September 2015

Maternal, Child & Adolescent Health Division

The Critical First 1,000 Days

California Home Visiting Program

A child's first years are critical for building a foundation for success in school and in life. In fact, the first 1,000 days are considered the most important stage of child development. When a young child experiences adverse events, that foundation begins to crumble.

BACKGROUND

The Patient Protection and Affordable Care Act of 2010 was signed on March 23, 2010. This act established the Maternal, Infant and Early Childhood Home Visiting (MIECHV) Program, which provides funds for evidence-based home visiting to families in at-risk communities.

The California Department of Public Health, Maternal, Child and Adolescent Health Division was designated as the single state entity authorized to apply for and administer program funds on behalf of California.

HOW IT WORKS

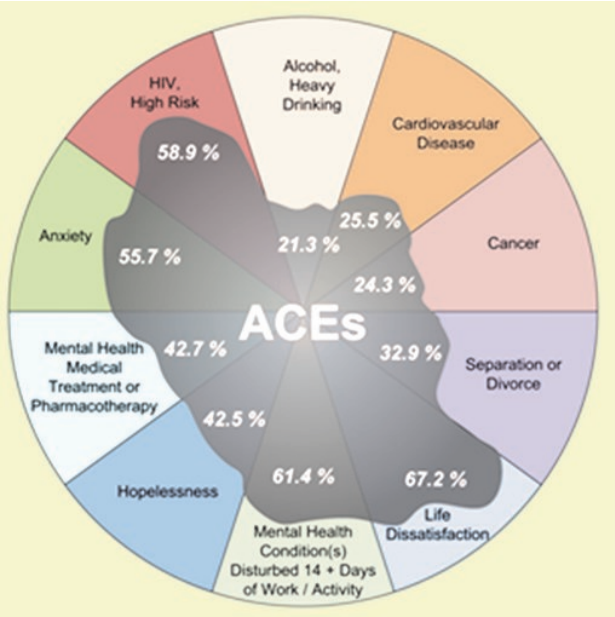
Home visiting matches parents with trained professionals to provide information and support during pregnancy and throughout their first few years—a critical developmental period.

PROGRAM GOALS

- Improve maternal and newborn health related issues
- Improve school readiness and achievement
- Improve family economic self-sufficiency for at-risk families
- Reduce child injuries, child abuse, neglect or maltreatment, and reduction of emergency department visits
- Reduce domestic violence
- Improve coordination and referrals for other community resources and supports
- Facilitate development of comprehensive early childhood systems

The Adverse Childhood Experiences (ACE) Study—one of the largest ever conducted to assess links between childhood maltreatment and later-life well-being—demonstrated that toxic stress developing in the brain has lifelong effects on learning, behavior and health. These stressors include poverty, neglect and domestic violence. The short and long-term outcomes of these childhood exposures include a multitude of health and social problems, as demonstrated in the diagram here. To access the study, visit http://www.cdc.gov/ace/

EARLY ADVERSITY IMPAIRS FUTURE WELL-BEING



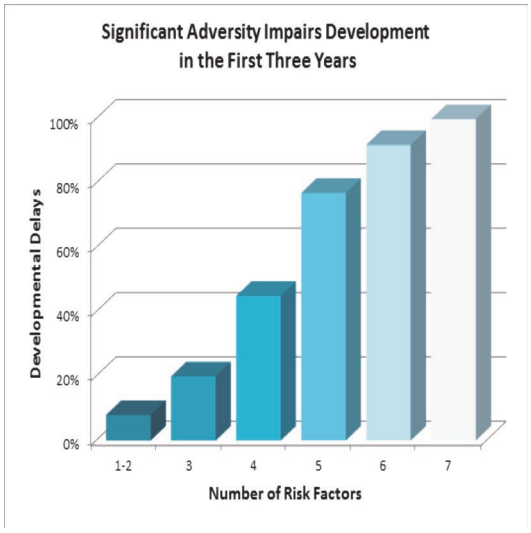
Adverse Childhood Experiences (ACEs) are attributable to numerous lifetime outcomes, such as HIV, cancer and CVD. *Information courtesy of: David W. Willis, MD, FAAP*

CALIFORNIA LAGS BEHIND

There is cause for concern in California for the future health and well-being of our children:

- California ranks 42nd in percentage of children with moderate to high risk of developmental, behavioral or social delays.
- California ranks 40th in percentage with families with no adverse experiences.
- Among 0-5-year-olds, California ranks 44th in percentage with one family adverse experience.
- More than one-third of California children will have an adverse experience between the ages of 0 and 5.
- Nearly one in five California children will have two or more adverse experiences.
- An assessment conducted by California Home Visiting Program (CHVP) identified a need for home visiting on all 58 counties—94% having needs in multiple areas.

