



Plumas County Children and Families Commission

Evaluation Report 2008/09

October 14, 2009

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Evaluation

- First 5 funded programs 2008/09 summary
- Children's Report Card Community Indicator Highlights
- Program Outcomes
 - Systems Changes
 - Early Intervention
 - Breastfeeding Support NBHC



Focus Areas First 5 Plumas

- Children are healthy
- Families are strong
- Children are ready for school and the community and schools are ready for children
- Systems are integrated

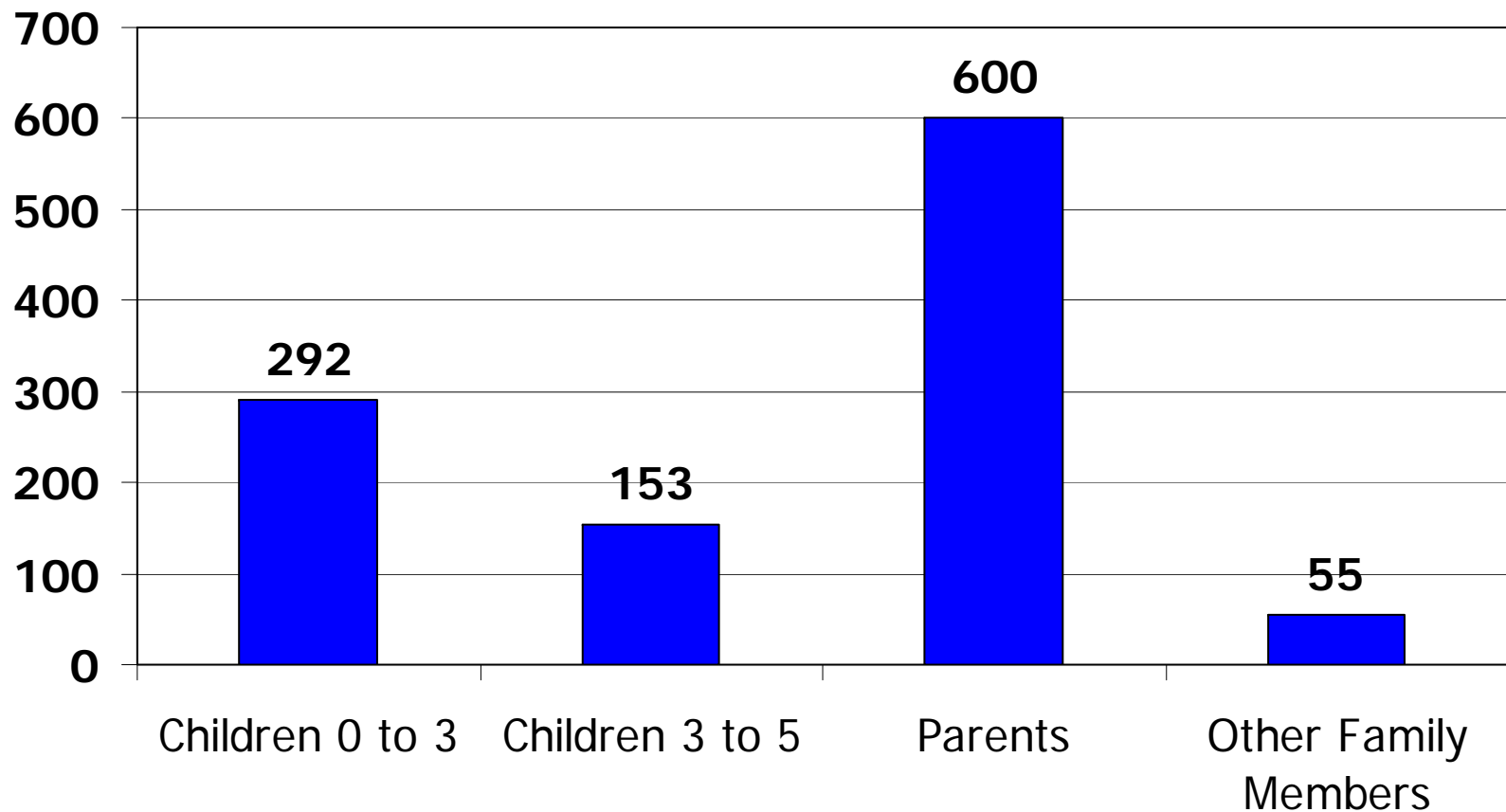


First 5 Funded Programs

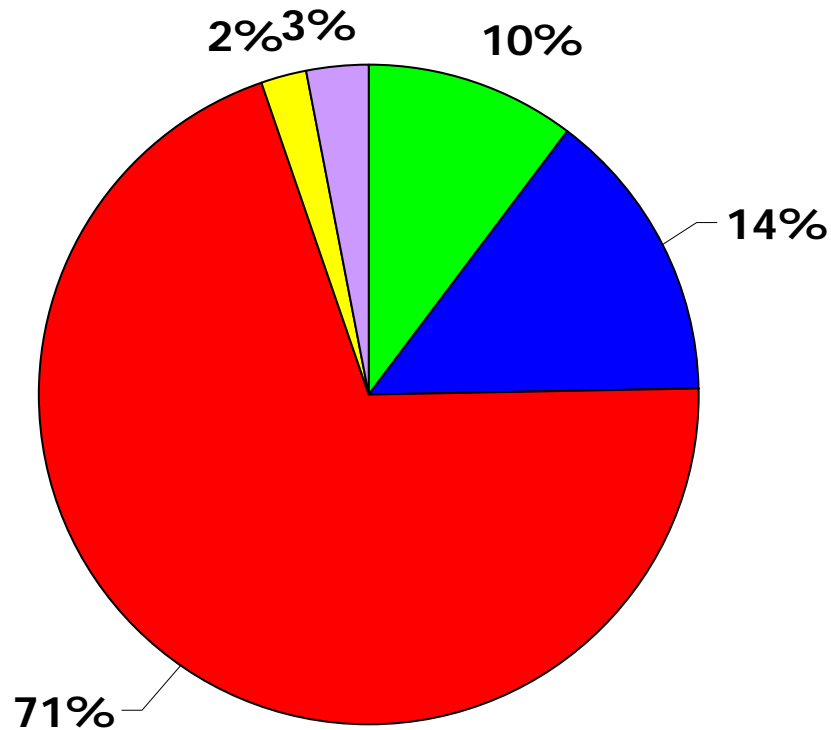
- New Born House Calls
- Healthy Touch Infant Massage Program
- Early Intervention Program/PUSD
- Roundhouse Council Family Advocate
- CARES: stipends for child care providers for professional development



