

ANNUAL DATA REPORT

NFP Bulgaria

January 2022 – December 2022





CLIENT ENROLLMENT

(2016 – 2022)

CLIENT ENROLLMENT

376 * clients enrolled

93 new clients enrolled in 2022

316 children born within the program

82 children born in 2022

*2 are grandmothers who take care of the children

CLIENT ENROLLMENT

Sofia

- 224* enrolled clients
- 44 enrolled in 2022
- 71 active clients
- 37** left the program
- 116 graduated

**1 client left – the baby graduated with the grandmother

* We count here 2 grandmothers (1 in Plovdiv and 1 in Sofia)

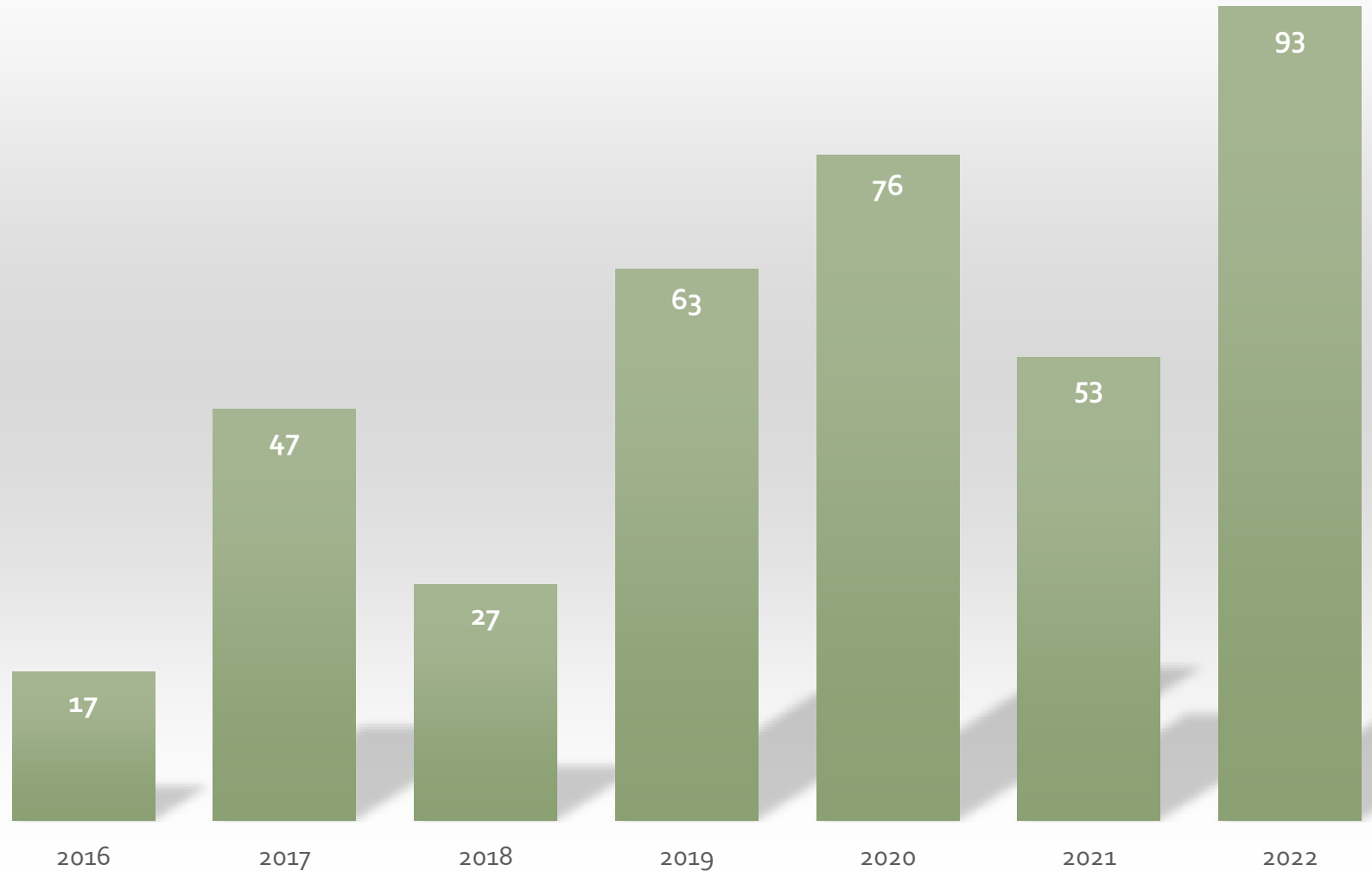
Plovdiv

- 152* enrolled clients
- 49 enrolled in 2022
- 64*** active clients
- 63 left the program
- 25 graduated

***2clients are temporarily absent

RECRUITMENT

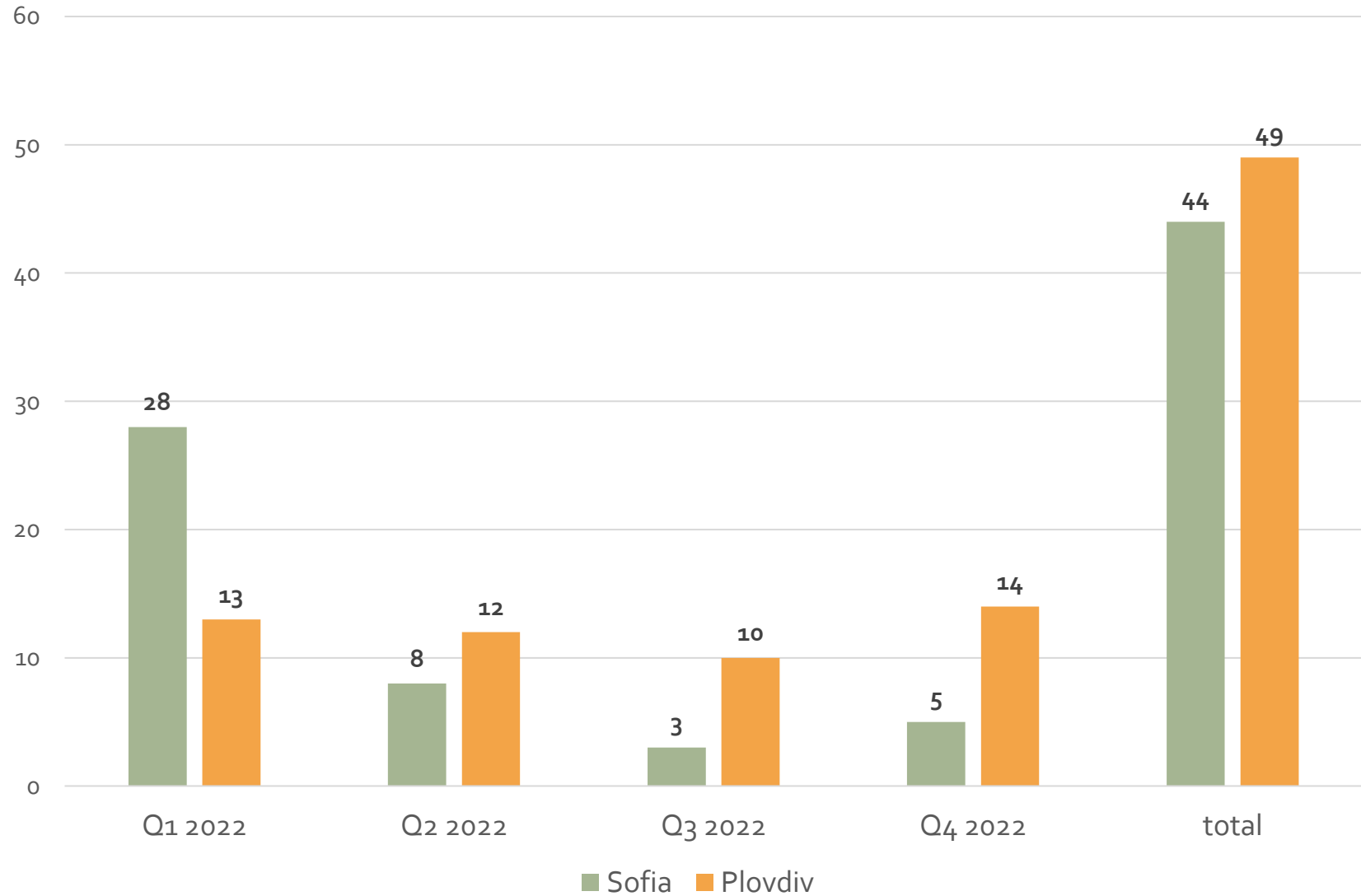
Recruitment per year



- Total number of recruited for 2022 93 clients

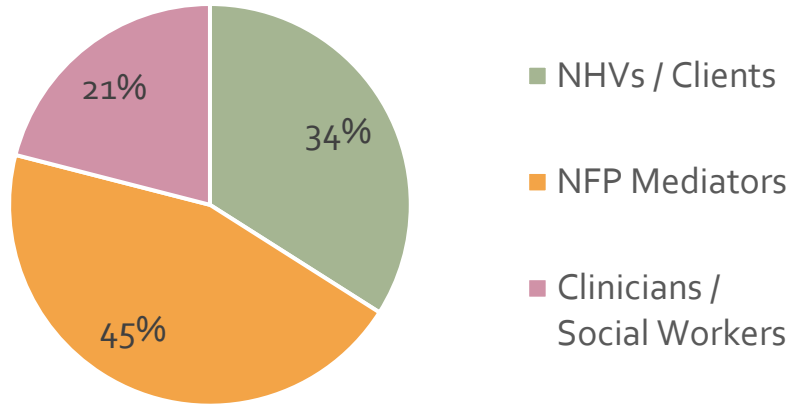
RECRUITMENT

Recruitment in Quarters in the Last Year (2022)

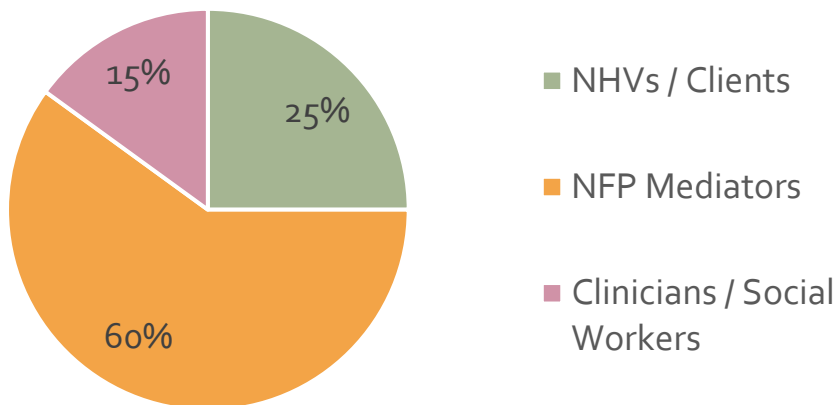


REFERRALS TO NFP

Client Referrals 2022



Client Referrals 2016-2022



Most clients are still recruited by the Mediators of the program. About 34% of the clients now have been referred by current and graduated NFP clients and 20% were recruited by clinicians. The situation in Sofia and Plovdiv, however, is very different.

In the last year in Sofia 20% (9) of client were recruited directly by the NHVs and referrals from NFP clients. Other 75% (33) of enrolled clients come from NFP Mediators recruitment efforts. The other 5% (2 clients) were referred by Clinicians/ Social workers.

In Plovdiv nearly 18% (9) were recruited by NFP Mediators and 35% (17) clients came from Clinicians/ Social workers. The other 47% (23) were referred by other NFP clients, which is a significant difference compared to last years of program implementation, where the mediators were taking the first place as referral source and in 2022 this place is for graduated clients who referred new clients.

Overall, most enrolled clients have been referred by NFP Mediators, followed by NHVs and Clients and only 15% by Clinicians/ Social workers

MEDIATORS

CLINICIANS / SOCIAL WORKERS

NFP CLIENTS / NHVs

WOMEN MET (TOTAL 838)

560

160

118

ELIGIBLE (OF WOMEN MET)

318 / 57%

124 / 78%

109 / 92%

ENROLLED (OF ELIGIBLE WOMEN)

225 / 71%

54 / 44%

93 / 85%

We have information about 372 of the 374 enrolled clients. 68% of all eligible women met/referred are enrolled in the program.

