

North Carolina



HEALTHYFAMILIESAMERICA.ORG

Healthy Families America® 2023 State Profile

Healthy Families America® (HFA) is the nationally recognized, evidence-based home visiting program of Prevent Child Abuse America®. HFA focuses on building nurturing, safe and secure relationships between parent and child that are essential for all children –and parents– to lead a healthy and productive life. Voluntary home visiting helps new and expectant parents develop the skills and confidence to raise healthy children and increases family well-being by preventing adversity and building resilience during a child’s most critical years of development.

Research with the HFA model demonstrates sustained positive impact for HFA families:



Reduced recurrence of maltreatment by **1/3**



48% fewer low-birthweight infants



5x more likely to enroll in school or training programs

↑ Improved maternal and child health

↑ Increased child development and school readiness

↑ Increased family economic self-sufficiency

↓ Reduced family violence

By investing in evidence-based home visiting programs, like Healthy Families America®, we strengthen North Carolina families, create thriving communities, and save taxpayer dollars.

Snapshot of North Carolina HFA Data from 2023*

175
families

3,398
home visits

3
sites

HFA Families in North Carolina face varying amounts of stress and challenge:

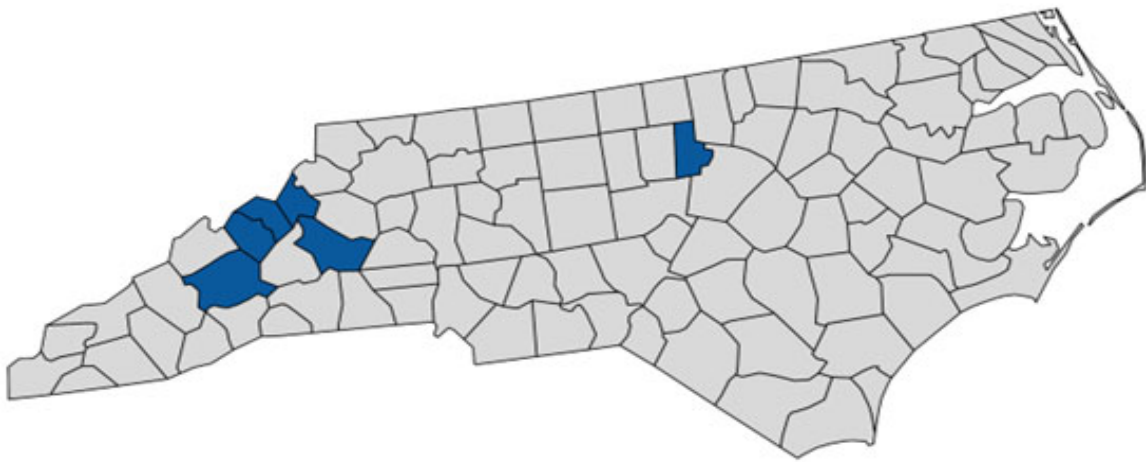
85% of families live in low-income households

24% of families have a caregiver who is age 21 or younger

29% of families have a caregiver with less than a high school diploma/GED

*This snapshot reflects HFA sites that reported at least 1 family received a home visit during their 2023 reporting year.

2023 North Carolina Counties with HFA Services*



■ HFA Service Areas

"[Healthy Families America] gives me the confidence and strength to keep going. The support they've given me is something incomparable to anything I've ever had in my life."

Karlita, Healthy Families America Parent

Find out more about HFA's Evidence of Effectiveness at:

<https://www.healthyfamiliesamerica.org>

For more information about Healthy Families America, contact policyteam@preventchildabuse.org