Total Clients Served 2008/09

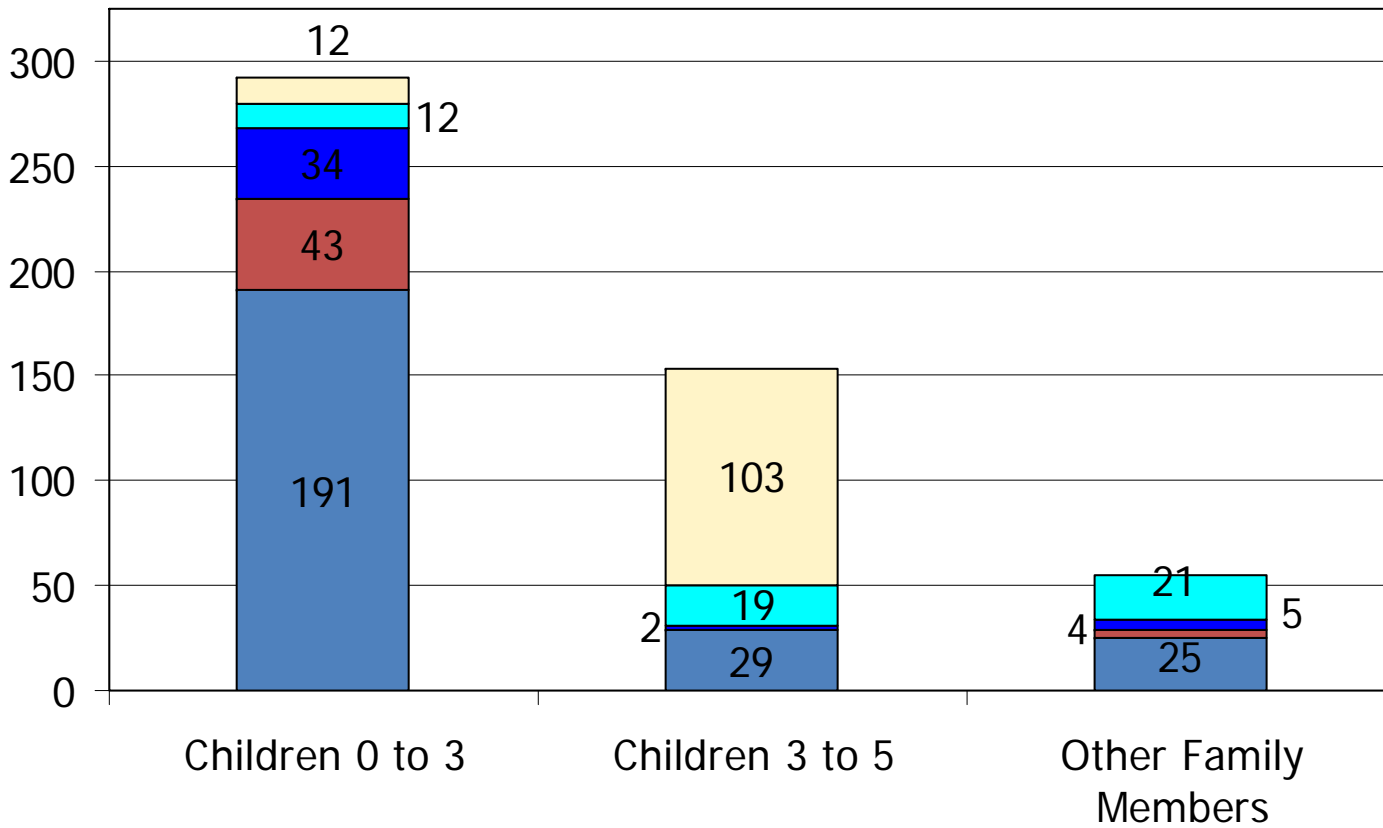


Ethnicity of Total Children Served 2008/09

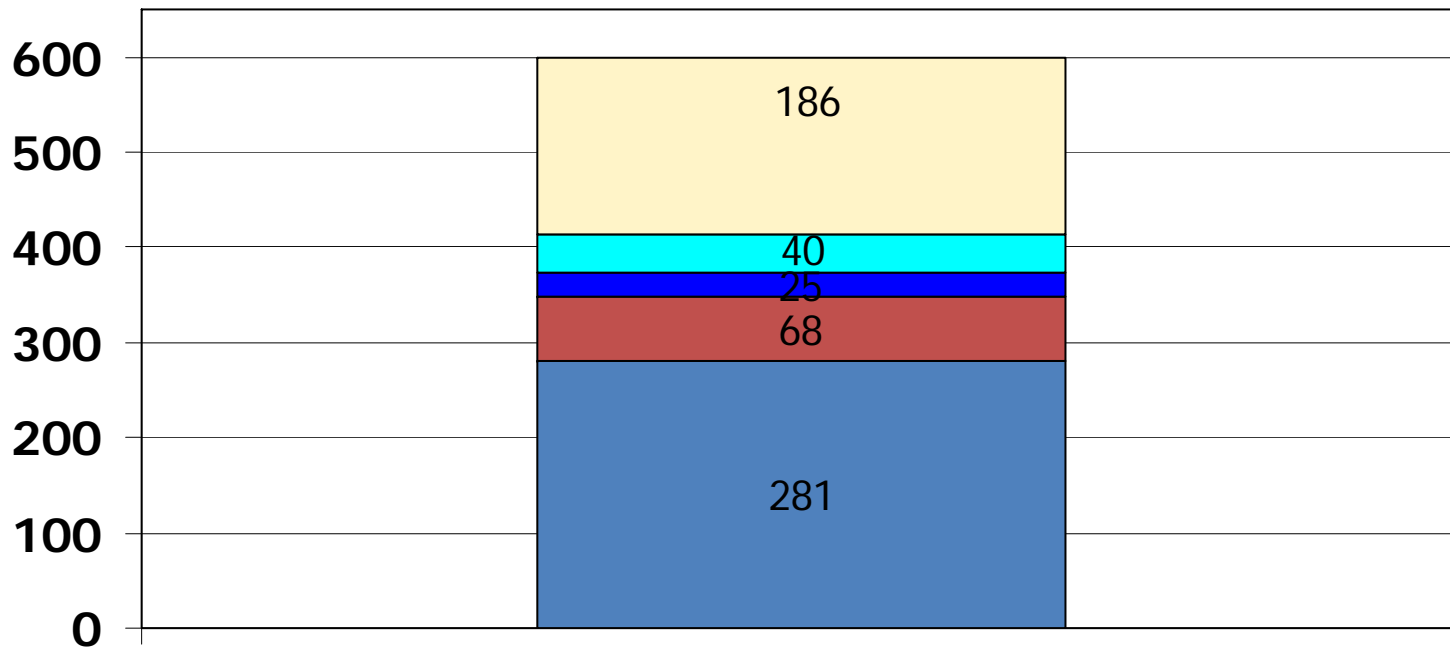


- American Indian
- Hispanic
- White
- Other
- Unknown

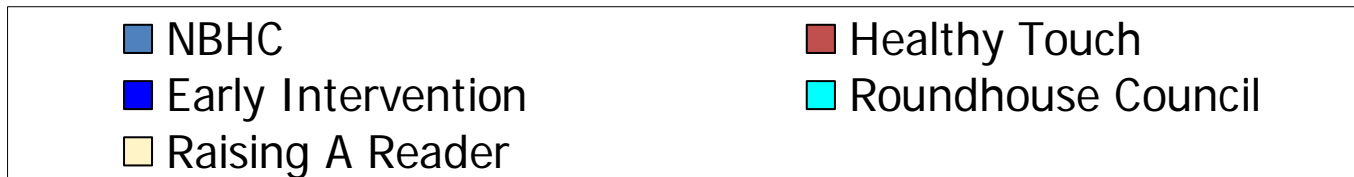
Details on Children and Other Family Members Served By Program 2008/09