ACTIVE CLIENTS END OF 2022

Sofia

Out of 71 active clients:

- 6 pregnancy phase
- 46 infancy phase
- 19 toddler phase

Plovdiv

Out of 64 active clients:

- 17 pregnancy phase
- 30 infancy phase
- 17* toddler phase

* 2 clients are temporarily absent

CHILDREN

Sofia

- 206 children born within the program
- 65 active
- 24 discontinued
- 117* graduated

*twins graduated in 2022

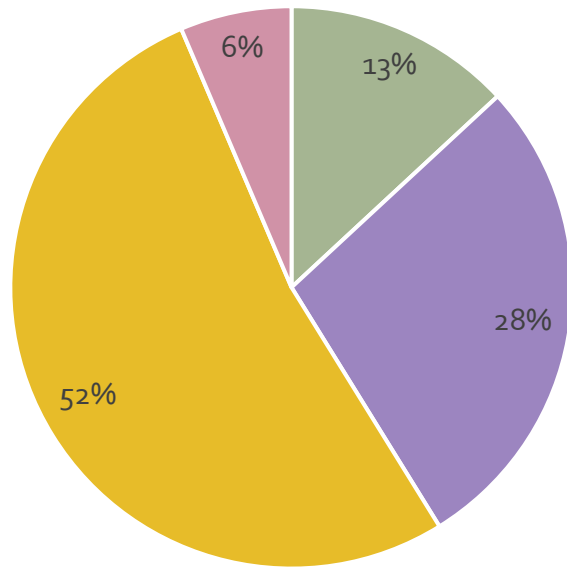
Plovdiv

- 112 children born within the program
- 47** active
- 40 discontinued
- 25 graduated

** 2 babies are temporarily absent

ENROLLMENT - 16TH GESTATION WEEK OR EARLIER

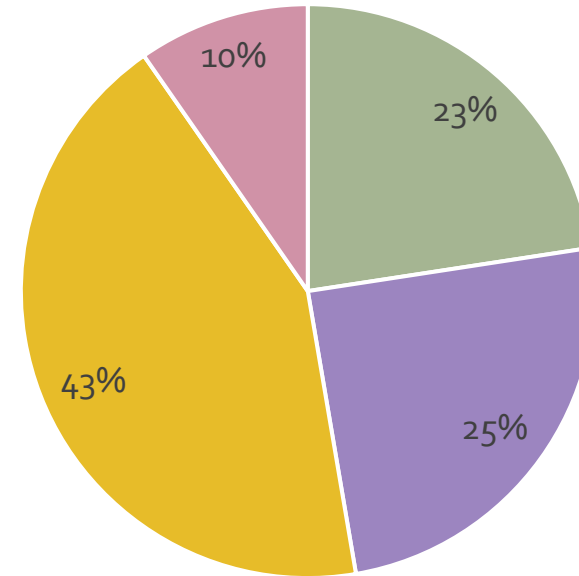
All clients - 41%



■ 1 - 9 ■ 10 - 16 ■ 17 - 28 ■ > 28

2016-2022 | average gestation week at enrollment 19th

New clients - 47%



■ 1 - 9 ■ 10 - 16 ■ 17 - 28 ■ > 28

2022 | 6% increase compared to 2021

RETENTION – 73% (↓1%) NFP BULGARIA

Sofia

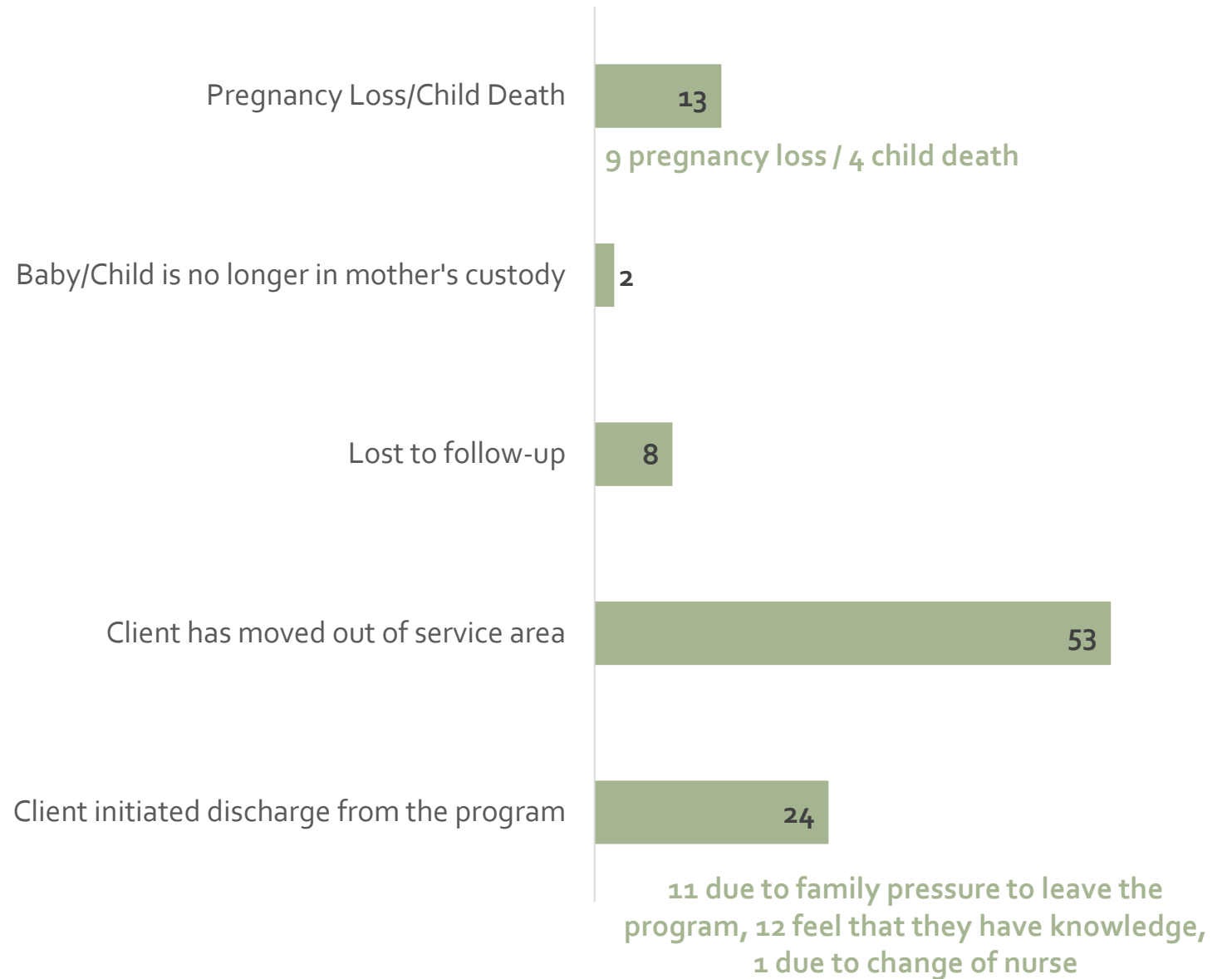
- 83% (↑1%) retention rate
 - 94% at pregnancy
 - 88% at infancy
 - 83% (↑1%) at toddler

Plovdiv

- 59% retention rate
 - 86% at pregnancy
 - 68% at infancy (↓ 18%)
 - 59% at toddler

DROPOUT BY LEAVE REASONS

Women by type of leave reason



CASELOAD

Sofia

NHV	Active clients 71/72	% of caseload 99%
Soo3 – nurse	2/2	100%
Noo2 – nurse	15/15	100%
Noo3 – midwife	15/15	100%
Noo5 – nurse	19/20	95%
Noo6- midwife	20/20	100%

Plovdiv

NHV	Active clients 64/85	% of caseload 75%
Soo4 – nurse	1/5	20%
No8 – nurse	12/20	60%
No12 - nurse	17*/20	85%
No13- midwife	19*/20	95%
No15 - nurse	15/20	75%

*2clients are temporarily absent



HOME VISITS

13 671

3442 COMPLETED VISITS IN 2022

LOCATION

- +2 new neighborhoods in Sofia since the last report in March 2021

15 neighborhoods in Sofia

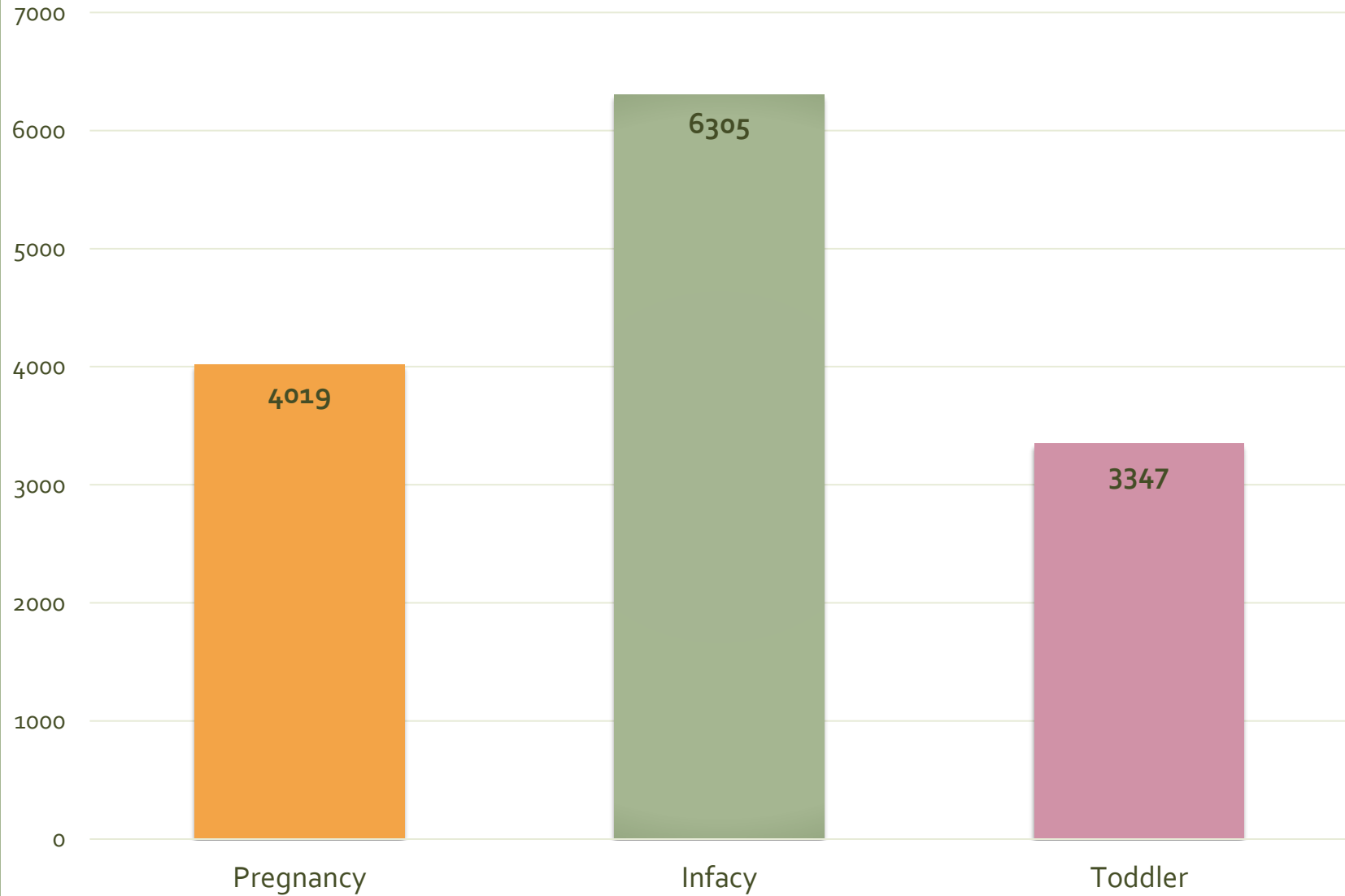
7 neighborhoods in Plovdiv

COMPLETED HOME VISITS

TOTAL COMPLETED VISITS:
13 671

COMPLETED VISITS IN 2022:
3 442

Finished home visits by program phase



COMPLETED VISITS UNTIL THE END OF 2022

Sofia – 9583 visits
Home visits – 7058
Telehealth – 2525

Plovdiv – 4088 visits
Home visits – 2758
Telehealth – 1330

Total visits 13 671
Home visits 9816 (72%)
Telehealth 3855 (28%)

Data on completed home visits

Sofia – 7058 | Plovdiv – 2758

Average length of home visits – 66 min.

Sofia – 66min. | Plovdiv – 65 min.