Source: 2011/2012 National Survey of Children's Health



Graph courtesy of : Center on the Developing Child at Harvard University

MATERNAL, CHILD & ADOLESCENT HEALTH
California Department of Public Health

Every Child Deserves a Solid Start

Need for Home Visiting in all 58 Counties

ACHIEVEMENT GAP

The achievement gap is a social outcome that can be measured. It appears long before kindergarten. It can become evident as early as 9 months of age.

At-risk children who do not receive a high-quality education fare poorly. Check out these numbers:

- 25% more likely to drop out of school
- 40% more likely to become a teen parent
- 50% more likely to be placed in special education
- 60% more likely to never attend college
- 70% more likely to be arrested for a violent crime

Early childhood programs are the most cost-effective way to ensure the healthy development of children in poverty and offer the greatest returns to society.

Source: www.ounceofprevention.org

CONTACT US

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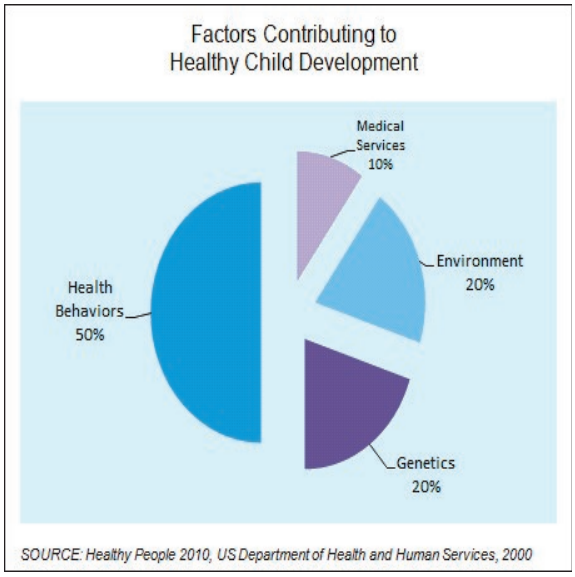
Home visiting helps parents give children the solid start every child deserves. Through home visiting, parents find healthy solutions to stressful circumstances by ensuring they have knowledge of community services, and skills to help keep their children healthy, safe and ready to learn. Home visiting reduces child abuse rates, helps in the early identification of developmental delays and supports family self-sufficiency. Home visiting produces positive outcomes that, over time, yield returns of up to $5.70 per taxpayer dollar spent. In fact, benefits to society per home visiting family served averages $81,656, according to one Nurse-Family Partnership study.

OUR APPROACH

The Maternal, Child and Adolescent Health (MCAH) Division, California Home Visiting Program (CHVP) is laying the foundation for children's emotional, social and cognitive development. CHVP pairs new and expectant parents with trained professionals who provide parenting information, resources and support during pregnancy and throughout the child's first years. It's a comprehensive approach involving numerous partners to addresses the many factors impacting well-being. These factors range from mental health and poverty, to education and housing.



SOURCE: Healthy People 2010, US Department of Health and Human Services, 2000

CHVP is uniquely positioned to have an impact on California's future and shift population health and well-being for future generations. By giving children a solid start in their first 1,000 days, the opportunity for a brighter, more prosperous future is greater.

California's 26 MIECHV-Funded Home Visiting Sites

- Alameda
- Butte
- Contra Costa
- Del Norte
- Fresno
- Humboldt
- Imperial
- Kern
- Los Angeles
- Madera
- Merced
- Nevada
- Riverside
- Sacramento
- San Diego
- San Francisco
- San Mateo
- Shasta
- Siskiyou
- Solano
- Sonoma
- Stanislaus
- Tehama
- Yolo