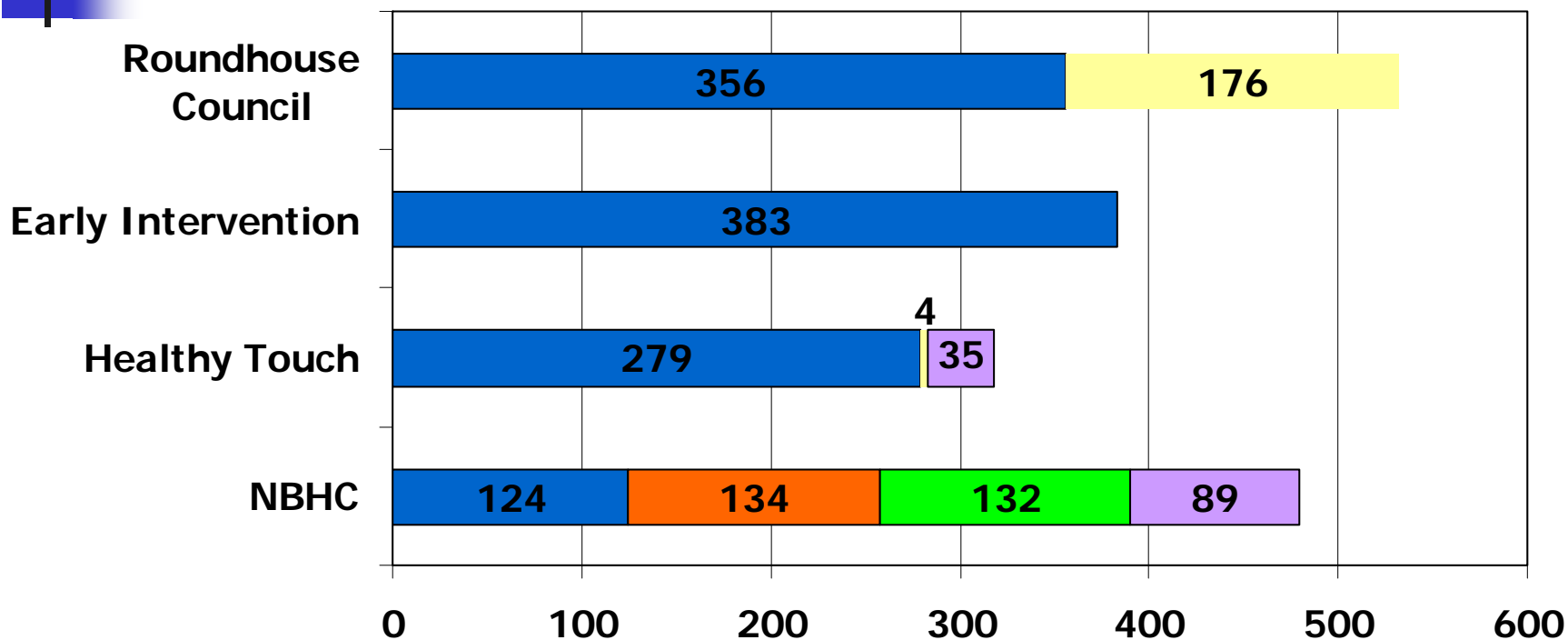
Details on Parents Served By Program 2008/09



Parents



Services Provided By Program 2008/09



■ Home visits

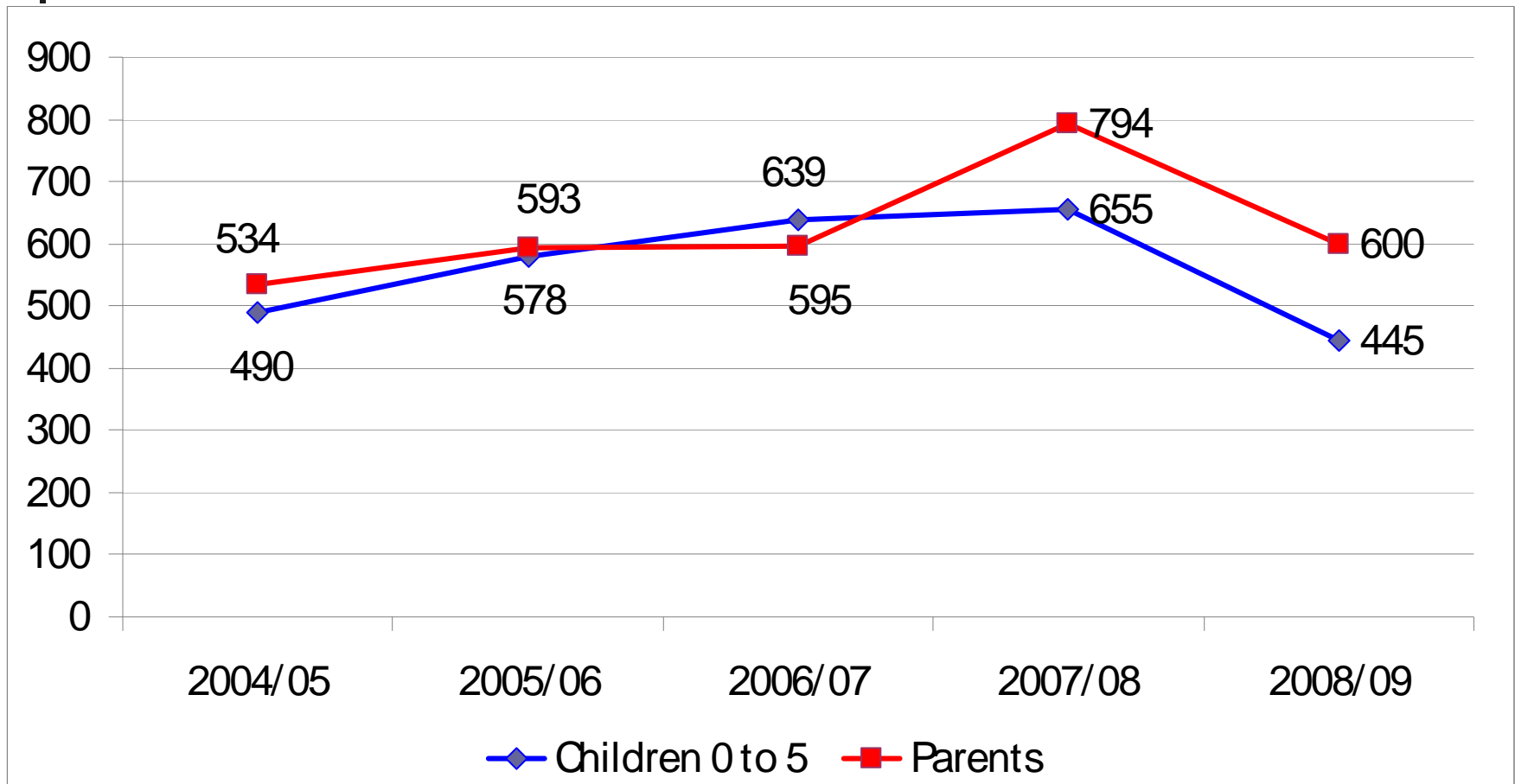
■ EL Kits

■ Breastfeeding support

■ Classes

■ Kits for New Parents

First 5 Plumas County Five Year Trend: Children and Parents Served





CARES 2008/09

- Stipend recipients 20 in 2008/09 program year
- Partners:
 - Feather River College
 - Plumas Rural Services
 - Plumas County Public Health Agency
 - Local Child Care Planning Council
- State support ending December 2009
- First 5 Plumas decision to: fund stipends and staffing at \$47,000 total cost