Percent of visits 1-to-1 (only nurse and client) – 50%

Sofia – 57% | Plovdiv – 43%

Percent of visits in client's home – 93%

Sofia – 92% | Plovdiv – 94%



COMPLETED VISITS IN 2022

Visits completed - 3442

1795 in Sofia

1647 in Plovdiv

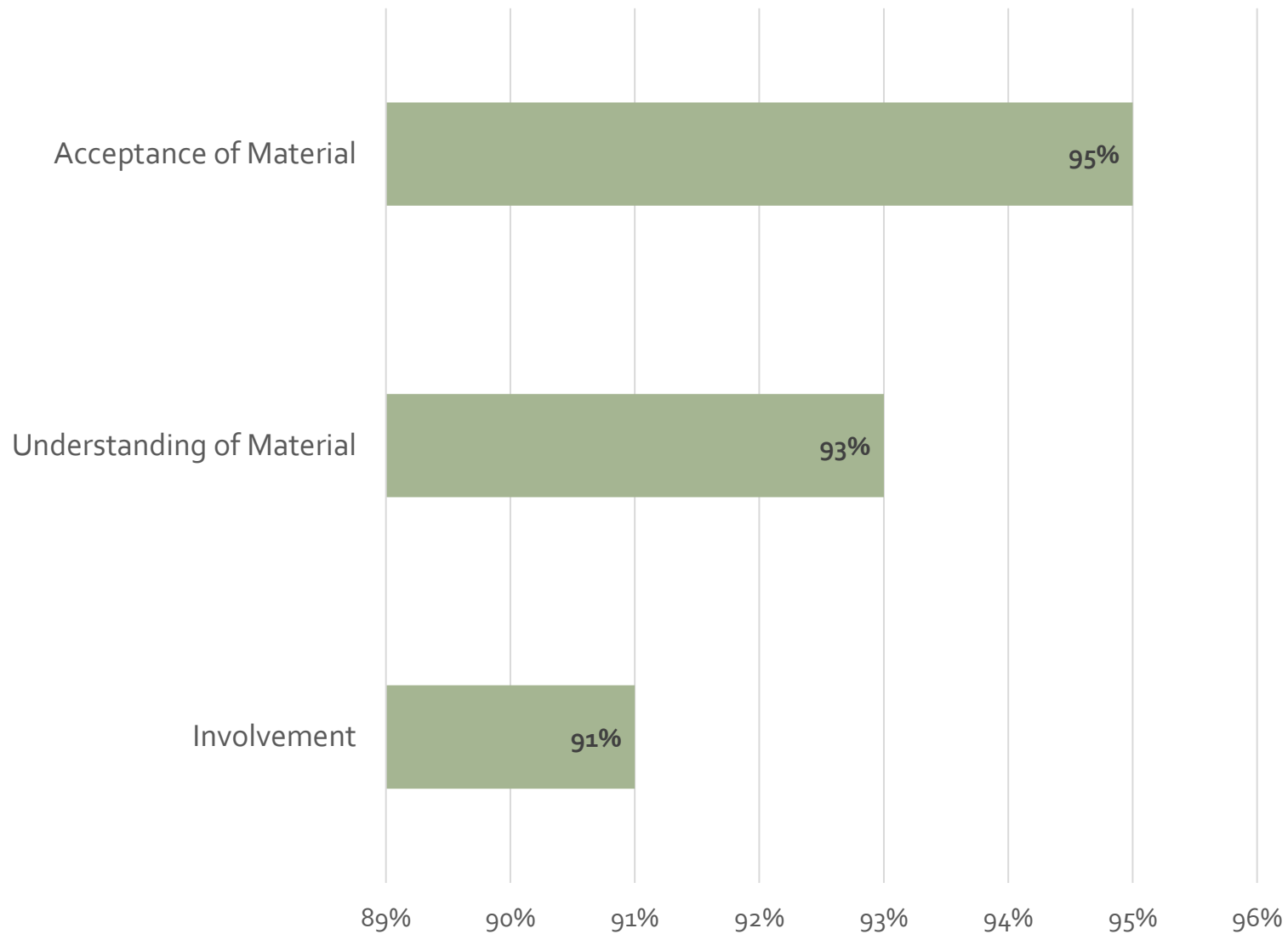
Telehealth vs. Home visits

1331 Telehealth (39%)

2111 Home visits (61%)

Percent of Telehealth visits is high due to seasonal illnesses of clients, babies and/or family members and measles and tuberculosis outbreaks in Plovdiv.

Client's involvement in home visits



INVOLVEMENT IN HOME VISITS OF CLIENTS

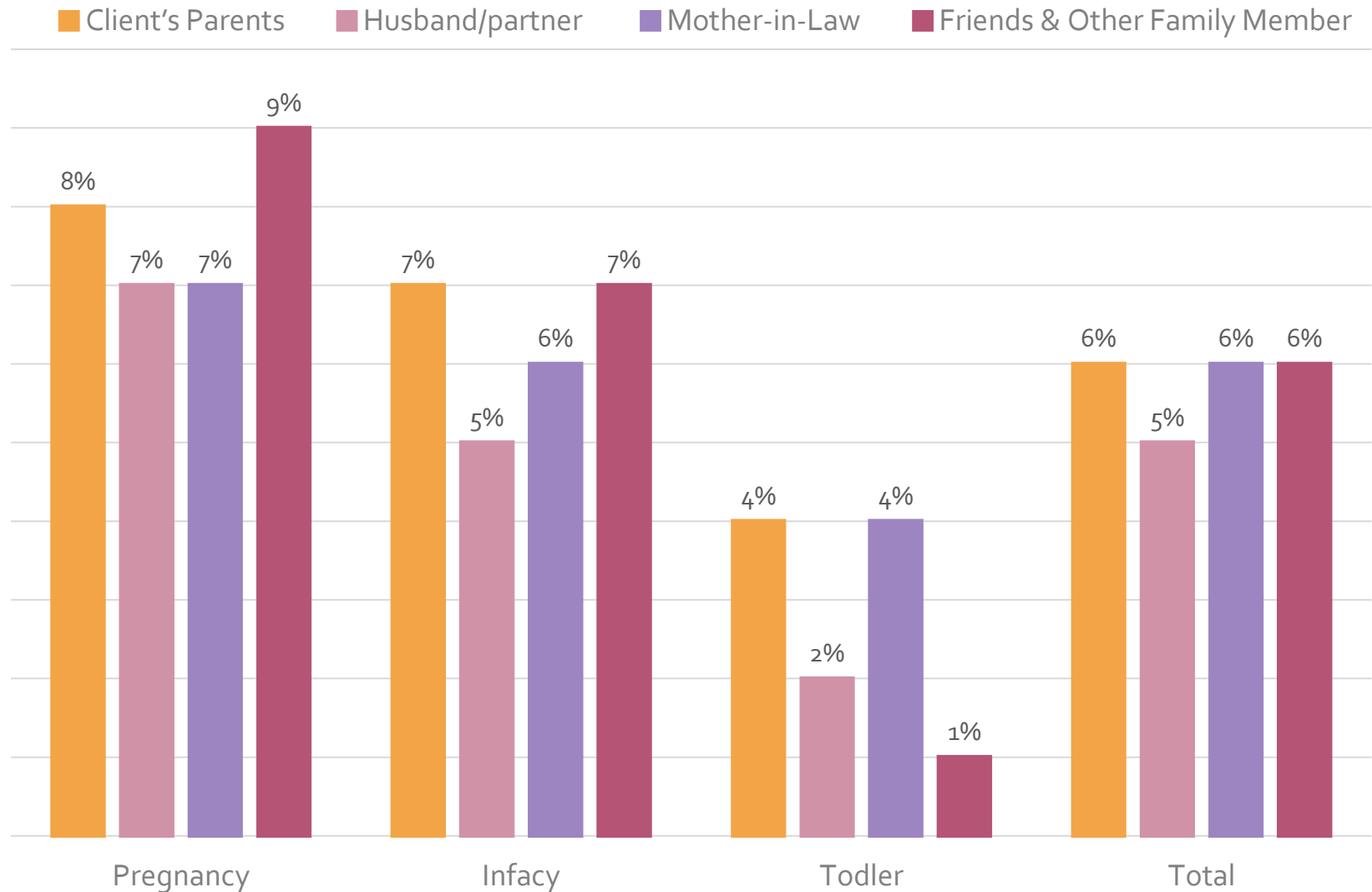
-1% since the last report
in terms of Client's
Involvement

PARTICIPANTS IN HOME VISITS

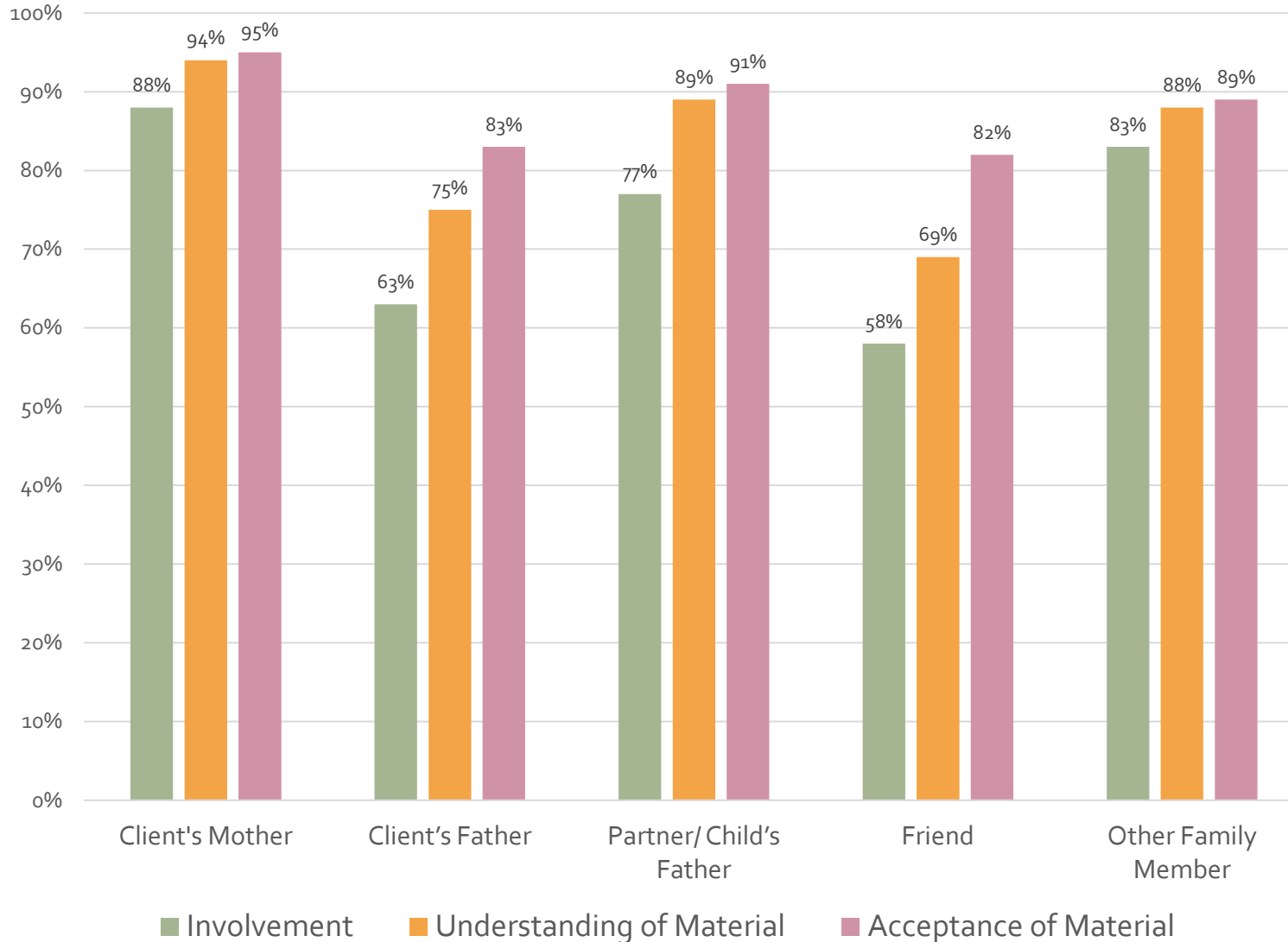
In total

- 1% ↓ of client's parent participation since the last report
- 2% ↑ of friends & other family Members

Other participants in home visits



All participants' involvement in home visits



INVOLVEMENT IN HOME VISITS

Changes in participants' involvement in home visits:

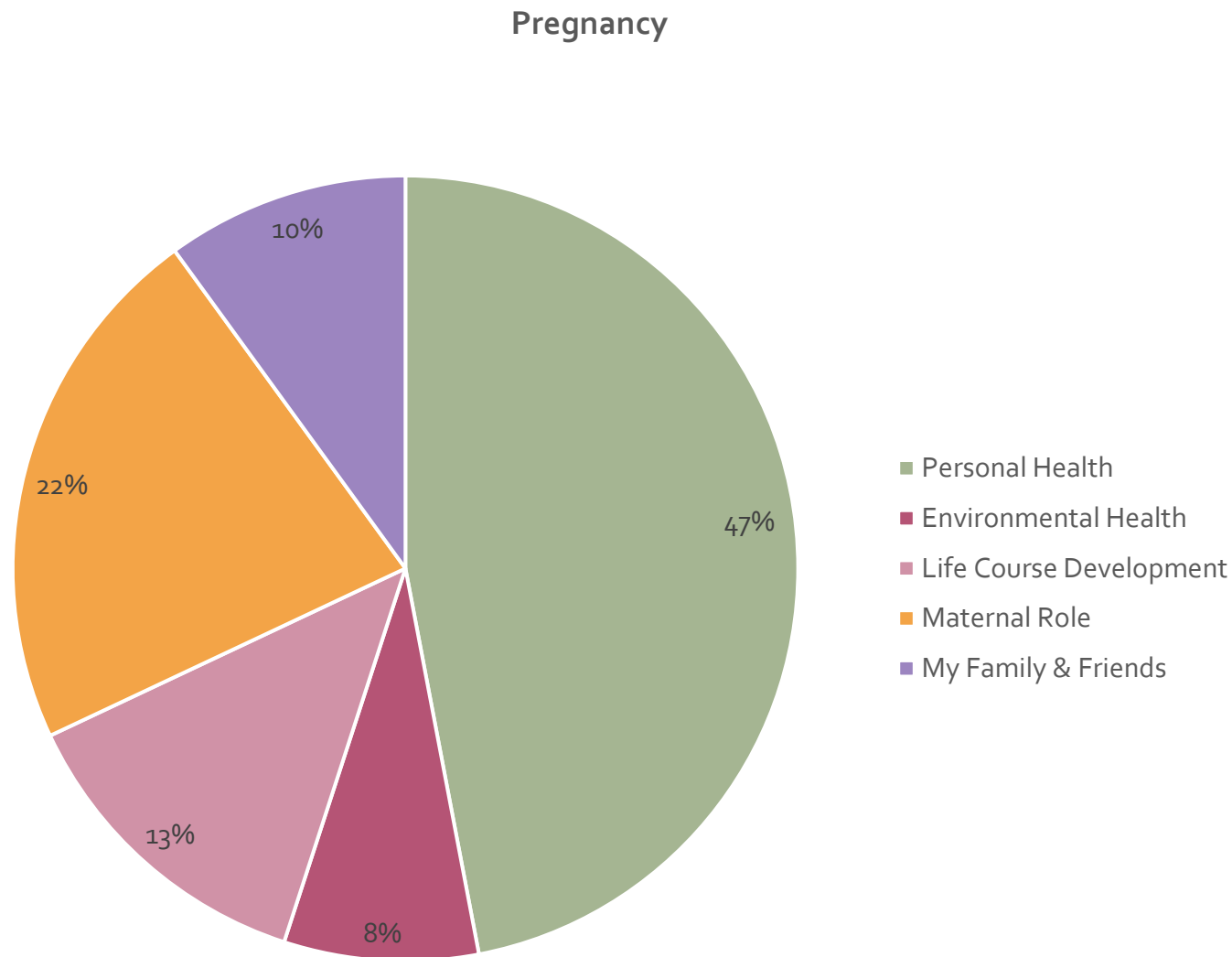
- Client's Father involvement (+5%), understanding of materials (-1%) and acceptance (-5%)
- Partner understanding (+1%) and acceptance of material (+1%)
- Friends' involvement (+3%), understanding (+2%) and acceptance (+1%)
- Family members' involvement (+1%), understanding (+4%) and acceptance (+1%)

MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

PREGNANCY PHASE

Area	Bulgaria	NFP Objective
Personal Health	47%↓	35-40%
Maternal Role	22%	23-25%
Environmental Health	8%↑	5-7%
My Family & Friends	10%↑	10-15%
Life Course Development	13%↑	10-15%

*arrows show trends against last annual report data

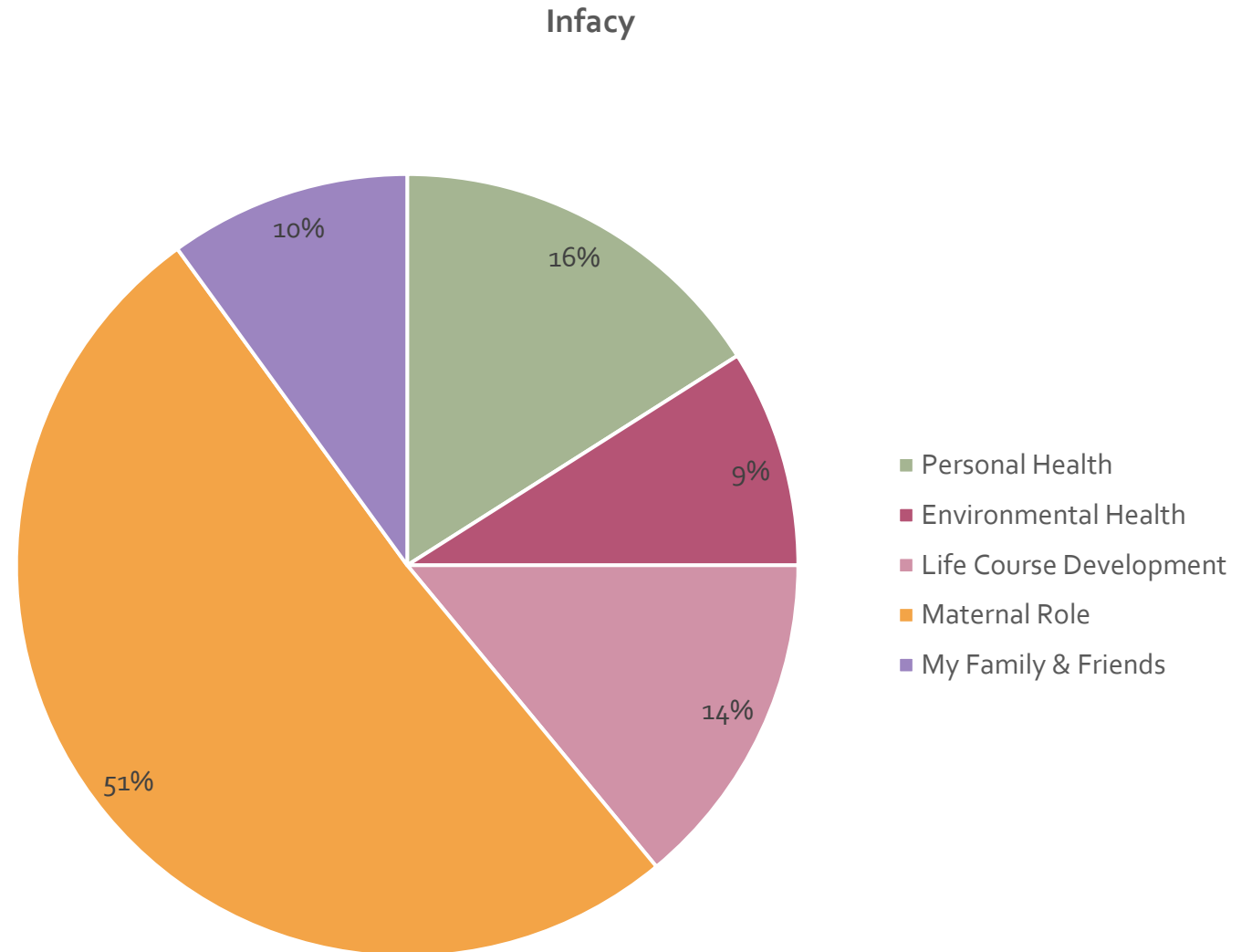


MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

INFANCY PHASE

Area	Bulgaria	NFP Objective
Personal Health	16%	14-20%
Maternal Role	51%↓	45-50%
Environmental Health	9%↑	7-10%
My Family & Friends	10%	10-15%
Life Course Development	14%↑	10-15%

*arrows show trends against last annual report data

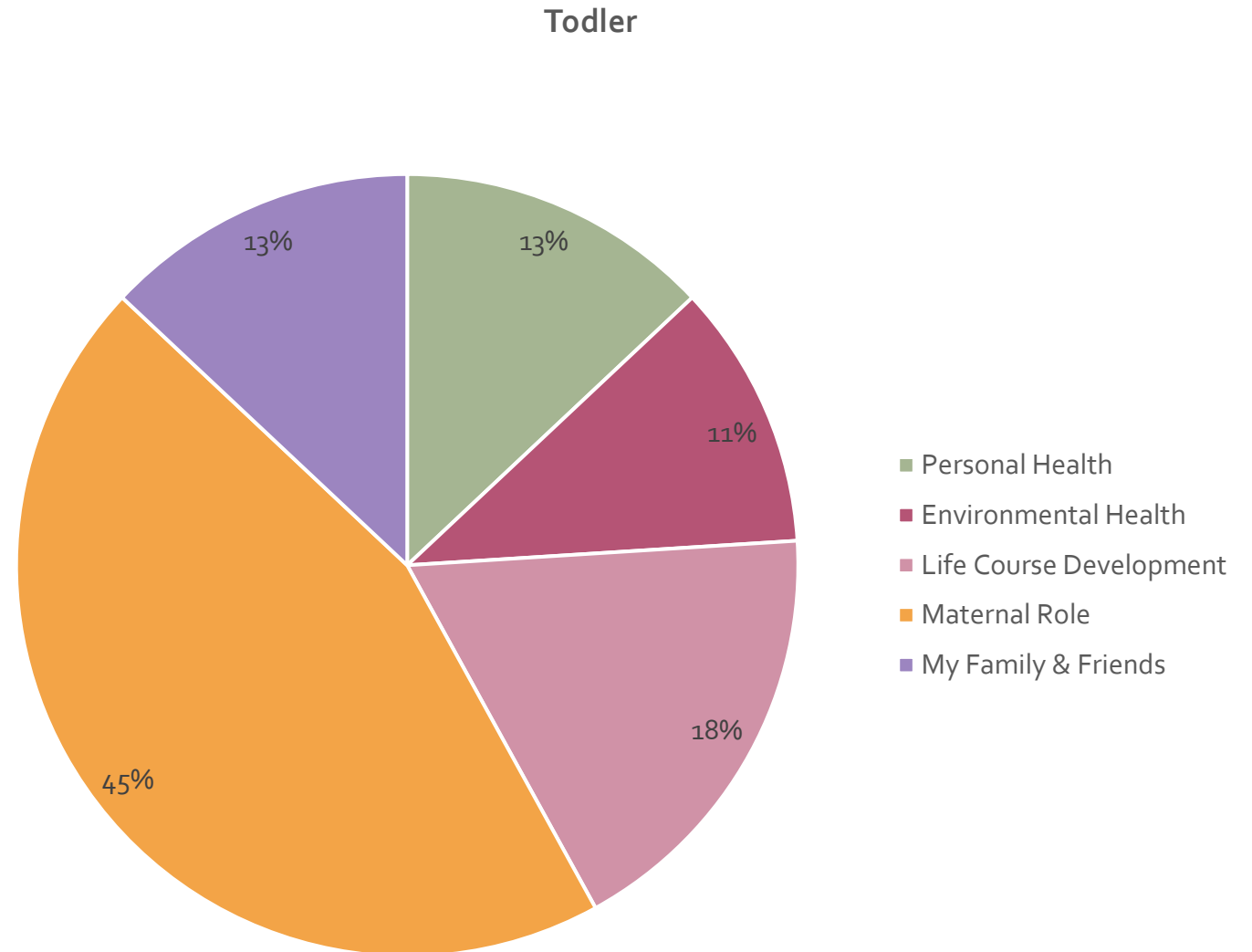


MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

TODDLER PHASE

Area	Bulgaria	NFP Objective
Personal Health	13%	10-15%
Maternal Role	45%	40-45%
Environmental Health	11%	7-10%
My Family & Friends	13%	10-15%
Life Course Development	18%	18-20%

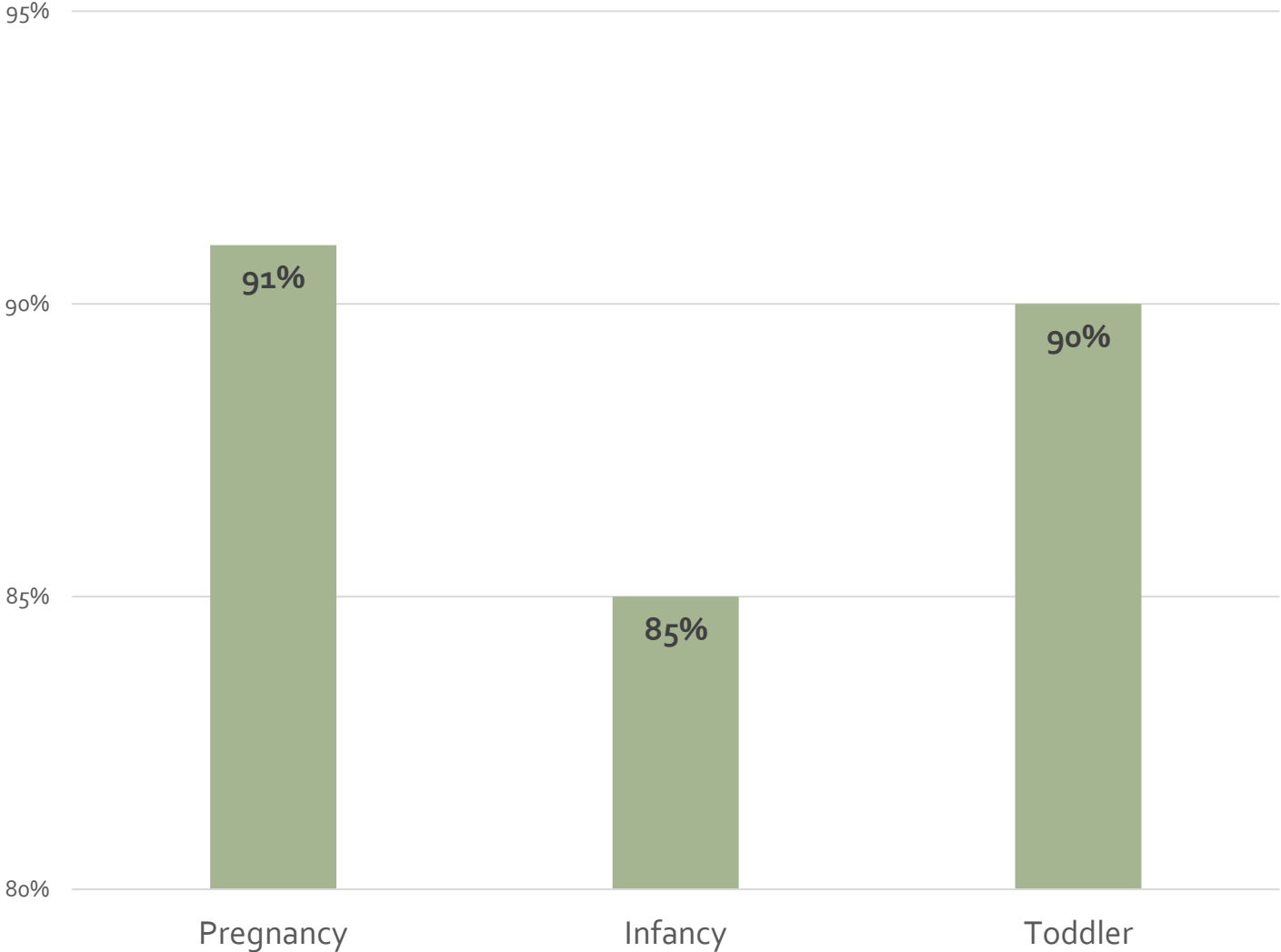
*there is no change since the report in 2021



