



2023 HealthySteps Network Snapshot

HealthySteps Transforms the Lives of Children and Families

HealthySteps, a program of [ZERO TO THREE](#), is an evidence-based, team-based pediatric primary care program that promotes the health, well-being and school readiness of babies and toddlers, with an emphasis on families living in low-income communities.

The HealthySteps National Office at ZERO TO THREE conducts two large data collection efforts each year: the annual update of **Site Profile Forms**, which takes place every May, and **Annual Site Reporting** (ASR), which occurs every July.

The Site Profile Forms provide administrative data around sites' location and setting; funding and reimbursement sources; data collection practices; and other descriptive program components. ASR follows the Site Profile Form updates, and includes key service delivery and child and family data. This requires sites to extract data from the practice's electronic health records (EHRs) and other HealthySteps-specific databases.

Because HealthySteps sites are onboarded on a rolling basis and these two data collection efforts request information from specific points in time, **the summary of information provided herein reflect data from a subset of current, active HealthySteps sites.**

261

ACTIVE
SITES

(close of 2023
calendar year)

210

OF 217 SITES (97%)
UPDATED SITE
PROFILE FORMS

(June, 2023)

207

OF 217
SITES (95%)
COMPLETED ASR

(Oct., 2023)

HealthySteps Site Reporting

In 2023, HealthySteps welcomed Germany and the state of Montana to the network! This brought the total number of HealthySteps sites to 261 across 25 states, Washington, D.C., and Germany at the close of the 2023 calendar year.

HealthySteps' largest presence is in New York, accounting for a quarter (25%) of the network's sites, followed by Colorado (11%) and California (8%).