Evaluation 2008/09

- Using Achievement Milestones feature in state data system for quarterly progress reports
- North East Region Evaluation Technical Assistance Focused on systems change
- Refined logic models from 2007/08 for all programs
- Breastfeeding follow up surveys for NBHC and Healthy Touch

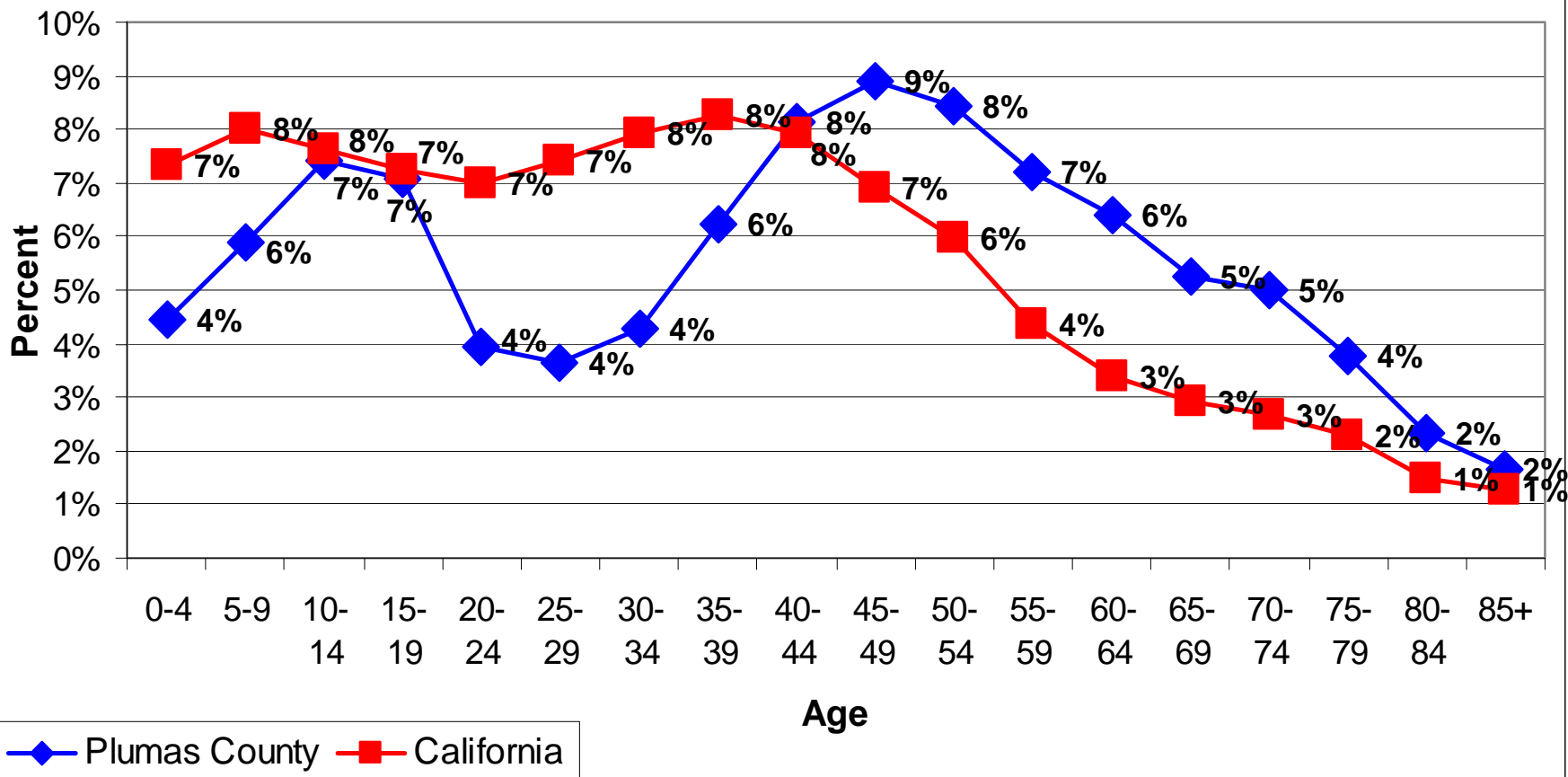


Children's Report Card Highlights

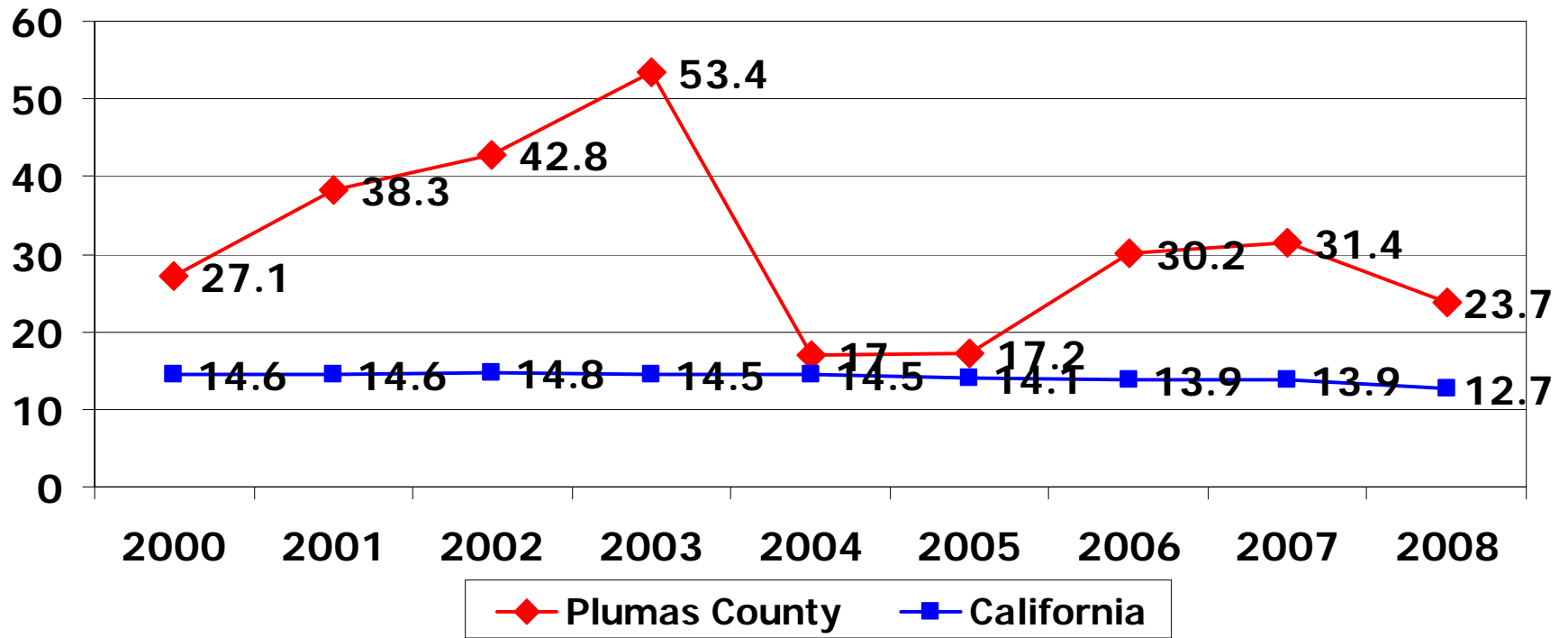
- Population of Plumas County
- Strong Families
 - Rates of substantiated child abuse
 - Rates of children in foster care
- Healthy Children
 - Women starting prenatal care in first trimester
 - Low birth weight infants
 - Breastfeeding (any) at hospital discharge
- Child Development
 - Child care licensed slots