PROGRAM DOSAGE

Program dosage	Total # of women who completed each stage		
	Pregnancy 314	Infancy 200	Toddler 141
Below 60%	32 (10%)	20 (10%)	23 (16%)
60% - 100%	187 (60%)	150 (75%)	78 (55%)
Above 100%	95 (30%)	30 (15%)	40 (28%)

Program dosage by phase
(# of conducted visits vs. required visits)



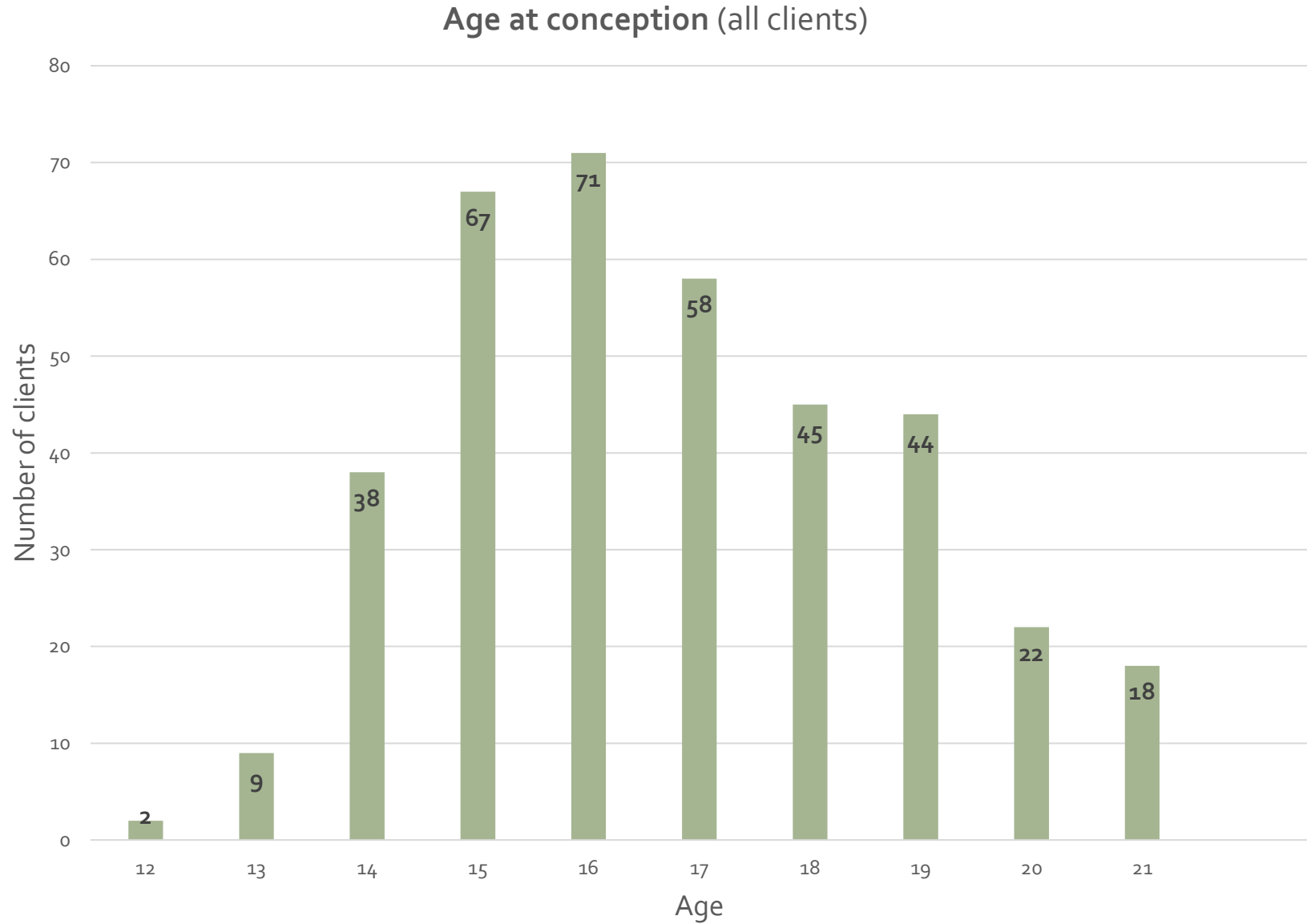


CLIENT CHARACTERISTICS

(2016 – 2022)

AGE AT CONCEPTION (2016-2022)

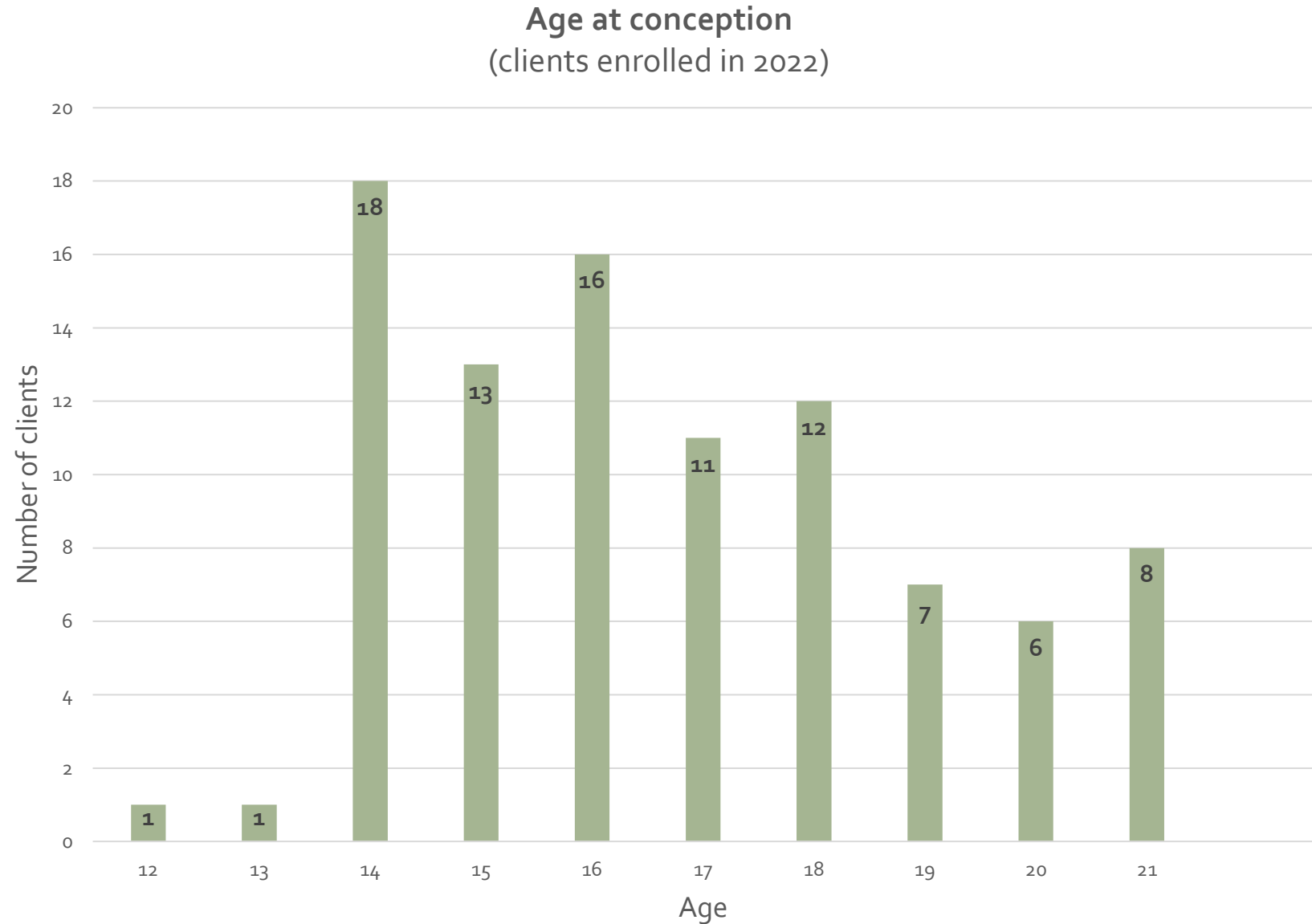
Average age **16**



AGE AT CONCEPTION

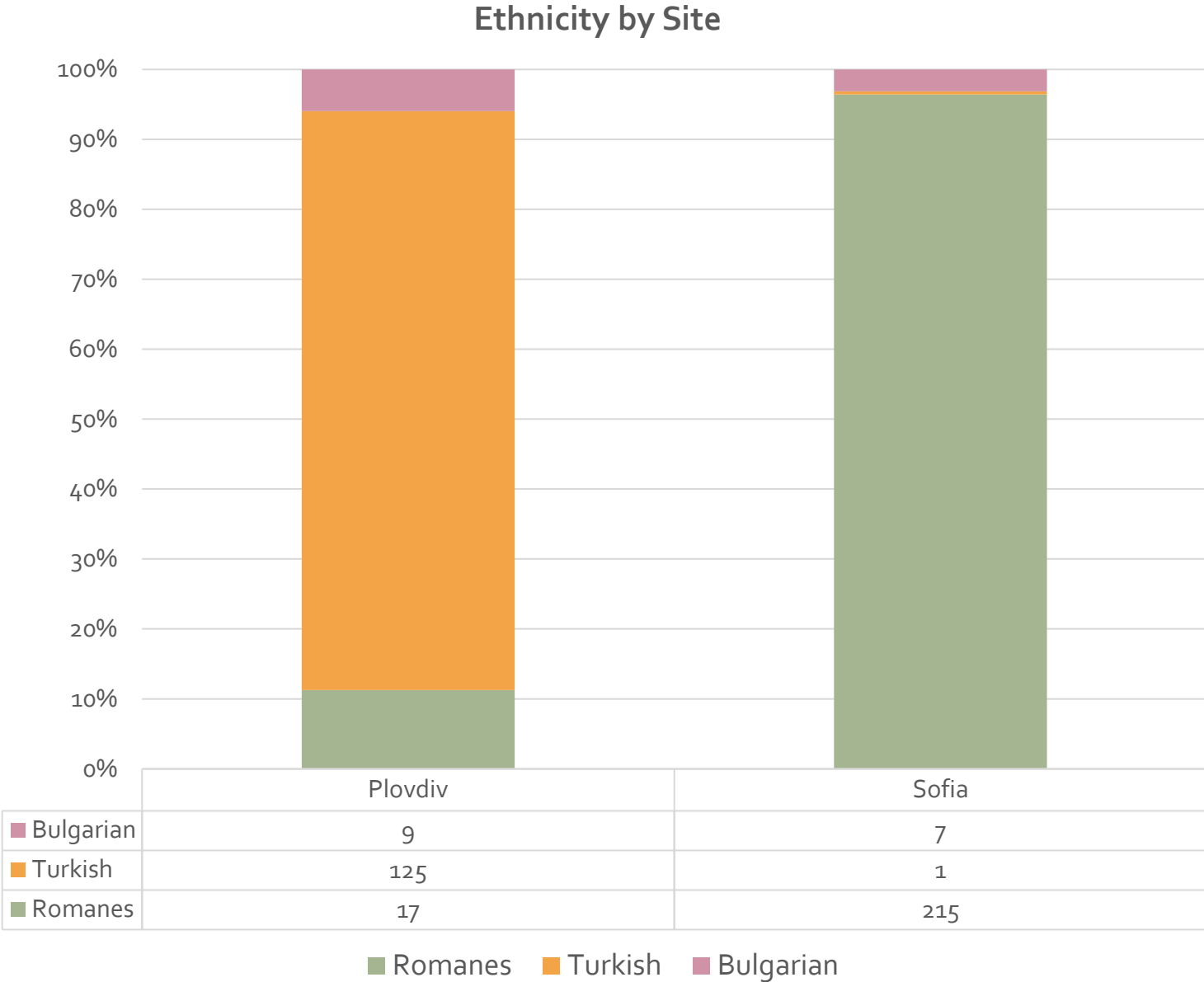
2022

Average age **16**

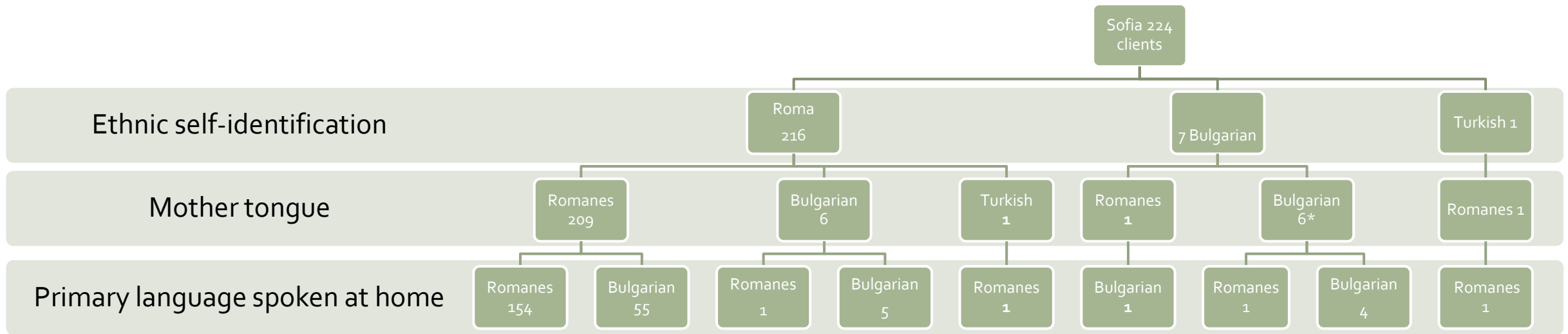


CLIENT CHARACTERISTICS

We do not include two grandmothers - one of Roma origin in Sofia and one of Turkish origin in Plovdiv

