



STATE OF TENNESSEE  
**DEPARTMENT OF HEALTH**  
CORDELL HULL BLDG.  
425 5TH AVENUE NORTH  
NASHVILLE TENNESSEE 37243

**PHIL BREDESEN**  
GOVERNOR

**SUSAN R. COOPER, MSN, RN**  
COMMISSIONER

January 26, 2010

Cindy Perry, Director  
Select Committee on Children and Youth  
320 Sixth Avenue North  
Rachel Jackson Building, 7<sup>th</sup> Floor  
Nashville, TN 37243-0186

Dear Ms. Perry:

The Department of Health is please to provide you a copy of the *Tennessee Department of Healthy Start Annual Report – 2009*. This report has also been made available via the Internet at <http://health.state.tn.us/Downloads/HealthStartAnnualReport09.pdf>.

The healthy start program focuses on home visitation and counseling services, for the purpose of improving family functioning and eliminating abuse and neglect for infants and young children within families identified as high risk.

In accordance with T.C.A.37-3-703 (d), the Department shall make available non-identifying information about healthy start participants in an annual report to the governor, the chair of the general welfare, health and human resources committee of the senate, the chair of the health and human resources committee of the house of representatives, and the chair of the select committee on children and youth.

Thank you for your consideration of this report, and please do not hesitate to contact me if you have any questions.

Sincerely,

Susan R. Cooper, MSN, RN  
Commissioner

Enclosure



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COMMISSIONER

January 26, 2010

The Honorable Joe Armstrong, Chair  
House Health and Human Resources Committee  
25 Legislative Plaza  
Nashville, TN 37243

Dear Representative Armstrong:

The Department of Health is please to provide you a copy of the *Tennessee Department of Healthy Start Annual Report – 2009*. This report has also been made available via the Internet at <http://health.state.tn.us/Downloads/HealthStartAnnualReport089.pdf>.

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Thank you for your consideration of this report, and please do not hesitate to contact me if you have any questions.

Sincerely,

A handwritten signature in black ink that reads "Susan R. Cooper, MSN, RN".

Susan R. Cooper, MSN, RN  
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COMMISSIONER

January 26, 2010

The Honorable Rusty Crowe, Chair  
Senate General Welfare, Health and Human Resources Committee  
8 Legislative Plaza  
Nashville, TN 37243

Dear Senator Crowe:

The Department of Health is please to provide you a copy of the *Tennessee Department of Healthy Start Annual Report – 2009*. This report has also been made available via the Internet at <http://health.state.tn.us/Downloads/HealthStartAnnualReport09.pdf>.

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Susan R. Cooper, MSN, RN  
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SUSAN R. COOPER, MSN, RN  
COMMISSIONER

January 26, 2010

The Honorable Phil Bredesen  
Governor  
State Capitol  
1<sup>st</sup> Floor  
Nashville, TN 37243

Dear Governor Bredesen:

The Department of Health is please to provide you a copy of the *Tennessee Department of Healthy Start Annual Report – 2009*. This report has also been made available via the Internet at <http://health.state.tn.us/Downloads/HealthStartAnnualReport09.pdf>.

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Sincerely,

Susan R. Cooper, MSN, RN  
Commissioner

Enclosure

# Healthy Start Annual Report to the Legislature

July 1, 2008 – June 30, 2009



Tennessee Department of Health  
Maternal and Child Health  
425 Fifth Ave. North  
5th Floor, Cordell Hull Building  
Nashville, TN 37243  
(615) 741-0329

## TENNESSEE HEALTHY START

Tennessee has developed, implemented, and continues to coordinate the Healthy Start pilot programs in accordance with TCA 37-3-703. The program provides home visiting and counseling services in 30 counties to high risk families with the goal to improve family functioning and reduce abuse/neglect of infants and young children. Families voluntarily participate in the program and services can be provided until the child's sixth birthday.

The Tennessee Healthy Start program is modeled after the nationally recognized Hawaii Healthy Start program which has demonstrated effectiveness in reducing child abuse and neglect, increasing immunization rates, increasing prenatal care and promoting child development<sup>1</sup>.

### Program Results for FY 2008-2009

#### (1) Number of Families Receiving Services:

Table 1: Number Served (FY 2008-2009)

Facility Name	Children	Families
CFD Shelbyville	105	92
Healthy Start of Clarksville	160	145
HR McNabb Center	324	268
Jackson MCGH	179	174
Le Bonheur CCP	200	187
Nashville HD	281	244
Stephens Center	154	134
UT Martin	150	131
<b>TOTAL All Sites</b>	<b>1,553</b>	<b>1,375</b>

#### (2) Number of Visits Provided

The Tennessee Healthy Start program provides home visits, other visits<sup>2</sup>, and group sessions in 30 counties to improve family functioning and to prevent child abuse/neglect.

Table 2: Type of Service Contacts

Facility Name	Home Visits	Other Visits	Group Sessions
CFD Shelbyville	1,259	9	10
Healthy Start of Clarksville	2,440	41	38
HR McNabb Center	3,720	327	405
Jackson MCGH	2,430	30	203

<sup>1</sup> Hawaii Department of Health. *Outcomes for the Hawaii Healthy Start Program, 1992*. Honolulu, HI, Maternal and Child Health. 1994.

<sup>2</sup> "Other" visits are defined as visits that take place in locations such as the health department clinic, DHS office, or high school.