Age Distribution of Plumas County compared to California

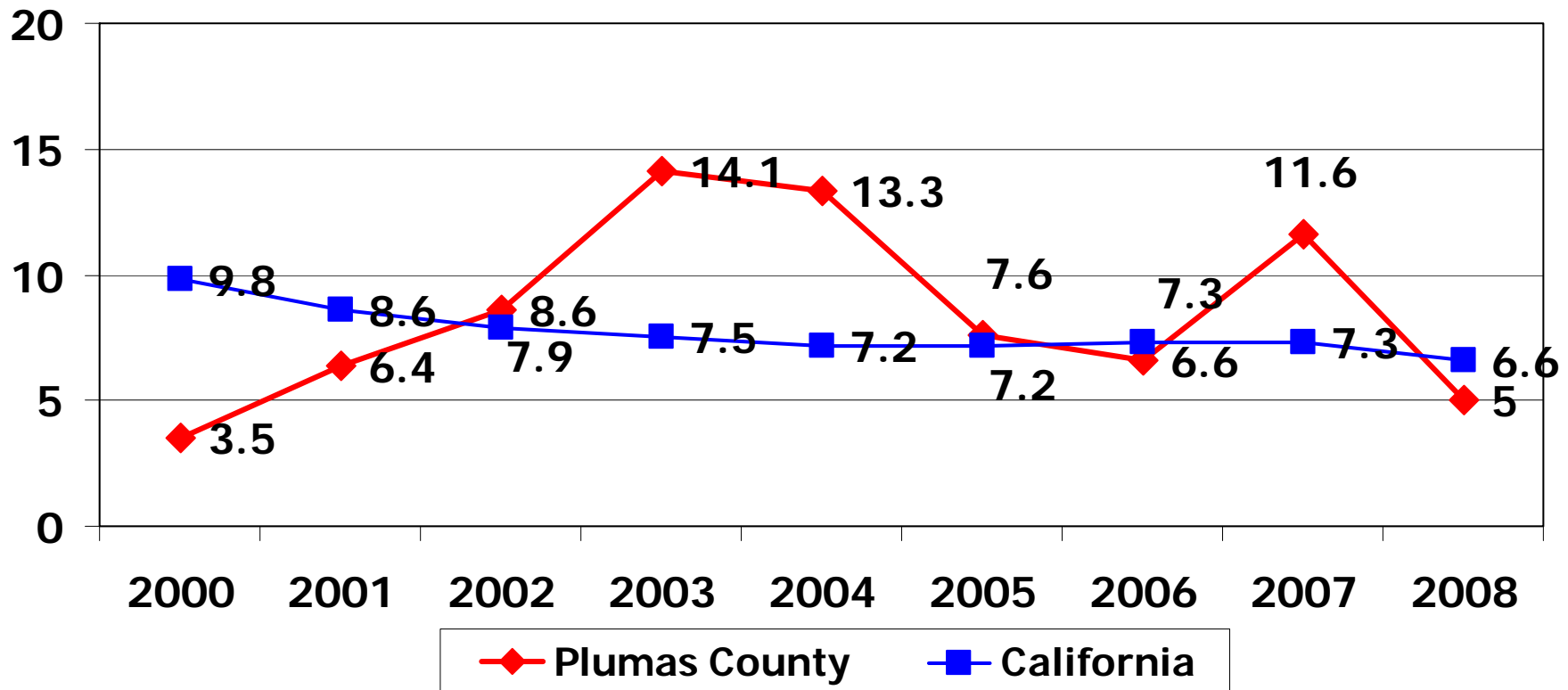
Age Distribution in 2000: Percent of Population



Strong Families : Rates of Substantiated Abuse Children 0 to 5, Per 1,000 Children



Strong Families : Rates of Children 0 to 5 Rate in Foster Care Per 1,000 Children