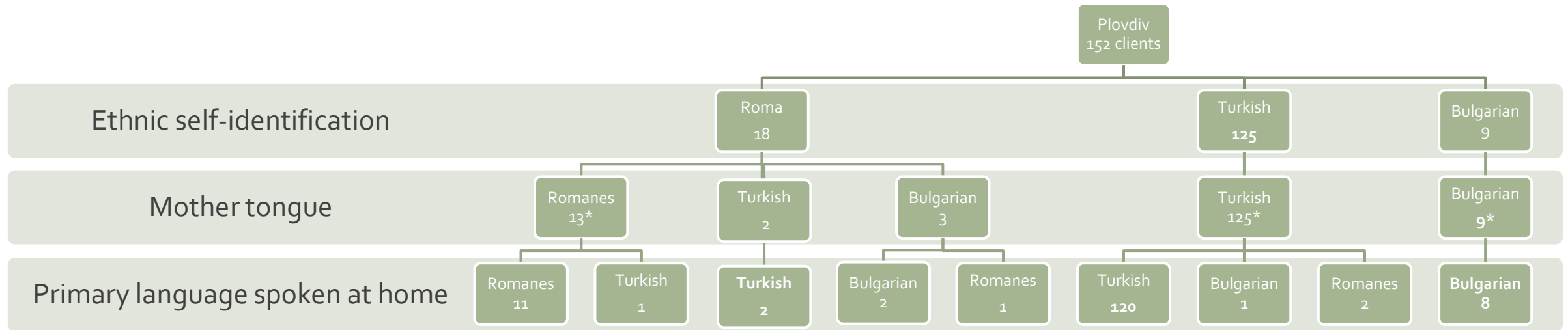


Sofia



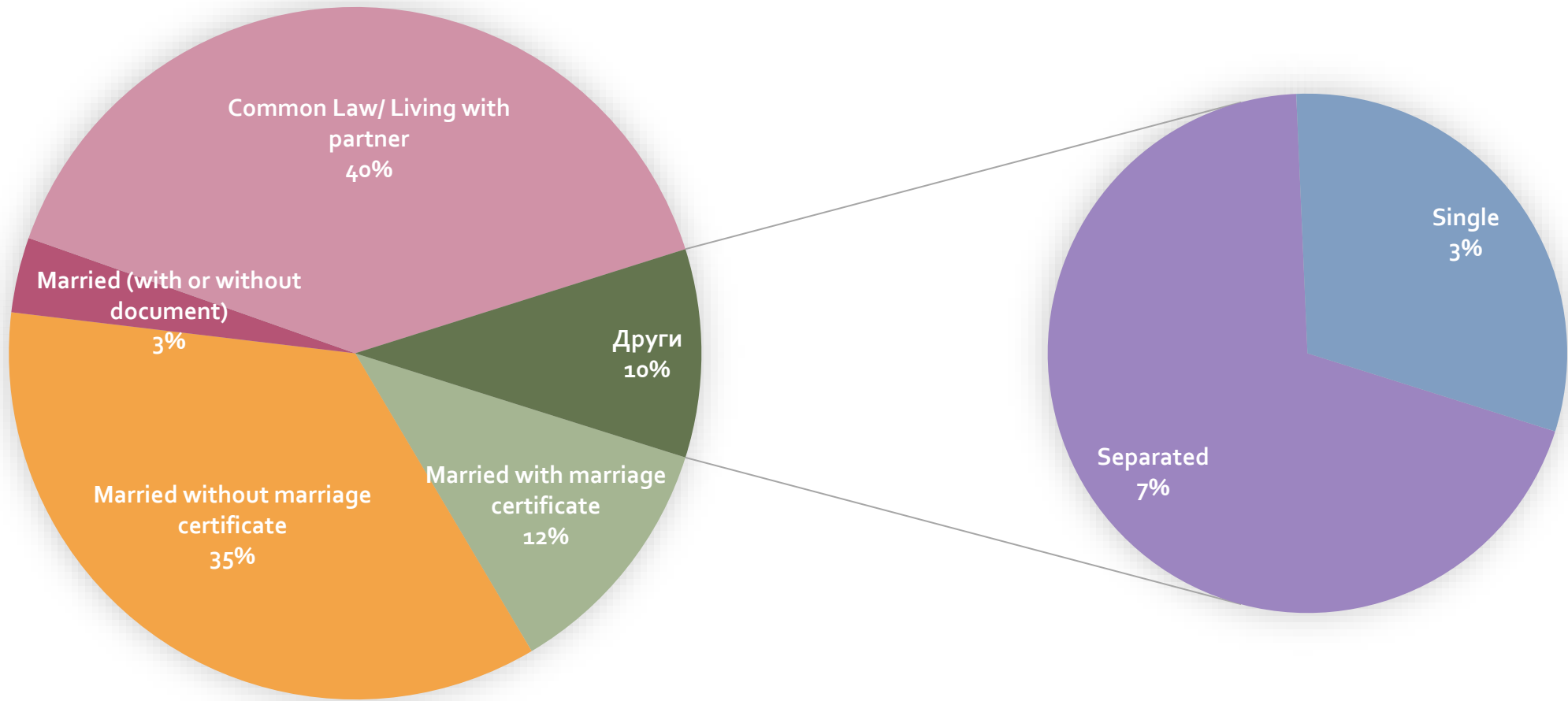
*data about primary language spoken at home is missing for 1 client

