

First Born® is home visitation for women pregnant for the first time and first-time parents.



2016 Annual Report

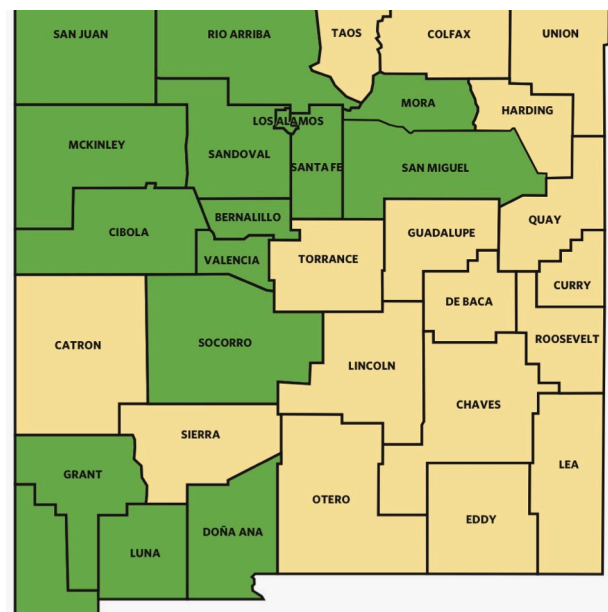
The First Born Program has embraced independent and comprehensive evaluation since its inception in 1997. Through a recently completed RAND Corporation outcome evaluation, First Born has **evidence of the program's effectiveness** that is being recognized throughout our state. Here are a few highlights:

- ✓ *We find evidence that the FBP model reduced medical contact in children's first year of life. The universal program reduced infant health care use for high-risk and lower-risk families.*
 - M. Rebecca Kilburn, PhD, Jill S. Cannon, PhD / PEDIATRICS, January 2017
- ✓ *A home visitation program for first-time mothers that was first started in Silver City nearly two decades ago has proven to be effective in reducing medical costs.*
 - LAS CRUCES SUN-NEWS editorial board / Jan. 5, 2017
- ✓ *Programs like First Born hold a promise for a healthier future.*
 - ALBUQUERQUE JOURNAL Editorial Board/ January 3, 2017
- ✓ *Because First Born is such an amazing resource to the first time parents of Grant County, it needs to be expanded. With proven reductions in long-term consequences, it pays for itself and creates jobs for the residents of our communities. We strengthen both the economy and the potential of infants, children, and families in our community. We can do this, and we should do this.*
 - Brian Etheridge, MD, FAAP / President, NEW MEXICO PEDIATRIC SOCIETY

First Born programs are currently located in 16 New Mexico Counties

75% of New Mexican first born babies are born in a county where there is a First Born Program

- **Grant County**
Gila Regional Medical Center / Silver City
- **Los Alamos County**
Los Alamos First Born Program
- **Socorro County**
Presbyterian Socorro General Hospital / Socorro
- **Bernalillo, Valencia, Sandoval, Luna, Dona Ana, and Cibola Counties**
CHI St. Joseph's Children / Albuquerque
- **Santa Fe County**
United Way of Santa Fe County / Santa Fe
- **Rio Arriba County**
Presbyterian Española Hospital / Española
- **San Miguel and Mora Counties**
First Born of Northern New Mexico / Las Vegas
- **Hidalgo County**
Hidalgo Medical Services / Lordsburg
- **McKinley County**
North West New Mexico First Born Program / Gallup
- **San Juan County**
North West New Mexico First Born Program / Farmington



2016 First Born Program OUTCOMES that result in **BETTER OUTCOMES FOR CHILDREN**

- 98% of families receiving First Born Program services had NO substantiated reports of child abuse and neglect. **The lifetime cost of one victim of child abuse and neglect is \$210,012.**
- 96% of mothers were screened for depression, referred accordingly, and effective interventions identified. **A large body of literature documents the adverse effects of untreated maternal depression on the functioning and development of her children.**
- 97% of homes were FREE from domestic violence. 33% of women and 25% of men in New Mexico have experienced domestic violence.
- 99% of primary caregivers were NOT arrested while enrolled in First Born services. **The average annual cost to confine an inmate in a Community Corrections Center is \$26,163. The annual cost for FB services for a family is about \$3,500.** Current research has found that strong attachment to a parent is a child's best buffer against a life of crime.
- 97% of pregnant women received regular prenatal care. Prenatal care reduces both maternal and infant hospitalizations. **Every dollar spent on prenatal care saves \$5.19 in hospitalization costs for mothers and babies.**
- 94% of pregnancies were DRUG-FREE. The total lifetime costs for caring for an infant that survives prenatal exposure to drugs or alcohol ranges from \$750,000 to \$1.4 million.
- 97% of births had a birth weight of greater than 2500 grams. **The expected costs of delivery and initial care of a baby weighing 1000 grams at birth exceeds \$100,000.**
- 96% of children have current immunizations. Childhood immunizations are among the most cost-effective preventive health measures. **Every dollar invested in immunizing a child saves \$16.50 in medical and societal costs.**
- 98% of children are receiving regular well-baby checks. Newborn screening and early childhood screening decrease long-term health and societal costs among infants and children.
- 98% of children have NOT had emergency room visits when services were available through the family's medical provider. **The average ER visit costs \$1,049, while the average physician's office visit costs \$153.**
- 92% of mothers initiated breastfeeding and almost half of those babies were breastfed exclusively for at least six months. Breastfeeding prevents childhood obesity and diabetes. Annual healthcare costs are about \$6,700 for children treated for obesity covered by Medicaid.
- 100% of children's development was assessed at regular and scheduled intervals and referred accordingly. **Every dollar invested in early childhood developmental screening and treatment saves \$17 in health and societal costs.**
- 100% of children have a foundation of skills that promotes school success and a lifelong joy of learning. **A recent study sponsored by the National Center for Educational Statistics, indicated that about 20% of kindergarten children lagged behind in the cognitive area of development and 31% lagged behind in the social and emotional area of development.**
- 75% of teen primary caregivers are completing his/her high school education. The difference in lifetime earnings between a high school dropout and a college graduate is \$950,000–\$1,387,000. **High school graduation is associated with higher incomes, better health, lower criminal activity and lower welfare receipt.**
- 100% of families are integrated into their community's formal and informal continuum of care.
- 100% of families report increasing their confidence in parenting.

Program Statistics for 2016

- In New Mexico, First Born Programs employ more than 100 professionals who provide home visiting services.
- First Born Program Home Visitors completed **27,325** face-to-face home visits.
- **1,659** families received First Born services
 - 20% are teen parents
 - 40% of families were enrolled during the prenatal period
- No state-funded program experiences being “fully-funded” to meet the needs of their communities.