


Home Visiting in Washington State

Home Visiting Services: July 2024 - June 2025

Home visiting programs are voluntary, family-focused services offered to expectant parents and families with new babies and young children to support the physical, social, and emotional health of your child.

Either before a child's birth or the child's first few years of life, families are voluntarily matched with trained professionals. These home visitors engage families in their homes or community settings to provide information and support related to children's healthy development, support parent-child relationships, and provide information on importance of early learning and connections to other information, services and supports in the community.


Who we serve:



1 in 2 families are experiencing poverty with incomes at or below the Federal Poverty Level (FPL) (58%), 4 in 5 families served are experiencing poverty at or below 200% FPL (82%)



Over 2 in 5 caregivers are employed full-time or part-time (41%)



Nearly two-thirds of caregivers reported having a high school diploma, GED, or higher level of education (64%)

Numbers Served



3,526 Children



3,431 Families



969 Pregnant Women

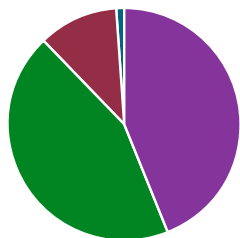


3,846 Caregivers



52,854 Total Number of Home Visits

17,140 Total Number of Encounters



Children Served by the HVSA

Under 1 Year Old	44%
1-2 Years Old	44%
3-4 Years Old	11%
5-6 Years Old	1%



Maternal Health and Well-Being

Home visiting is known to reduce maternal depression and parental stress, and reduces mothers' experiences with intimate partner violence (MIHOPE). Screening for maternal depression and screening for intimate partner violence are the first steps to identifying women who are at risk, followed by a referral to additional resources.

- About 3 in 4 primary caregivers served by the HVSA received **depression screening** (74%).
- Over 3 in 4 (76%) of the primary caregivers served by the HVSA received intimate partner **violence screening**. Without in-person visits during the pandemic, IPV screening may have been postponed to minimize risk to the caregiver. IPV screenings were often delayed or not completed to support safety during virtual home visits when it was not always known if other household members were present.

Pregnancy and Early Infancy

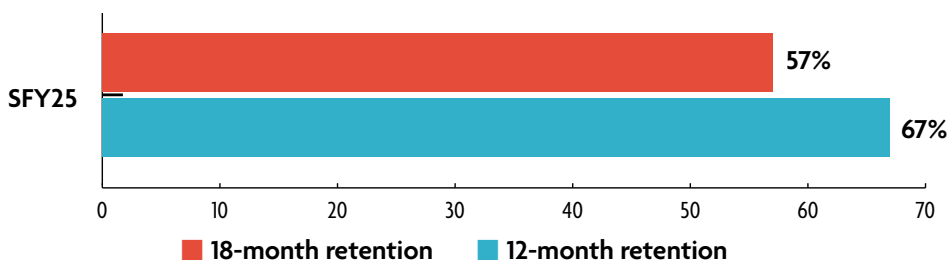
Home visiting programs engage mothers prenatally to improve maternal and infant health, particularly among the most vulnerable populations experiencing additional risk factors:

- **23% of pregnant caregivers** served by the HVSA were under **20 years of age**.
- Fewer than half (46%) of all infants enrolled received any breastmilk at 6 months of age, lower than the Washington State average (68%, Breastfeeding Report Card, 2022)

Service Utilization

Referrals to home visiting were most commonly **from health providers, friends and family, and community-based programs**, including outreach and recruitment efforts.

2 in 3 of the families referred to the home visiting program stayed with the program for at least 12 months (67%), while approximately 3 in 5 (57%) stayed for at least 18 months.



Parenting and Child Development

Home visiting improves the quality of the learning in the home environment, specifically offering support for children's learning and literacy Mother and Infant Home Visiting Program Evaluation (MIHOPE).

- 89% of children served were less than three years old.
- 81% of children served had a family member read, tell stories, or sing songs with them daily, in a typical week.
- 70% of the children were assessed for developmental milestones receiving scheduled ASQ-3 at 9, 10, 18, 24, or 30-months.
- 78% of children received their last recommended well-child visit.
- 55% of the caregivers were observed and coached on best practices for interacting with their children.

** For more information on the full MIHOPE study, visit www.mdrc.org/project/mother-and-infant-home-visiting-program-evaluation-mihope#overview*

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