Plovdiv

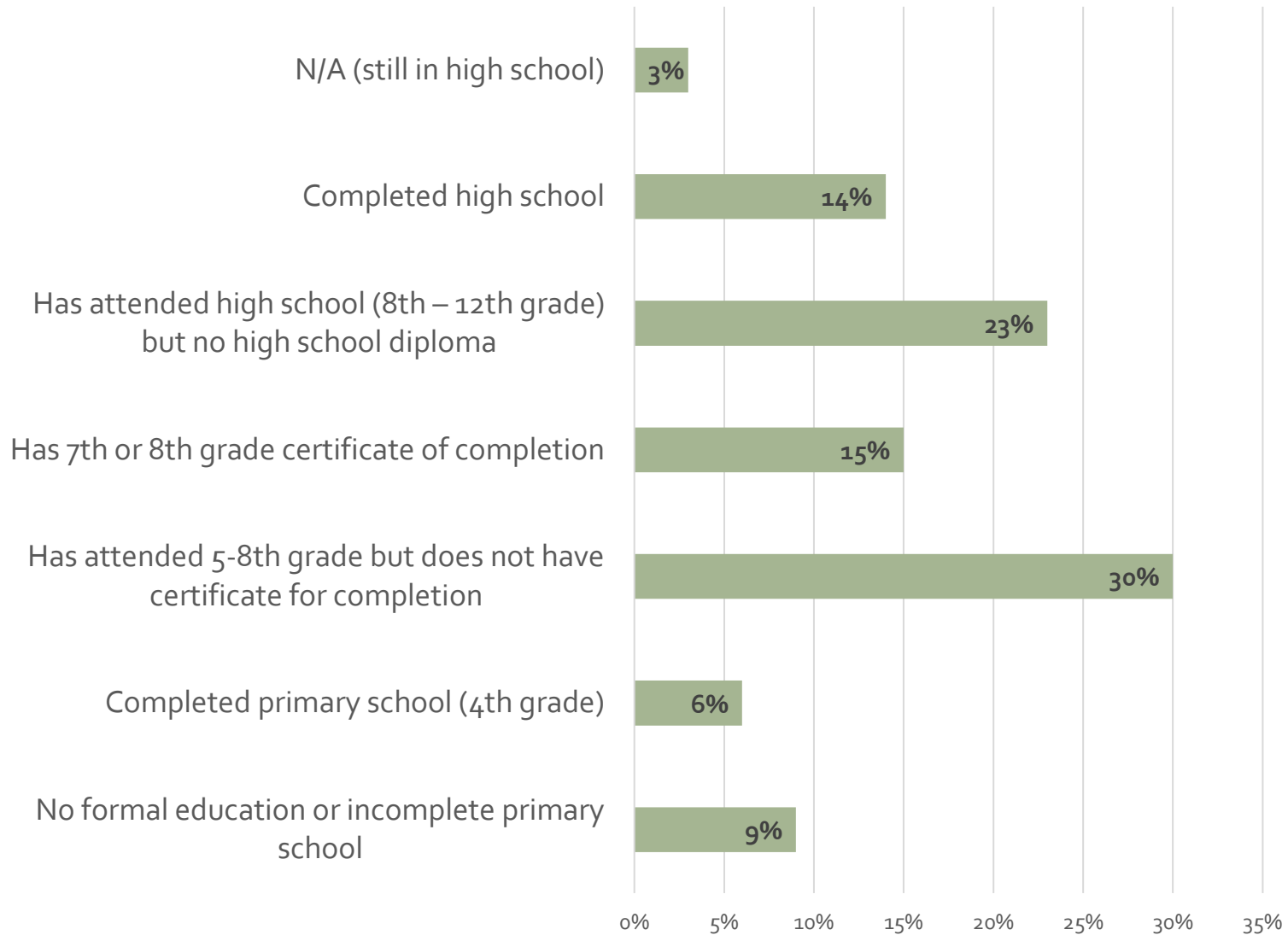


*data about primary language spoken at home is missing for 4 clients

MARITAL STATUS

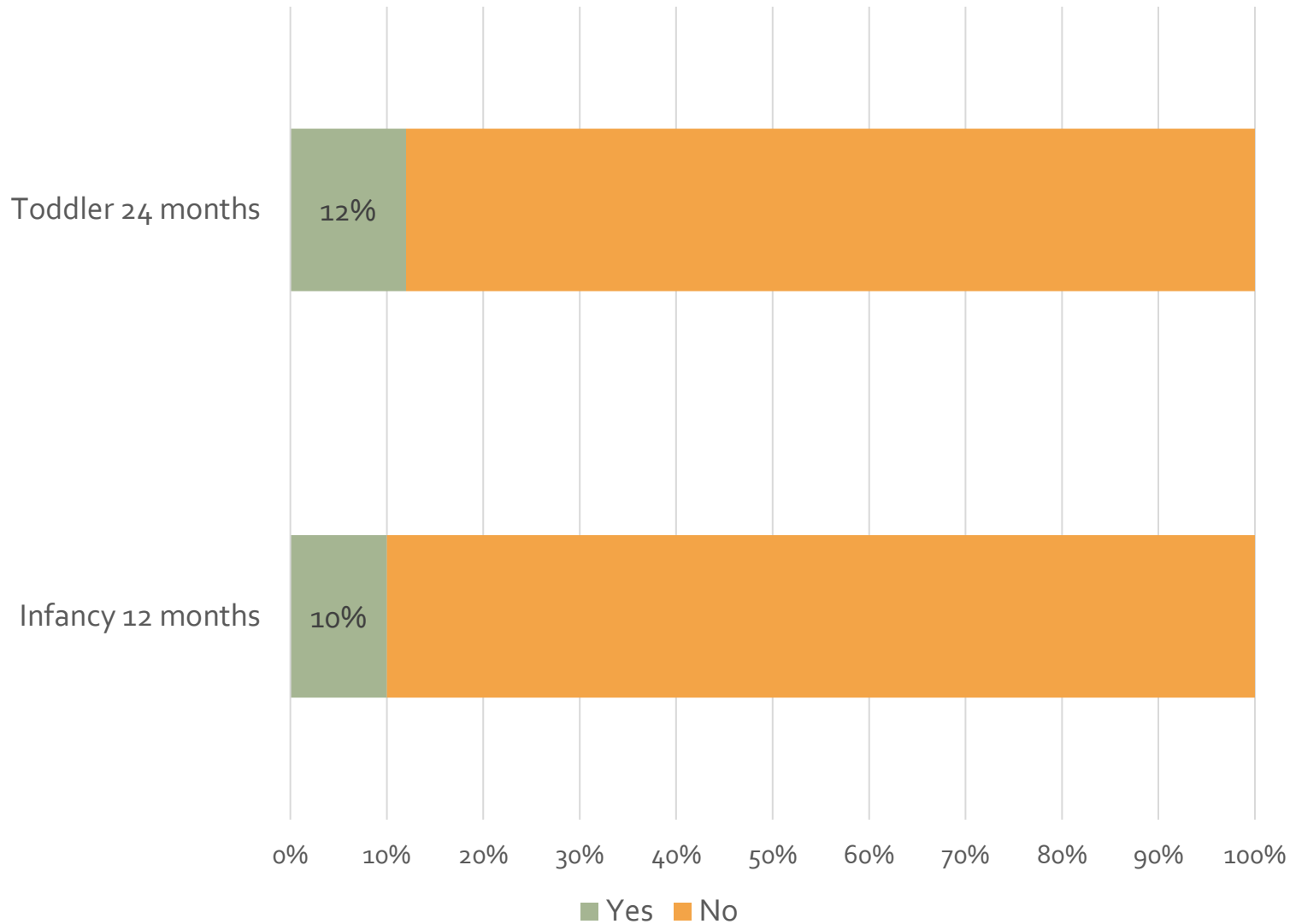


Pregnancy Intake



EDUCATION
LEVEL AT
INTAKE

Higher level of education compared to intake

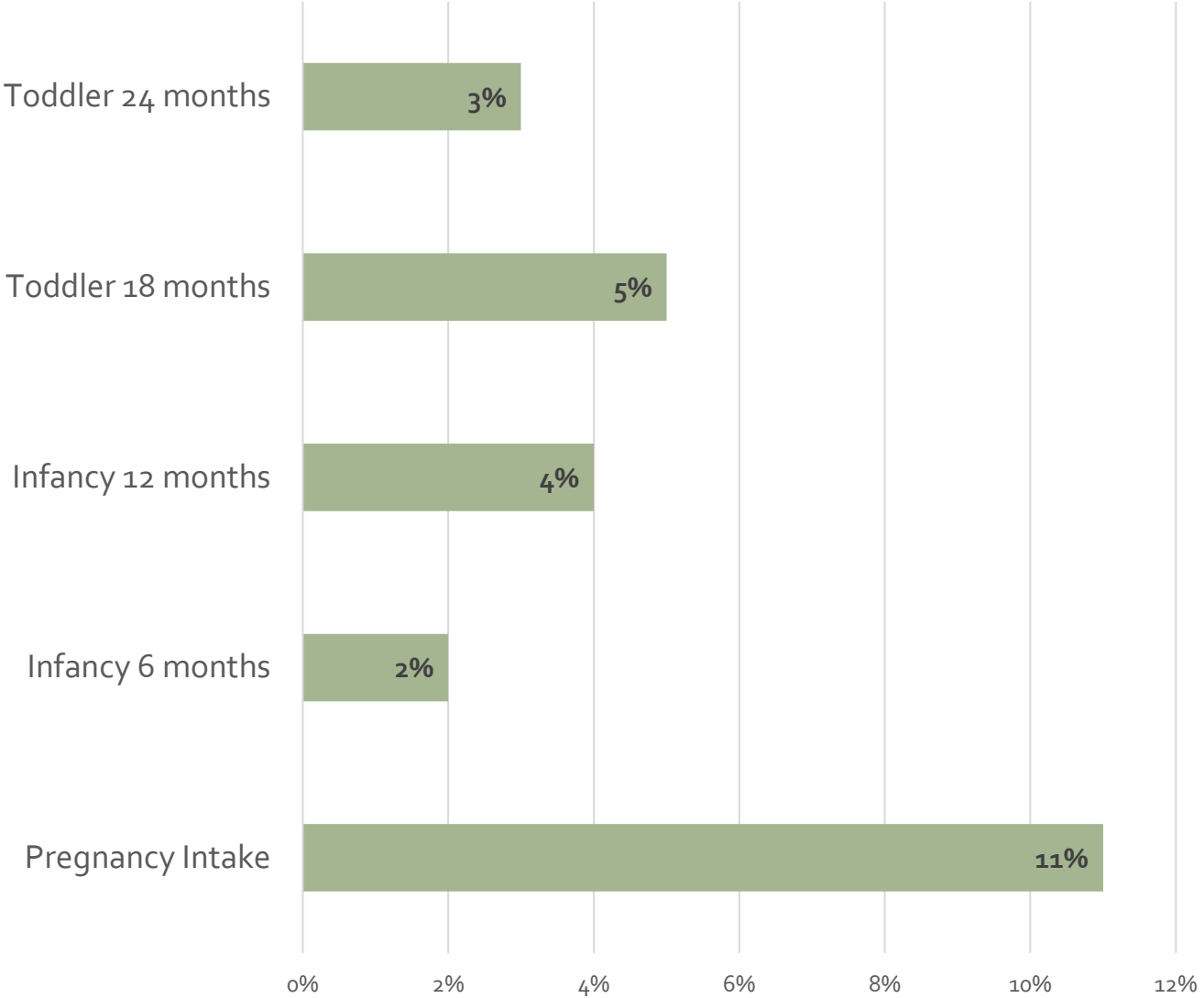


CHANGE IN EDUCATION LEVEL

There is an increase with 1% of clients with higher education at Toddler 24 and a decrease with 1% at Infancy 12 months

* Data compared with the last report

% of women enrolled in educational program by phase



ENROLLMENT IN EDUCATIONAL PROGRAM

There is a decrease with 1% at Infancy 12 months, Infancy 6 months and at Pregnancy Intake.

* Data compared with the last report

Number of women	Pregnancy Intake	Infancy 6 months	Infancy 12 months	Toddler 18 months	Toddler 24 months
Unemployed and seeking employment	3	2	3	1	5
Working women	11	3	2	6	13
Worked since gave birth	-	4	4	11	21

EMPLOYMENT

There are +12 clients who entered employment since giving birth.

*Data compared with the last report

MONTHLY INCOME

For 2022 in Bulgaria

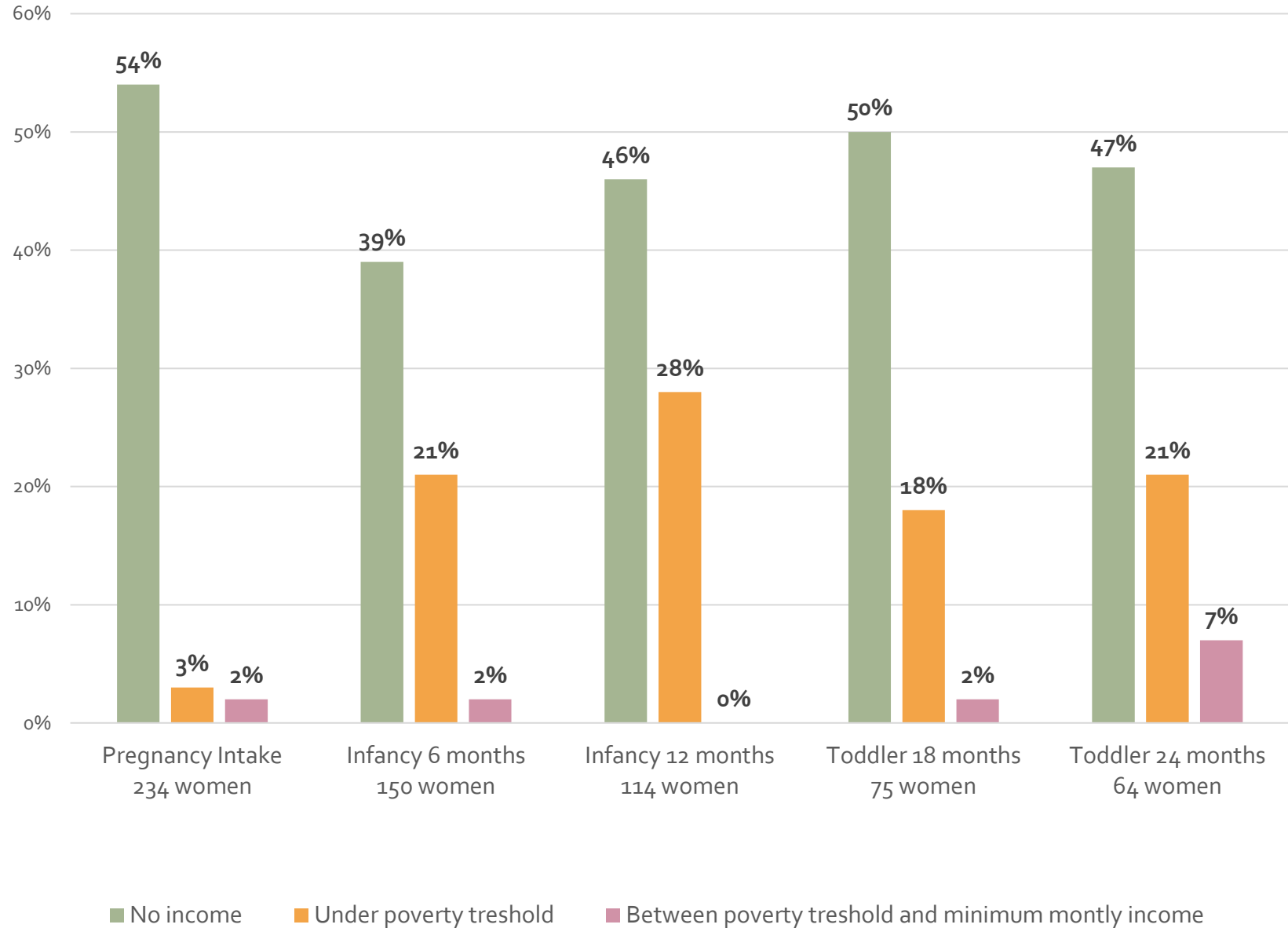
- \$224 USD poverty threshold

- \$385 USD minimum monthly income

- \$1019 USD average salary

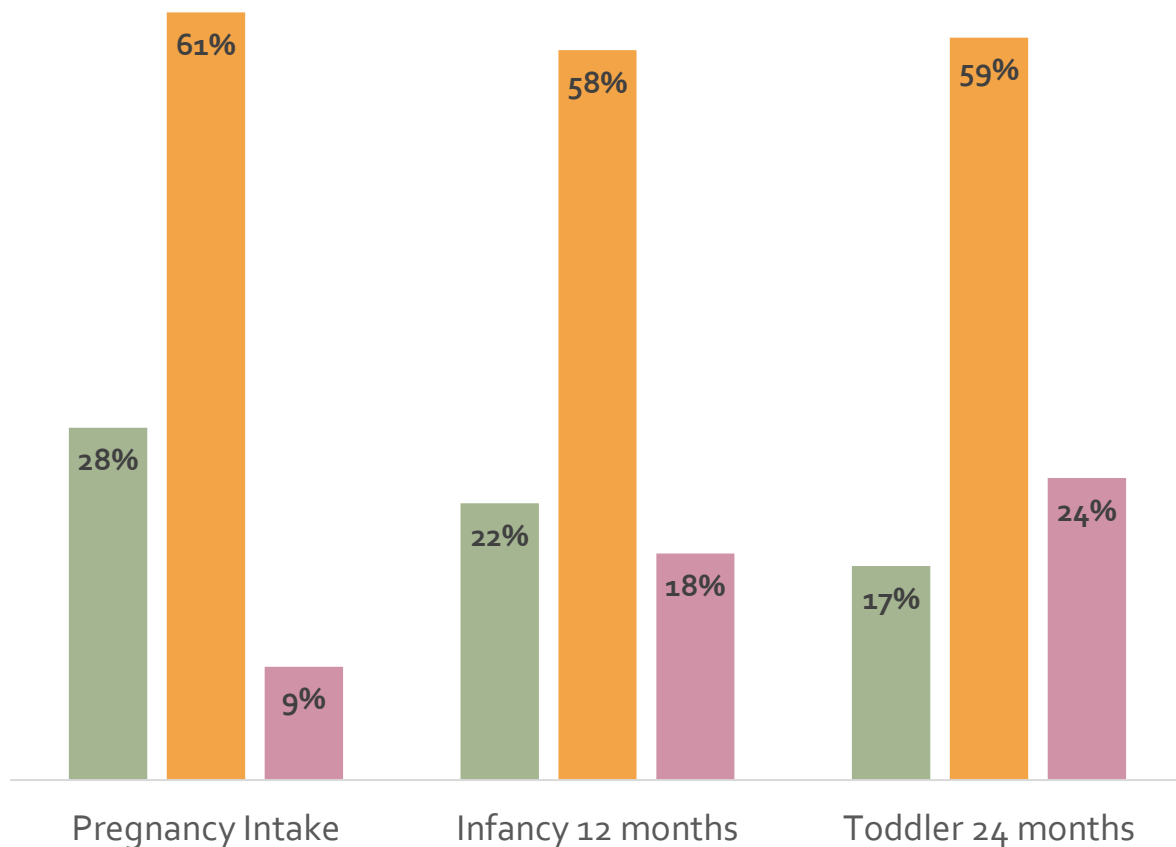
The quality of the collected data, however, is not very good and does not show a clear picture of the level of poverty.

