**SCHOOL READINESS & ADJUSTMENT**

The largest long-term rigorous study of HFA to date (NY2)* shows impacts on academic success, with more children in gifted programs, fewer retained in first grade, and fewer receiving special education services. HFA also increased positive learning behaviors (works and plays cooperatively, follows oral directions and rules, and completes work on time).

These results are consistent with other studies reporting early indicators of children who are ready to learn, including higher scores for HFA children compared to controls on tests of cognitive development (AK, CA) or developmental screening (GA, NY1) at age 1 or 2 years, and fewer behavioral problems (AK, CA).

**CHILD ABUSE & NEGLECT**

Parents’ self-reports provide a powerful measure of child maltreatment; several rigorous studies show reductions in harsh parenting, neglect, physical abuse, and psychological abuse measured from one to seven years (AK, AZ2, CA, HI2, NY2), and increased use of non-violent discipline (NY2).

Studies have also shown reduced rates of substantiated maltreatment (HI1, AZ3, OR, VA5), with strongest results for select subgroups, such as first-time moms who enrolled prenatally (NY2), moms who were not depressed (MA2), parents with prior CPS involvement (NY2), and those who received the recommended number of visits (FL4).

**CHILDREN’S HEALTH**

HFA improves birth outcomes, including low birth weight, a problem with tremendous public and personal costs. When moms enroll in HFA before the third trimester, multiple studies report positive impacts on birth weight (NY2, FL3, DC, NJ1, VA4), and fewer birth complications (VA2). HFA has also been shown to increase breastfeeding (NY1, NY2, MA1, OR, WI).

HFA improves parents’ access to health care for their child by helping them:
- obtain insurance coverage (AK, NY2, OR),
- complete well-baby visits (CA, VA2, OR, WI), and,
- establish a medical home for routine and preventive health care needs (AK, AZ1, CA, FL3, FL4, HI2, IA, MD1, MD2, NY2, OR, TN, VA1, VA3, VA4, VT).

**THE BOTTOM LINE:** Healthy Families America nurtures child development, including long-term improvements in children’s school performance, and prevents adverse childhood experiences (ACEs) such as child abuse and neglect. These outcomes have been shown in rigorous studies in multiple states.

*Evaluation Studies*: State abbreviations refer to evaluation studies; those in italics indicate Randomized Control Trials (RCTs). For more information, see the HFA Evaluation Table at healthyfamiliesamerica.org/research/

*More Information*: Go to healthyfamiliesamerica.org to read more about HFA’s positive impacts for children and communities.