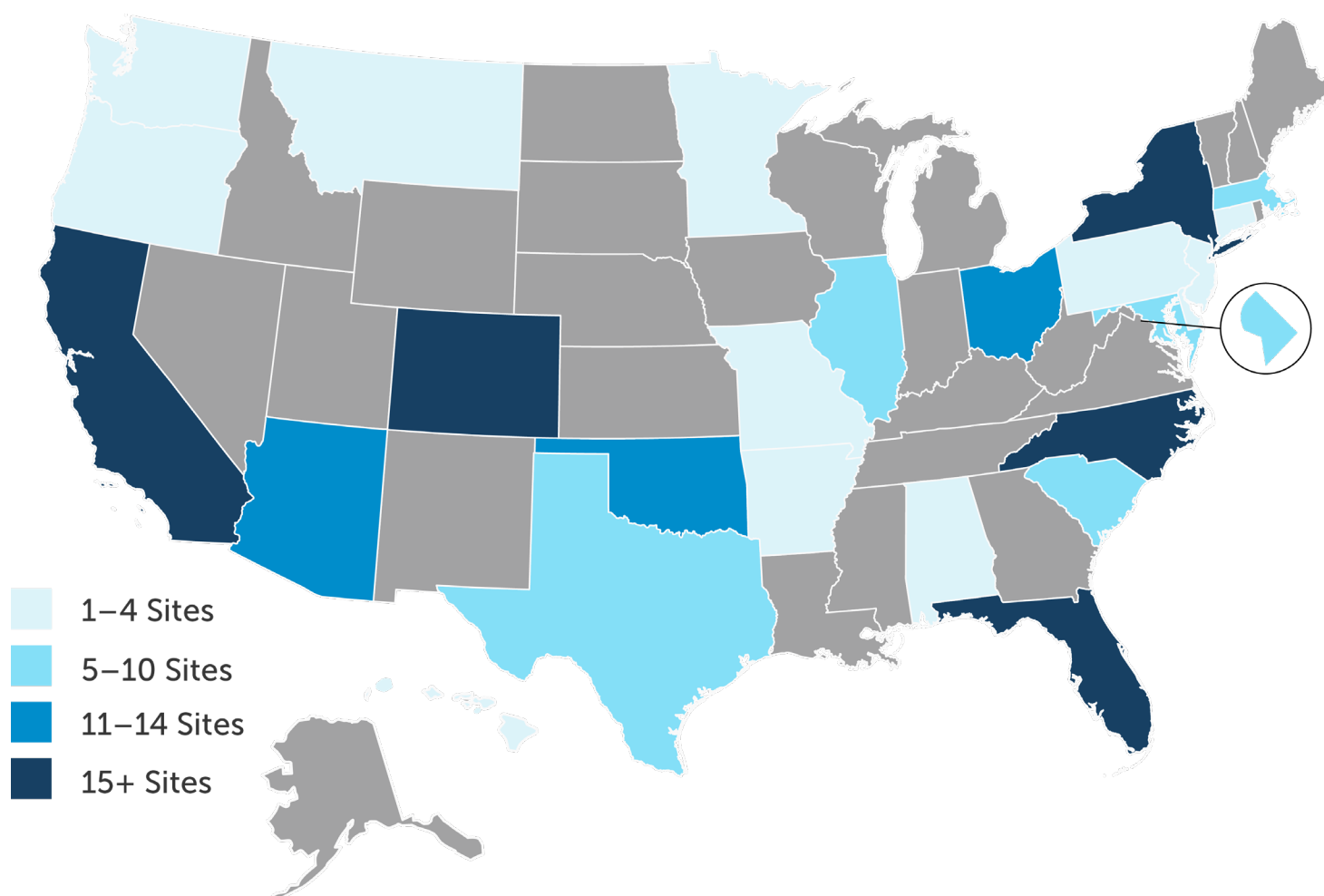
HEALTHYSTEPS NETWORK 2023

261
Sites

across

25
States

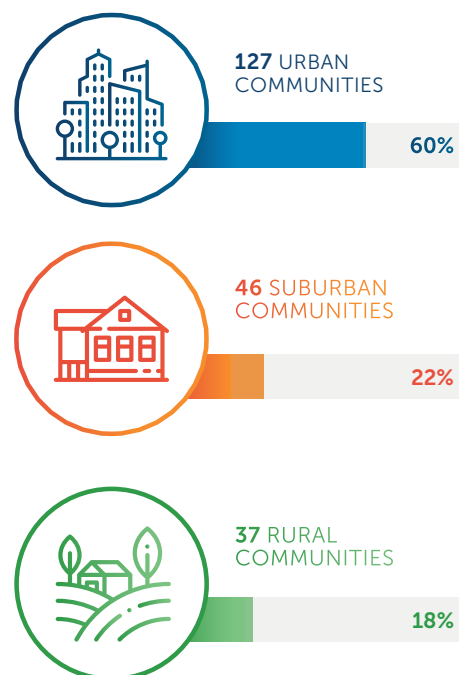
+ DC, & Germany



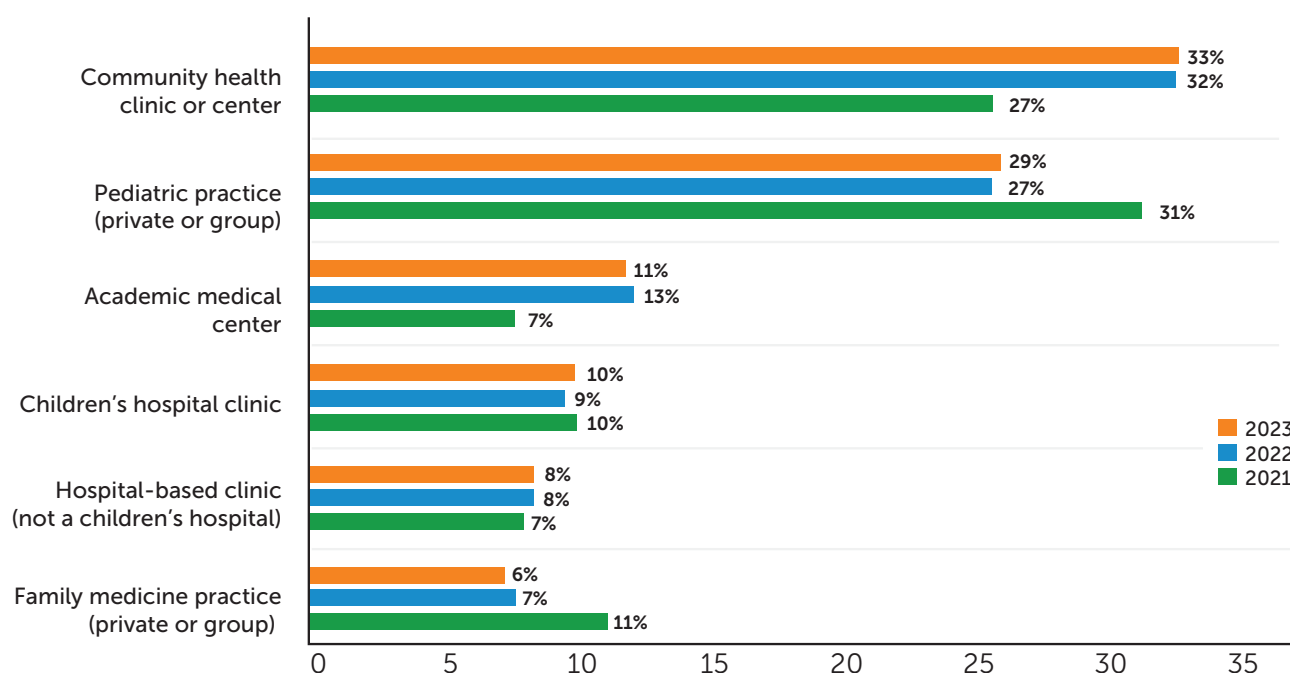
HealthySteps Site Characteristics

Two hundred and ten HealthySteps sites completed Site Profile Form updates in 2023. Almost two-thirds (60%) of HealthySteps sites are located in urban communities, and there was an increase in sites located in suburban communities: 22% in 2023, up from 18% in 2022. The remaining 18% of HealthySteps sites are located in rural communities.

A majority (86%) of sites report being part of a larger network (e.g., a health system or medical center).



The most common settings in which HealthySteps programs are implemented are community health clinics or centers (33%), pediatric practices (29%), and academic medical centers (11%). Over the last two years, there has been growth in community health centers implementing HealthySteps, driven in part by an increase in federal funding.



HealthySteps Site Staffing & Partnerships