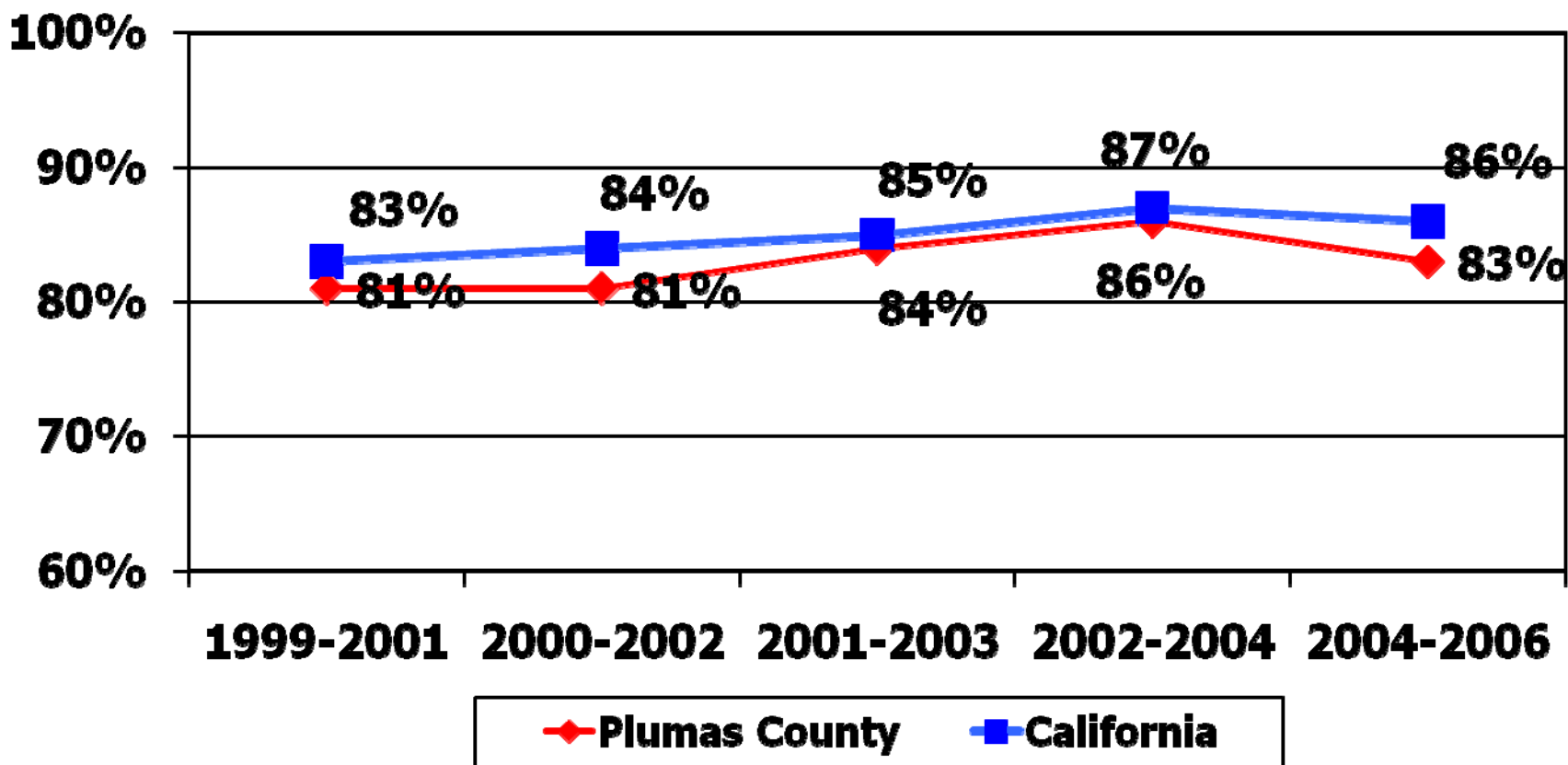




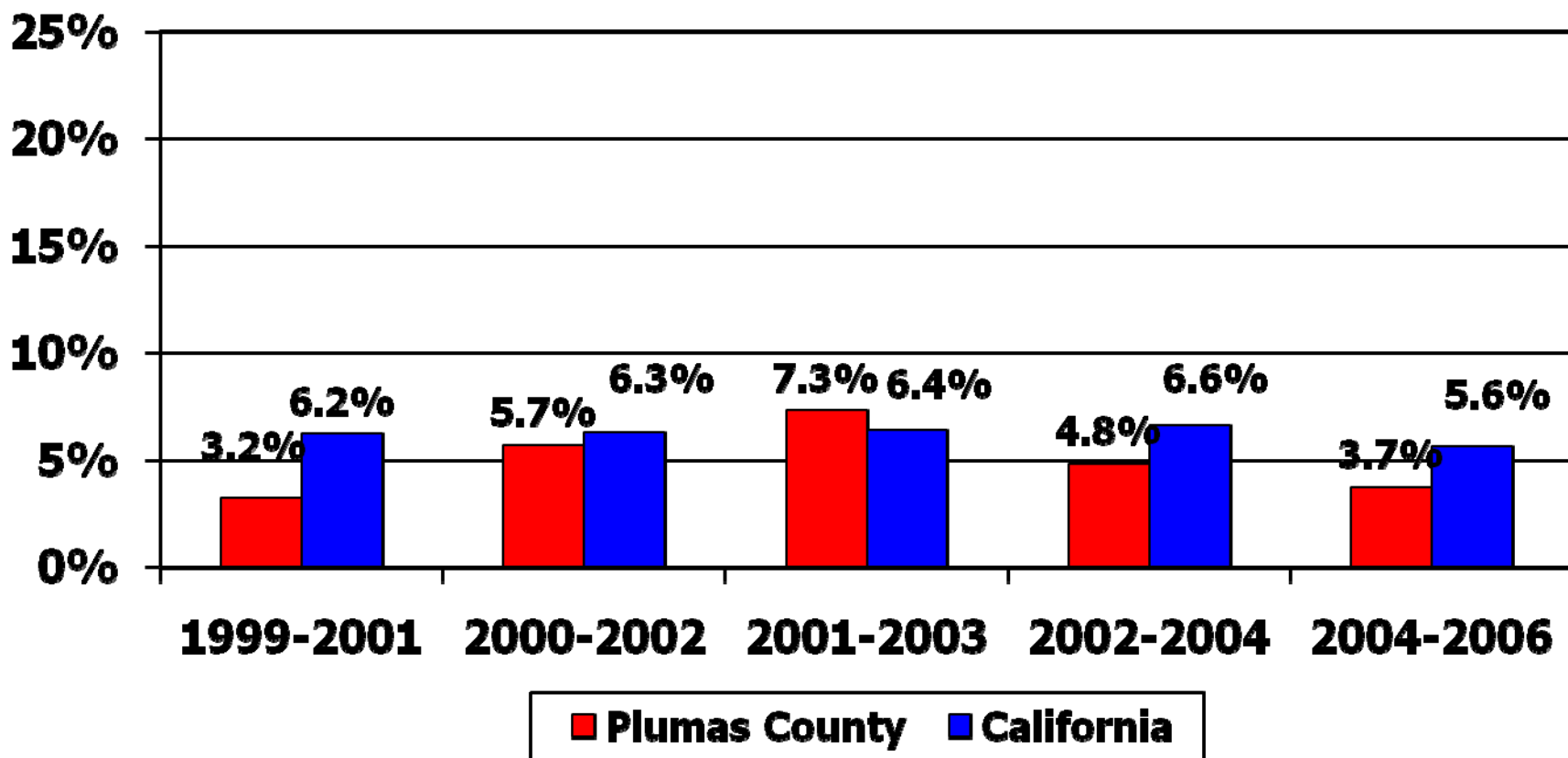
Child Abuse Data Plumas County

- 42% of all children with substantiated abuse or neglect in Plumas County were 0 to 5 in 2008.
- 14% of all children in foster care in Plumas County were 0 to 5 in 2008.

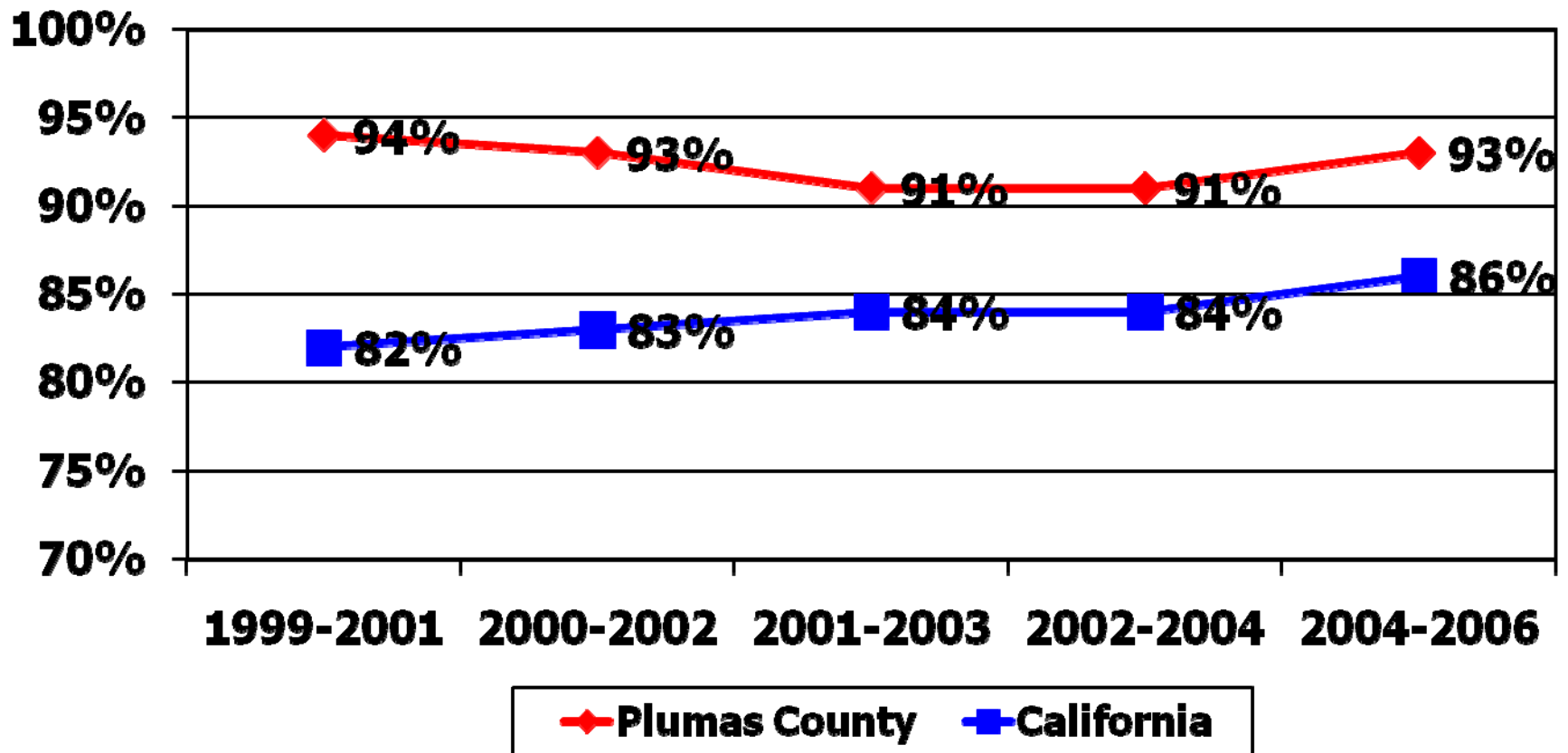
Healthy Children: Women Entering Prenatal Care in the First Trimester 3 Year Weighted Averages Plumas County



