

Nurse-Family Partnership



Almost everyone would agree that a baby is a wonderful blessing. Newborns are cute and cuddly and draw in adults to care for them. Everyone would

also agree that having a baby is a life changing event.

But what if you are pregnant and...

- Young,
- Uneducated,
- Alone,
- Homeless,
- Unemployed with few job skills, or
- Living with a history of abuse, bad relationships, and poor self esteem?

Now families in Calhoun County who are expecting their first child have help available. NURSE-FAMILY PARTNERSHIP (NFP) is an evidence-based, community health program that helps transform the lives of vulnerable mothers pregnant

with their first child. Each mother served by NFP is partnered with a registered nurse early in her pregnancy and receives ongoing nurse home visits that continue through her child's second birthday. Independent research proves that communities benefit from this relationship. Families that complete the NFP have:

- incidents of child abuse and neglect,
- less involvement with the criminal justice system for mom and child at age 15,
- fewer behavioral and learning problems at age 5 (NFP National Office).

The Nurse-Family Partnership program was established in Calhoun County in 2010 in an effort to meet the Board of Health's long-term goal of reducing Calhoun County's teen pregnancy rate. The United Way of Greater Battle Creek, W.K. Kellogg Foundation, Battle Creek Community Foundation, and Binda Foundation stepped up to offer financial support of the NFP.

The Program Manager was hired in October 2010 and nurse home visitors

in February 2011. By March, the first 20 families were enrolled--well on the way to a full caseload of 100 families. The nurses work with pregnant women to achieve three goals: a healthy pregnancy, normal growth and development for the child, and reaching client centered goals such as completing school, obtaining stable housing, finding a job, and becoming a self sufficient adult. One of the main ways that NFP eligible women are connected to the program is through the county's Women, Infants, and Children (WIC) program.

WIC becomes a vital point of connection, intervention, and collaboration with other important programs and services in the community to ensure healthier outcomes for their participants. WIC is a supplemental nutrition program for women, infants, and children who are struggling to make ends meet.

To benefit WIC participants, over the past few years: Paper coupons were replaced with an electronic benefit transfer (EBT) card; a streamlined processes was implemented to improve client services; and eligible foods were expanded. WIC now issues a variety of whole grain foods, fresh fruits and vegetables, and jarred infant foods in addition to the previous standards of milk, eggs, cheese, juice and peanut butter or beans. WIC primarily promotes and encourages breastfeeding as the best source of infant nutrition. To support breastfeeding, breast pumps and breastfeeding support is provided as well as connecting interested clients with a breastfeeding peer counselor. Supplemental formula is provided for those infants who are not exclusively breastfed. The CCPHD WIC also has a Facebook page on breastfeeding called "WIC Breastfeeding Connections".

To find out more about Nurse-Family Partnership or WIC including eligibility requirements, please call 269-969-6370 or visit us on the web at http://www.calhouncountymi.gov/government/health_department/.

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Pregnant with your first baby? *Nurse-Family Partnership and WIC can help.*



Nurse-Family Partnership (NFP)

If you are pregnant with your first child, meet low-income requirements, and live within Calhoun County, you are encouraged to enroll in the free, voluntary NFP program as early as possible in your pregnancy.

WIC

If you are pregnant, breastfeeding, or recently had a baby or have a child less than five years of age, you are encouraged to enroll in WIC, a supplemental nutrition program for women, infants, and children.



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