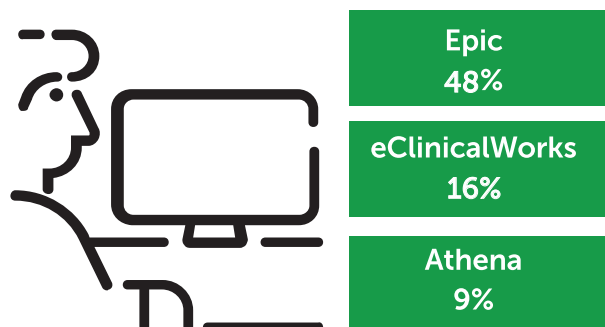


The most common education level achieved by HS Specialists is a master's degree, followed by bachelor's and doctoral degrees. HS Specialists also hold licenses and certifications, such as licensed clinical social workers, licensed clinical psychologists, and certified lactation counselors/consultants.

HealthySteps practices are also successful at establishing relationships and collaborating with community partners and other evidence-based programs: 75% offer Reach Out and Read onsite, and 62% report referring families to one or more Maternal, Infant, and Early Childhood Home Visiting (MIECHV) programs in their community or enrolling them onsite.



Electronic Health Record Systems



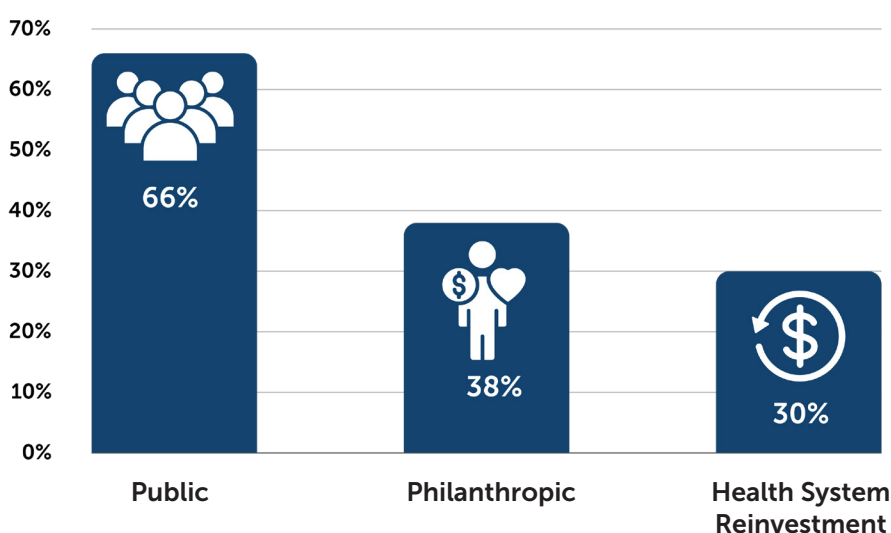
The most common EHR used by HealthySteps sites is Epic, and in 2023, the National Office released the [HealthySteps Epic Implementation Turbocharger Package](#). The Turbocharger will support sites in updating their instances of Epic to better document and report on HealthySteps services.