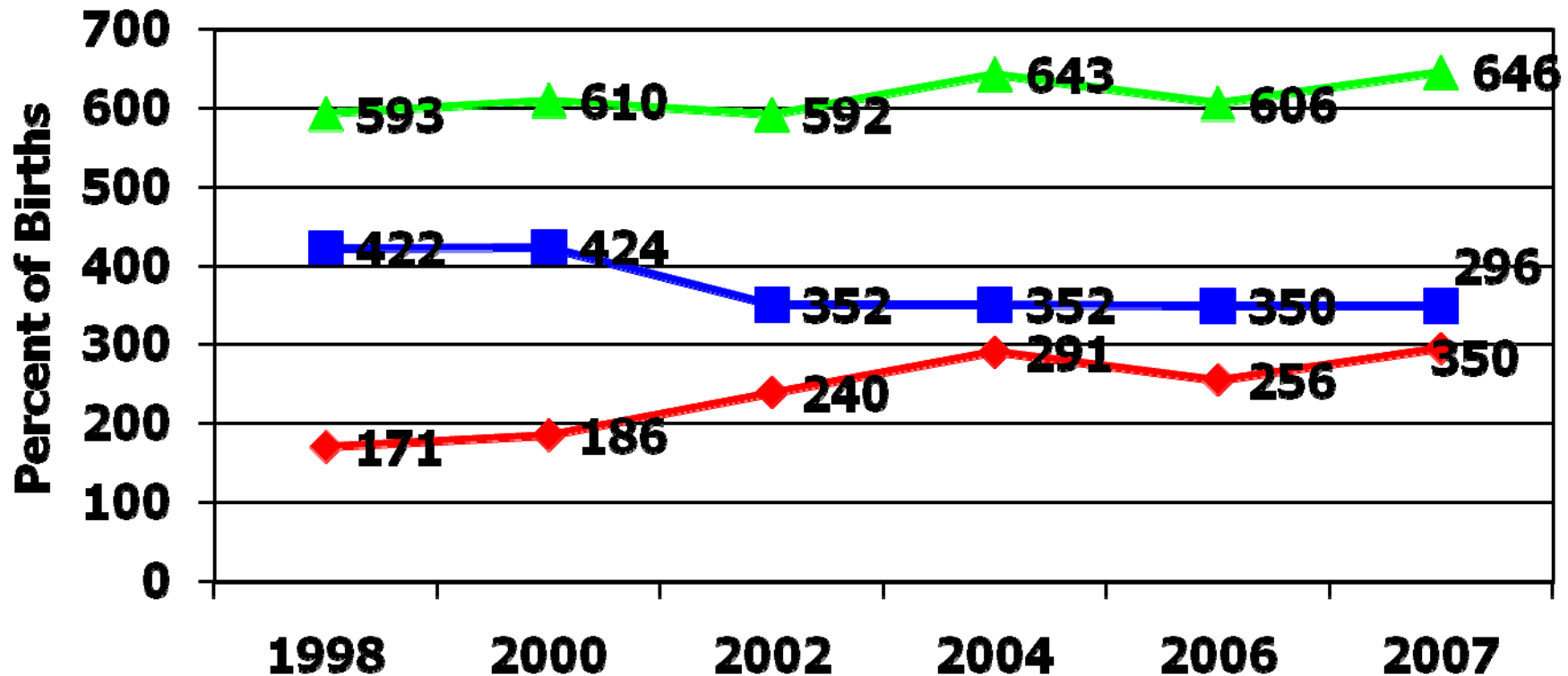
Healthy Children: Percent of Births at Low Birth Weight 3 Year Weighted Averages Plumas County



Healthy Children: Breastfeeding at Hospital Discharge: Any Breastfeeding 3 Year Weighted Averages Plumas County



Child Development: Total Child Care Slots Available in Plumas County



◆ Child Care Center slots ■ Family Child Care Home slots ▲ Total



First 5 Funded Programs

- Outcomes for 2008/09
 - Systems Change
 - Early Intervention Program
 - Breastfeeding Follow Up Survey



Systems Change

- Programs Launched and Sustained:
 - Healthy Smiles Oral Health Coalition
 - Early Intervention Project sustained through Plumas Unified School District
 - Raising A Reader sustained by Plumas County Library



Systems Change, Continued

- Kindergarten Transition Plan
- Kindergarten Skills List
- ECE/K teachers workgroup agreement for sharing confidential information
- Kindergarten Roundup – community outreach event



Early Intervention

- Using Bayley Scales of Infant Development (BSID), comparing pre and post percentile results for seven children who exited program in 2008/09
- Compared to age peers:
 - Gained 13 percentile point in Cognitive Skills
 - Gained 22 percentile points in Language Skills
 - Declined 6 percentile points in Motor Skills

Breastfeeding Follow Up Survey



- Conducted 6 months after New Born House Calls visits
- Telephone survey
- 20 responses
- Women lived in Portola, Indian Valley and Quincy
 - 55% first time mothers



