



The HealthySteps approach is supported by a multi-site randomized controlled trial and subsequent site-level evaluations

Demonstrated positive outcomes for:



Children



Caregivers



Caregiver-Child Relationships



Practice Transformation

To learn more, visit:
healthysteps.org/the-evidence



Improving the Lives of Young Children and Families

Based on the most recent scientific understandings of how early childhood development works

HealthySteps, a national program of ZERO TO THREE, transforms the promise of pediatric primary care through a unique team-based approach that integrates a HealthySteps Specialist, a child development and behavioral health prevention and promotion expert, into the health care team.

At practices with HealthySteps, all children ages 0-3 and their families receive a tiered model of services, from universal screening to risk-stratified supports, including care coordination and onsite intervention, as needed. HealthySteps' priority population is babies and toddlers aged 0-3 who are insured through Medicaid, the Children's Health Insurance Program (CHIP), Tricare, or are uninsured.

A national evaluation, including a randomized controlled trial, and subsequent site-level evaluations of HealthySteps demonstrate positive outcomes for children, families, and the providers who serve them. High-level results from these studies are included in the following pages.

Children

CHILDREN ARE MORE LIKELY TO RECEIVE RECOMMENDED PREVENTATIVE AND DEVELOPMENTAL SERVICES

- » Improved well-child visit and immunization adherence and continuity of care ^{1,3,4,13,15*,17,22,23,29}
- » Increased universal child developmental and social-emotional screening rates that far exceed national and state averages ^{8,15*,27}
- » Increased connection to and utilization of developmental services, including early intervention ^{6,13,15*,16,26}
- » Reduced disparities in the receipt of preventive and developmental services ^{15*}

CAREGIVERS ARE MORE LIKELY TO USE PRACTICES KNOWN TO SUPPORT POSITIVE CHILD GROWTH AND DEVELOPMENT

- » Improved early nutrition and feeding practices, including breastfeeding ^{13,14,17,18}
- » Enhanced early literacy practices ^{13,22,24}
- » Improved child safety and injury prevention practices and fewer injury-related emergency room visits ^{13,17,18}



15* This footnote signifies emerging evidence, which includes research that has not yet been published in a peer reviewed journal or presented at an academic/scientific conference.

Children

CHILDREN HAVE A LOWER RISK OF ADVERSE SOCIAL-EMOTIONAL AND PHYSICAL DEVELOPMENT

- » Improved social-emotional screening scores over time ³
- » Lower rates of behavior problems ²
- » Higher likelihood of healthy weight status ¹²



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*Every time I talk to people they are shocked and say how great it is because **I was on top of everything and was able to get my son diagnosed [with Autism] so young and to start early intervention so quickly.** The reality is, it was all **due to my HealthySteps Specialist** explaining everything to me, giving me all the information I needed, and following up with me.*

- HealthySteps mom

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Caregivers

FAMILIES ARE MORE LIKELY TO RECEIVE SCREENINGS AND TO BE CONNECTED TO SERVICES

- » Improved universal maternal depression screening rates, well above the national average ^{6,10,21,28}
- » Increased utilization of family planning services and postpartum care ^{15*}
- » Increased referral and connection to maternal depression and community resources ^{10,11,13}

CAREGIVERS' HEALTH AND WELL-BEING IS IMPROVED

- » More frequent discussion of maternal depression ^{3,13,17}
- » Reduced maternal depression symptoms ^{18,19}

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*The best part of my job is knowing that someone who came to the doctor for their flu shot or for a well-child visit also got an opportunity to talk about the other things that are hard for them. Whether I'm directing people towards resources in the community, or whether I'm with a parent who got to relieve a little bit of their stress, **it's that they came here for their kid, but the family was served.***

– HealthySteps Specialist

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Caregiver-Child Relationship

FAMILIES DEMONSTRATE IMPROVED PREDICTORS OF HEALTHY, THRIVING CAREGIVER-CHILD RELATIONSHIPS

- » More frequent and responsive conversations with providers about child development, leading to improved caregiver knowledge ^{2,4,9,18,22}
- » Decreased use of harsh and severe discipline ^{13,17}
- » Enhanced early relational health, including positive nurturing interactions and secure attachment ^{2,5,13}



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*The most beneficial asset that HealthySteps has added to my life is to just **provide reassurance** and really helped find in me the answers that I'm kind of seeking and have **the confidence that I can do this**—I am this child's parent and I have everything I need to be this child's parent, to do a good job at it.*

– HealthySteps mom

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Practice Transformation

BETTER PROVIDER AND FAMILY EXPERIENCE AND QUALITY OF CARE

- » Improved family satisfaction with pediatric care, including higher rating of their provider's competence and caring ^{2,13,18}
- » Increased provider satisfaction, including a new sense of emotional support and reported reductions in stress ^{7,13}
- » Improved clinic efficiency, effectiveness and patient-centered care ^{13,20,25}

“ [HealthySteps Specialists] do two magical things: One, **they provide connection to families**—they increase our satisfaction here at the clinic. Two, they also **increase my efficiency** and my ability to serve them.

-HealthySteps
Physician Champion ”