HealthySteps Site Funding & Accreditations

FUNDING

The most common source of funding for HealthySteps sites is public funding. Public funding is a broad category that covers a diverse array of sources, such as federal grants, state and/or county investments, local property taxes, tobacco and/or cannabis tax initiatives, and child welfare prevention funds. HealthySteps sites are also supported by philanthropic funding, as well as health system or hospital reinvestment.

TYPES OF FUNDING



Total will sum to more than 100% as sites were asked to select all that apply.

In 2023, almost half (48%) of HealthySteps sites reported more than one funding stream, and over half of the sites (59%) reported receiving reimbursement for HealthySteps services.

ACCREDITATION

HealthySteps practices hold a variety of designations and accreditations; the most common is the Patient Centered Medical Home (PCMH) with over half of the sites (60%) reporting that they hold this designation. This is followed by Federally Qualified Health Centers (FQHC), with over a third (36%) of HealthySteps sites identifying as such, and National Committee for Quality Assurance (NCQA) Certification rounding out the top three with 26%.

HealthySteps Served Over 250,000 Children in 2023

Each year in July, the National Office collects data from sites on key demographic and service delivery metrics during ASR. The reporting is organized around the HealthySteps Core Components and broken out by each Tier of Service.

In 2023, 207 sites participated in ASR.

TIER 1 UNIVERSAL SERVICES: 259,470

TIER 2 SHORT-TERM SUPPORTS: 25,180

TIER 3 COMPREHENSIVE SERVICES: 36,431

Universal Screening

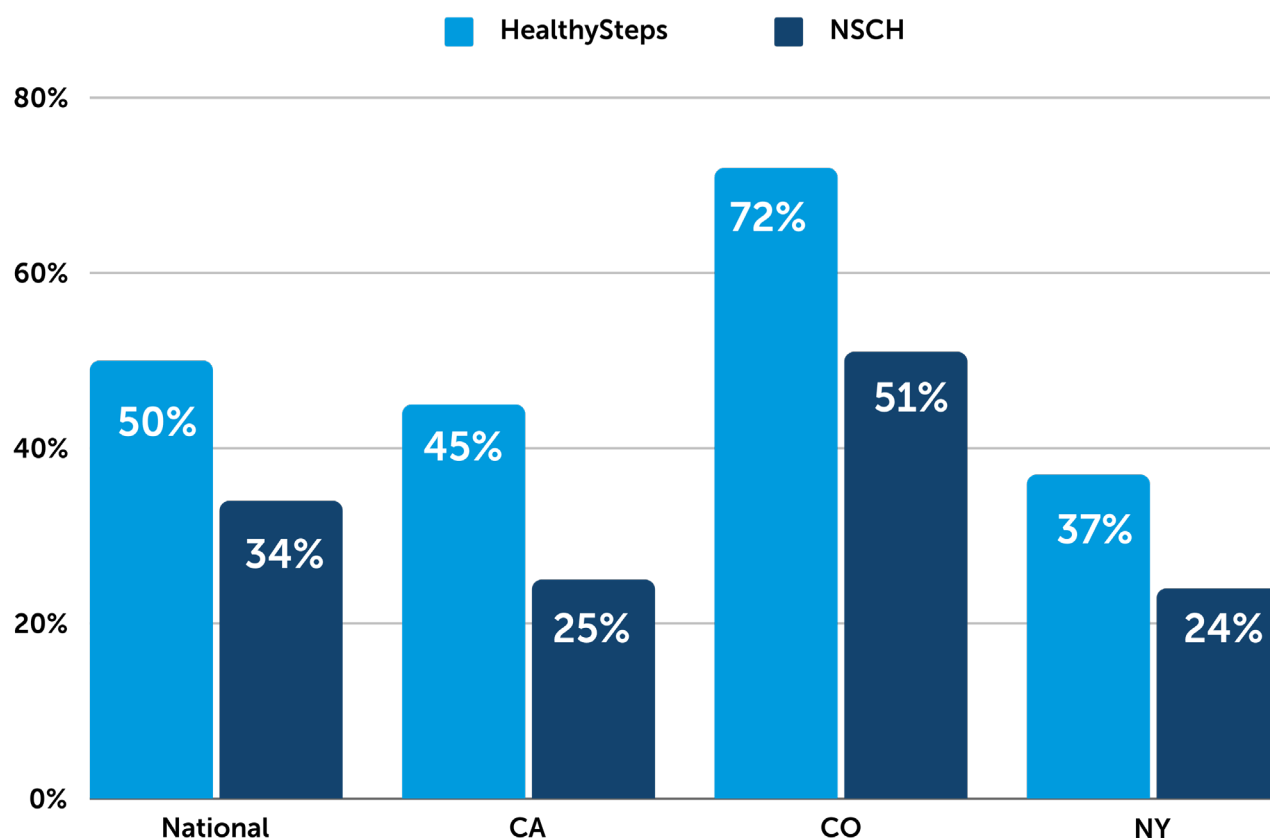
The American Academy of Pediatrics' (AAP) *Bright Futures* recommends standardized screenings across the well-child visit schedule. HealthySteps operationalizes the AAP's recommendations with Tier 1 universal screening requirements, which include screening for both children and families. Universal screening is foundational to HealthySteps, transforming it into a true population health model that has the potential to both ensure equity and close chronic gaps in the U.S. social safety net.

