, socio-economically, culturally, or linguistically marginalized), Oregon data suggests that between 8-18% are being served; **this is still fewer than one in five Oregon families.**

There are currently a number of home visiting programs offered in Oregon that are considered to meet the highest standards of rigorous effectiveness research by review panels maintained by the U.S. Department of Health and Human Services^a (<https://homvee.acf.hhs.gov> and/or <https://preventionservices.acf.hhs.gov>).

These include:

1. Early Head Start (Home Based Option)
2. Family Connects (known locally as Family Connects Oregon)
3. Family Spirit
4. Healthy Families America (known locally as Healthy Families Oregon)
5. Nurse-Family Partnership
6. Parents as Teachers (PAT)

In addition, Oregon offers other home visiting programs that are evidence-informed and incorporate elements of these evidence-based models that enable them to best meet the needs of different families and communities. **This array of services helps ensure culturally and linguistically responsive services and broadens the reach of home visiting throughout the state for families who do not meet the sometimes narrow eligibility criteria for these six programs.** Relief Nurseries, for example, are unique to Oregon, and are a prime example of our state's historic investment in two-generation programs developed to meet specific family needs. *For more information about home visiting in Oregon, as well as a working list of currently available programs, locations, and eligibility criteria please visit the Center for Coordinating Oregon Home Visiting Systems ([CCOHVS](https://ccohvs.org)).*

Each of these six evidence-based models has been the focus of multiple rigorous research studies focused on outcomes most closely related to the specific services provided. Some of the most important demonstrated outcomes are shown in the table below, along with links to key research studies. **Note that this list provides examples of key outcomes and is not comprehensive.**

^aThese websites provide ongoing review and synthesis of research studies related to these and many other early childhood home visiting and prevention programs.

Home Visiting Program Model	Example Outcomes and Associated Studies
Early Head Start (Home Based Option)	<p>Significant improvements in child cognitive, language, and social-emotional development²</p> <p>Significant reductions in the number of reports to child welfare and fewer substantiated reports of physical abuse at age 9³</p> <p>Significant improvements in positive parenting and home literacy environment⁴</p> <p>Significant improvements in parental participation in education and training⁵</p>
Family Connects (known locally as Family Connects Oregon)	<p>Significant reductions in emergency room visits during first two years of life⁶</p> <p>Significant improvements in positive parenting behaviors⁷</p> <p>Significant reductions in maternal anxiety symptoms⁶</p> <p>Significant reduction in child protective services engagement⁶</p>
Family Spirit	<p>Significant reductions in children’s externalizing behaviors (acting out)⁸</p> <p>Significant improvements in maternal depression symptoms and reduced maternal substance use⁷</p> <p>Significant reductions in early childhood obesity⁹</p>
Healthy Families America (known locally as Healthy Families Oregon)	<p>Significant improvements in child social, cognitive, and language development¹⁰</p> <p>Significant improvements in positive parenting⁹</p> <p>Significant reductions in reported child neglect and harsh parenting behavior¹¹</p> <p>Significant reductions in parenting stress¹²</p> <p>Significant reduction in long term juvenile justice system involvement and reduced likelihood of grade retention in first grade¹³</p>
Nurse-Family Partnership	<p>Significant reduction in preterm births and very low birth weight infants¹⁴</p> <p>Significant reductions in reported child maltreatment¹⁵</p> <p>Significant reductions in use of the emergency room¹⁶</p> <p>Significant reduction in grade retention at first and third grades¹⁷</p> <p>Significant improvements in economic self-sufficiency and estimated cost-savings to society^{18,19,20,21}</p>
Parents as Teachers	<p>Significant reductions in substantiated maltreatment reports²²</p> <p>Significant improvements in child social, cognitive, and language development²³</p>

Key References

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