Le Bonheur CCP	2,791	37	14
Nashville HD	3,149	136	6
Stephens Center	1,780	105	75
UT Martin	2,025	23	0
<b>TOTAL All Sites</b>	<b>19,594</b>	<b>708</b>	<b>751</b>

**(3) Number of Children at Risk of Abuse or Neglect Prior to Receiving Services:**

The Kempe Family Stress Checklist (KFSC) is a standardized instrument used by the Healthy Start program to determine indicators of stress and elevated risk for child abuse and neglect. Families whose stress scores are at or above the recommended cutoff level of 25 points are offered enrollment in the Healthy Start program. All 1,553 (100%) of the children receiving Healthy Start services were considered at risk for abuse/neglect based on the family KFSC score prior to initiation of service.

**Program Objective:**

**At least 95% of program children served will be free from suspected abuse or neglect.**

This measure is an indicator of family functioning in accordance with TCA 37-3-703 (c) (1) and (c) (4). The data for fiscal year 2008-09 indicates that 98.1% (1522/1553) of the 1,553 children active in the program were free from suspected abuse. Thirty-one (31) or 2% (31/1553) enrolled children were reported to the Department of Children’s Services as suspected cases during the fiscal year. The number of children who remain unified with their families and free from abuse/neglect in years one (1), two (2), three (3), and four (4) while receiving project services:

Table 3: Percent of Children Free of Abuse/Neglect and Remaining in Home

	% of children
<b>2005</b>	<b>99.0%</b>
<b>2006</b>	<b>99.2%</b>
<b>2007</b>	<b>99.4%</b>
<b>2008</b>	<b>98.1%</b>

**Program Objective:**

**At least 95% of program children should be up to date with immunizations by their 2<sup>nd</sup> birthdates.**

In accordance with TCA 37-3-703 (c) (2), 97.3% (479/492) of children at age 2 were up to date on immunizations significantly exceeding the rates for Tennessee (88%) or the nation (71.3%). (CDC National Immunization Survey 2008).

**Program Objective:**

**Enrolled children will receive at least one annual periodic developmental screening.**

In accordance with TCA 37-3-703 (c) (3), 100% of enrolled children received at least one developmental screening during the year in accordance with the screening tool guidelines.

**Program Objective:**

**At least 85% of mothers enrolled during the prenatal period will have a healthy birth measured by birth weight of 2,500 grams or more and gestational age of at least 37 wks.**

In accordance with TCA 37-3-703 (c) (5), of the 393 births, 87.2% (334/393) weighed 2,500 grams or more and 85% (332/391) were at 37 weeks gestational age or more.

**Program Objective:**

**At least 94% of program mothers will delay a subsequent pregnancy for at least one year (12 months) after a previous birth.**

91.2% (791/868) delayed a subsequent pregnancy at least one year; 15.2% (132/868) of program mothers delayed a subsequent pregnancy for more than a year.

**COST/ BENEFIT ESTIMATES**

**Average cost of services provided:**

Total DCS Contract:	\$3,060,100
Total MCH Funding:	\$510,900
Total Healthy Start funding:	\$3,571,000

Average cost per child per year: \$2,299

**Estimated cost of out-of-home placement:**

Cost per child in residential care:	\$126.38/ day
Cost per child in foster care:	\$24.64/ day <sup>3</sup>

Estimated cost of child in residential care for one year	\$46,129
Estimated cost of child in foster care for one year:	\$8,994

Average length of stay in foster care: 28.3 months<sup>4</sup>

<sup>3</sup> Tennessee Department of Children's Services

<sup>4</sup> U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families, Children's Bureau. *Adoption and Foster Care Analysis and Reporting System (AFCARS) data submitted for 2007*



**Appendix 1: Tennessee Healthy Start/Healthy Families Program Descriptions**

	Center for Family Development	Exchange Club/ Stephens Center	Healthy Start of Clarksville	Helen Ross McNabb Center	Jackson-Madison County General Hospital	Le Bonheur Center for Children & Parents	Metro. Nashville/ Davidson County Health Department	UT Martin
nties red	Bedford, Coffee, Lincoln, Marshall, Maury, Rutherford, Moore and Franklin	Jackson, Overton, Putnam and White	Montgomery and Stewart	Blount, Jefferson, Knox and Loudon	Chester, Crockett and Madison	Shelby	Davidson	Benton, Carroll, Gibson, Henry, Lake, Obion and Weakley
ary rce of rrals ening elop- tal ening ruments	Hospitals, schools, health depts., self doctors, referrals	Hospitals, schools, doctors	Hospitals, schools, health depts., doctors	Hospitals, schools, health depts., doctors	Hospitals, schools, health depts., doctors, clients, clinic, TEIS	Hospitals, schools, health depts., self referrals	Health Department Central Referral System	Hospitals, schools, health agencies, TEIS, clients, doctors
ing	Infant/Toddler Home Inventory; Hawaii Early Learning Profile(HELP)	Denver II	Denver II; Ages & Stages Questionnaire	Ages and Stages Questionnaire – Dev. & Social Emotional	Denver II; Ages & Stages Questionnaire; Developmental Assessment of Young Children	Denver II	Denver II	Denver II, Battelle
	5 FSW's 1 FAW 1 program manager/ director 1 supervisor	5 FSW's 1 FAW 1 program manager 1 supervisor 2secretaries	5 FSW's 1 FAW 1 program manager 1 program assistant	13 FSW's 3 team leader/FSW 1 director 1 coordinator 1 assistant 1 health educator	5 FSW's 1 FAW/FSW 1 FAW/ supervisor 1program manager	9 FSW's 1 FAW/FSW 1 director, 1 program manager 2 supervisors 1 administrative assistant	7 FSW's 2 Nurse/FSW's 1 Nurse FAW/FSW 1 director 1 office support	5 FSW's 1 FAW/FSW 1 director 1 program manager 1 assistant 1 secretary

FAW – Family Assessment Worker FSW – Family Support Worker