Of the 259,470 children who received a well-child visit at a HealthySteps site in 2023, 130,803 received a developmental screening. This accounts for half (50%) of the Tier 1 children receiving a developmental screening this year, which is an increase from 45% in 2022 and exceeds the 2022 national average of 34%, per the National Survey of Children's Health (NSCH).

The disparity of screening rates is also evident in the three states with the largest HealthySteps footprint: California, Colorado, and New York.

Universal Screening

HEALTHYSTEPS vs NSCH DEVELOPMENTAL SCREENING RATES



Similarly, in 2023, 95,862 HealthySteps children had a mother screened for maternal depression, which represents over a third (37%) of Tier 1 families receiving this critical service. It also reflects HealthySteps families getting screened at a higher rate than the national average; in 2022, the Healthcare Effectiveness Data and Information Set (HEDIS) released the first set of national maternal depression screening rates, which revealed that fewer than 20% of postpartum patients were screened for maternal depression. While there is still much growth to be achieved across HealthySteps sites, they are already outperforming national screening practices.

While there have been consistent, positive trends across HealthySteps screening rates, the current data undercount the true reach of screening, as data documentation and extraction from EHRs is an ambitious undertaking. As such, the National Office continues to invest in tools to increase sites' capacity for high-quality data collection and reporting, including [Welly](#) and the aforementioned [HealthySteps Epic Implementation Turbocharger](#).

Universal Screening

The Survey of Well-being for Young Children (SWYC) is a screening tool commonly used among many HealthySteps sites, either as a standalone tool or in conjunction with others. It's popular because it includes all HealthySteps-required screenings, is free to download, and is available in several languages.

Other than the SWYC, the most common screening tools include:



We're well on our way to reaching more than 1 million children and families.

HealthySteps has grown tremendously, and our 2023 data show the incredible work done each day across the country and our steady progress to reach more than 1 million children and families annually by 2032. The HealthySteps National Office at ZERO TO THREE is committed to ensuring the program model is implemented with fidelity as the national network grows to meet the increased demand in communities.





ZERO to THREE
Early connections last a lifetime



HealthySteps is an evidence-based program of **ZERO TO THREE**, the nation's leading nonprofit working to ensure all babies and toddlers have a strong start in life. HealthySteps transforms the promise of pediatric primary care through a unique team-based approach that integrates a child development and behavioral health promotion and prevention expert, the HealthySteps Specialist, into the health care team to improve outcomes in areas where there are persistent inequities for children and families of color or with low incomes. All children ages 0–3 and their families receive a tiered model of services, including universal screening, risk-stratified supports, care coordination, and onsite intervention. HealthySteps practices serve as trusted and valuable partners as families foster their children's healthy development. Together, the national network of HealthySteps sites aims to reach more than 1 million young children and families annually by 2032.

zerotothree.org
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