Breastfeeding Follow Up Survey, Continued

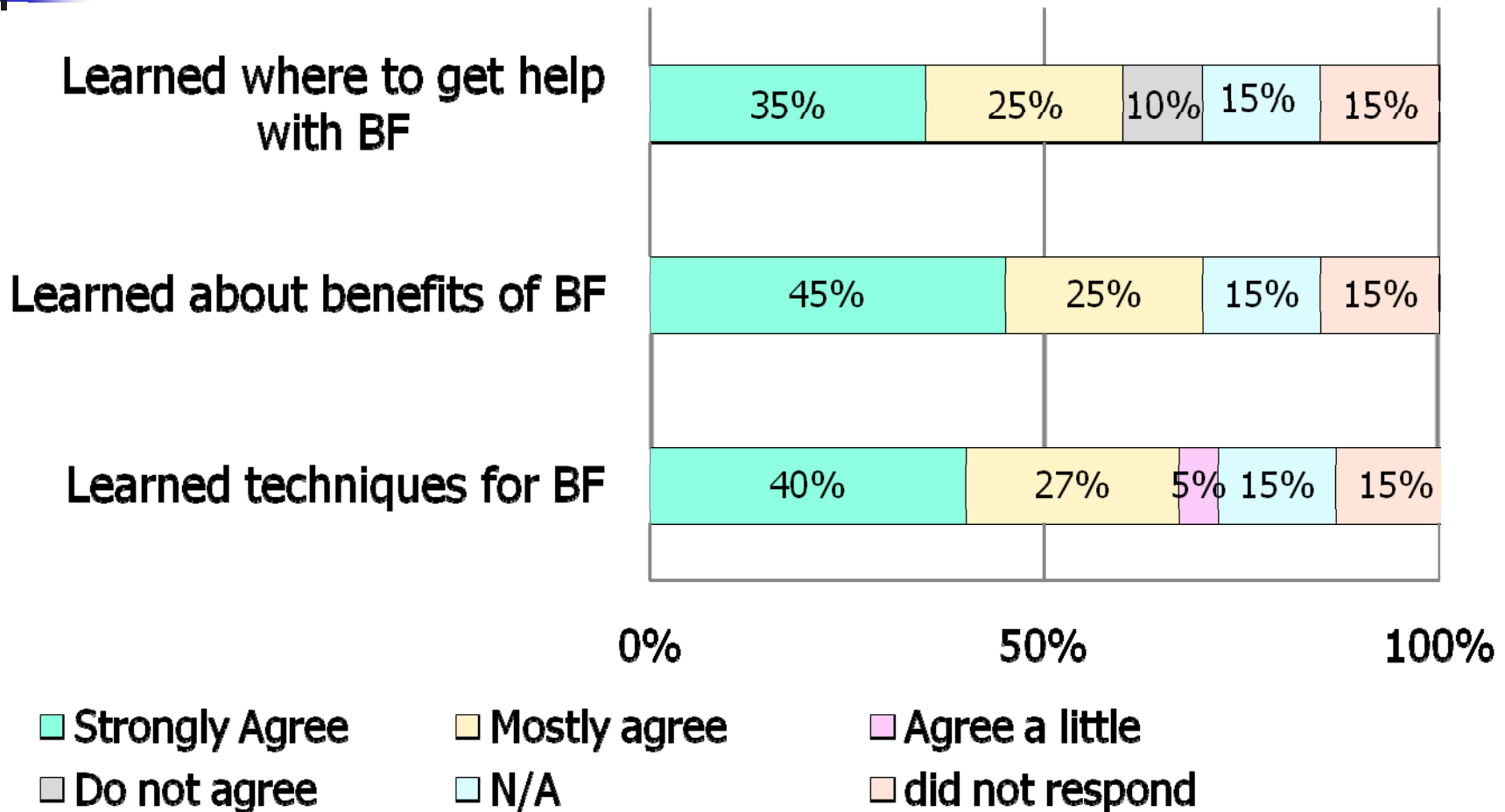
- 85% planned to breastfeed, 60% did breastfeed
- 25% discontinued breastfeeding
- One quarter reported problems with breastfeeding:
 - Child was lactose intolerant
 - Mother's medications interfered
 - Mother incarcerated
 - Breast infection
 - Could not tell how much milk the baby was getting



Breastfeeding Follow Up Survey, Continued

- 60% planned to exclusively breastfeed for 6 months
- Received instruction from:
 - NBHC 25%
 - Friends and family 20%
 - WIC staff 15%
 - Medical professional 10%
- Surveys showed some of the mothers did not know how to connect with breastfeeding support

Breastfeeding follow up survey: Responses



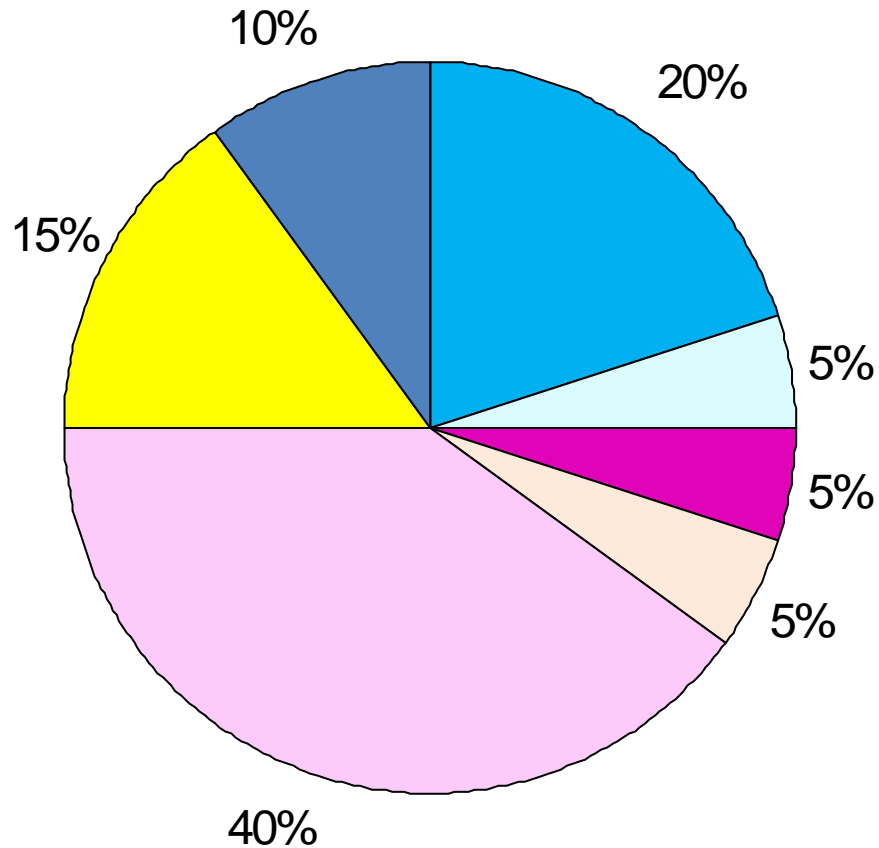


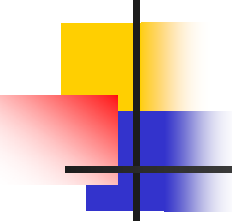
Breastfeeding Follow Up Survey, Continued

- Overall satisfaction with breastfeeding support:
 - 35% excellent
 - 35% good
 - 5% fair
 - 25% no response

Survey: Length of Time Breastfeeding

- One month or less
- 2 months
- 1 year
- 2 years
- still BF
- did not BF
- pregnant





Breastfeeding Follow Up Survey, Conclusions

- A sizeable number of women who intended to breastfeed for 6 months were not able to do so
- Received information from many sources but most did not know where to go for help
- Breastfeeding support that is one on one, well understood and accessible is needed in Plumas County
- Information will be transmitted to WIC, planning to provide BF home visiting services



Themes

- Changes in funded programs led to reduced number of children and parents served in 2008/09 compared to 2007/08
- Breastfeeding support continues to be a challenge for mothers in Plumas County
- Positive systems changes include launching and sustaining:
 - Early Intervention, Raising a Reader, Healthy Smiles