% of all women who have shared financial information



Type of housing

■ Flat apartment ■ House ■ Extension to another house



HOUSING

The difference we see in 2022 is at the Intake. There is an increase by 2% of clients who live in flats. The reason for this change is that in 2022, TSA put a lot of efforts and focus on recruitment in Plovdiv where majority of the Roma community live in flats .

Average number of people living in the household is high and as expected it rises from 4.29 at Intake to 4.87 at Toddler 24 months.

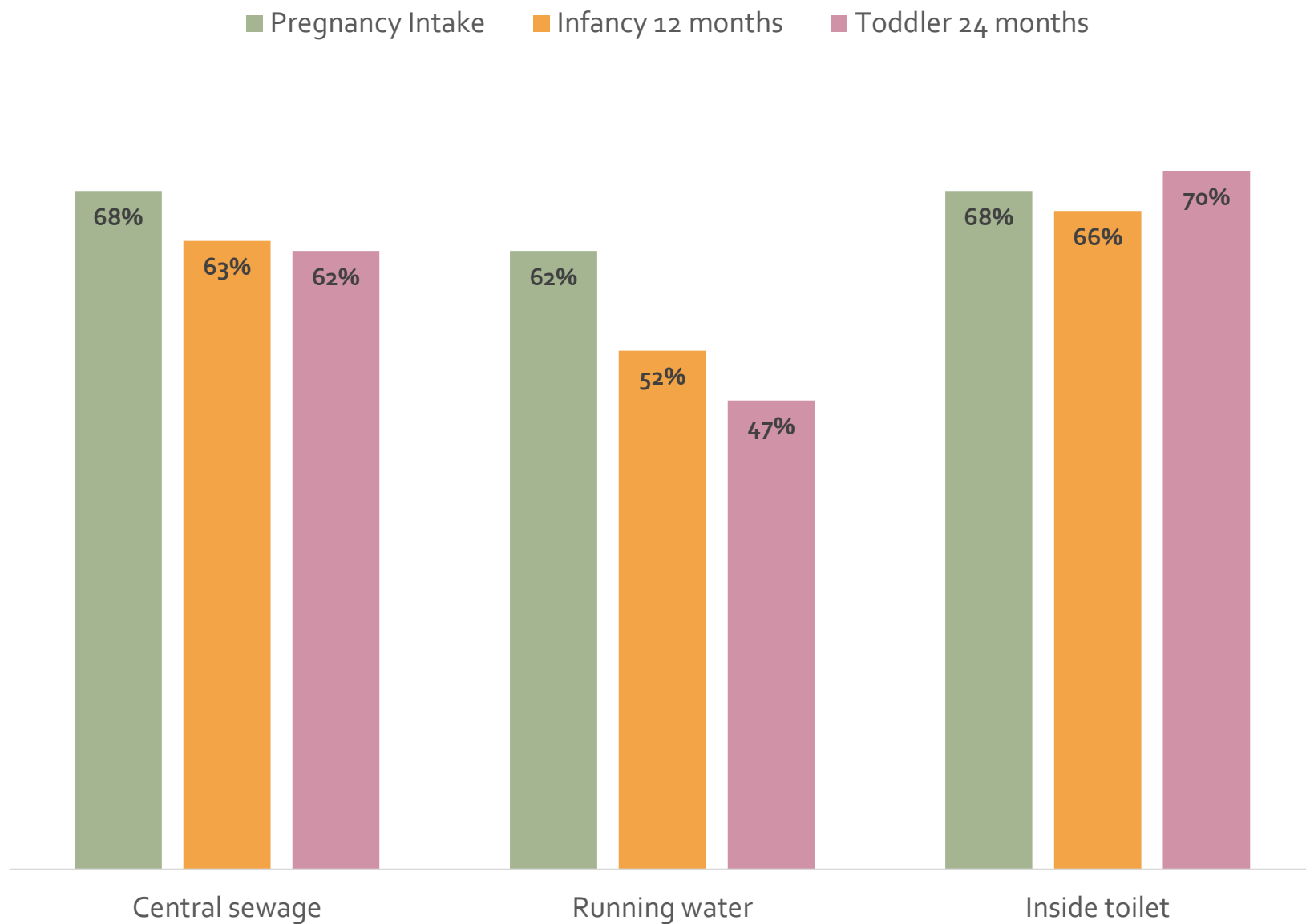
HOUSING CONDITIONS

We observe an improvement in central sewage and running water compared with the data of the last report. This improvement, however, is probably related mostly to the increased number of clients in Plovdiv, who have overall better communal services.

Observed change since the last report:

- Increase for access to central sewage at Intake (2%) and at Toddler (7%)
- Increase for access to running water at Intake (3%), at Infancy (2%) and at Toddler (10%)
- No changes for access to inside toilet

% of clients who have access to basic communal services by phase

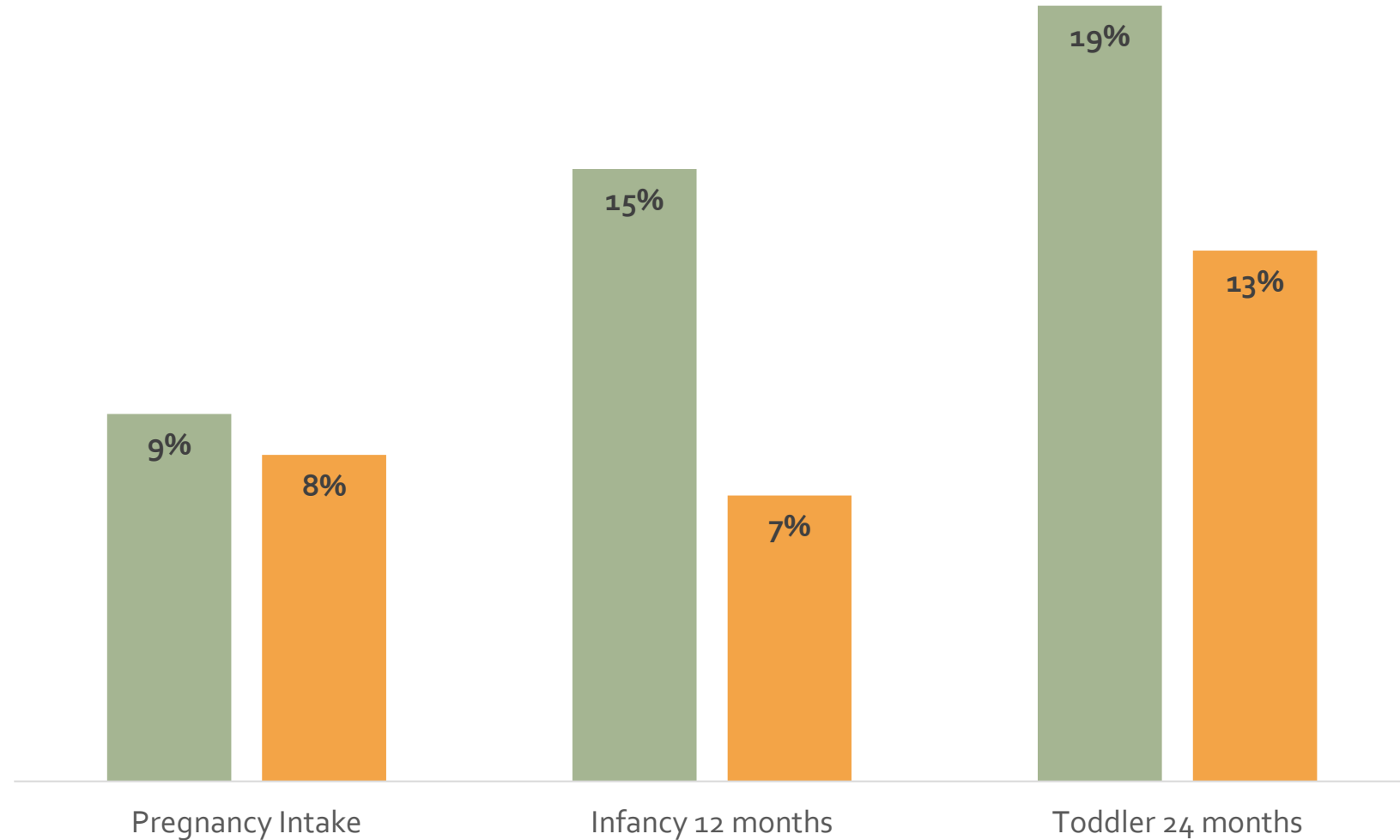


HOUSING CONDITIONS

The trend for reducing mold in the house is still visible. In this report we are observing a significant decrease in the data for mold in the bedroom in all program phases (Pregnancy - 3%, Infancy - 2% and Toddler - 7%). There is also a decrease in terms of mold not in the sleeping space at Toddler - 4%. The data is compared with the last report and the change is for both locations.

Mold present in the home

- Yes, including in the bedroom or sleeping space
- Yes, but not in the bedroom or sleeping space

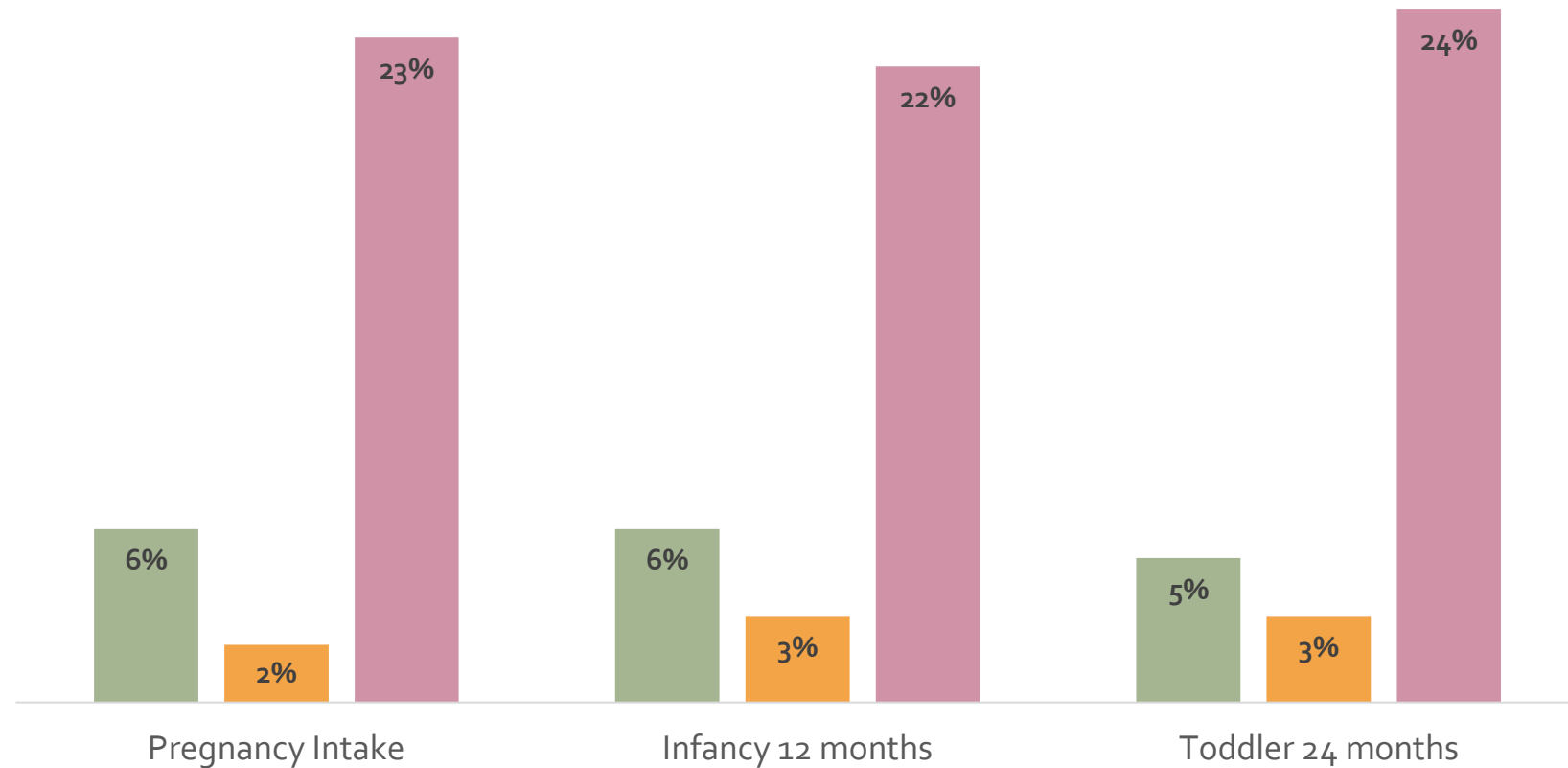


HOUSING CONDITIONS

There is no significant change compared with the data from the last report

Baggage or garbage in the house

- There is a lot of accumulated baggage or belongings in the house
- There is garbage in the home
- There is garbage in the yard or staircase



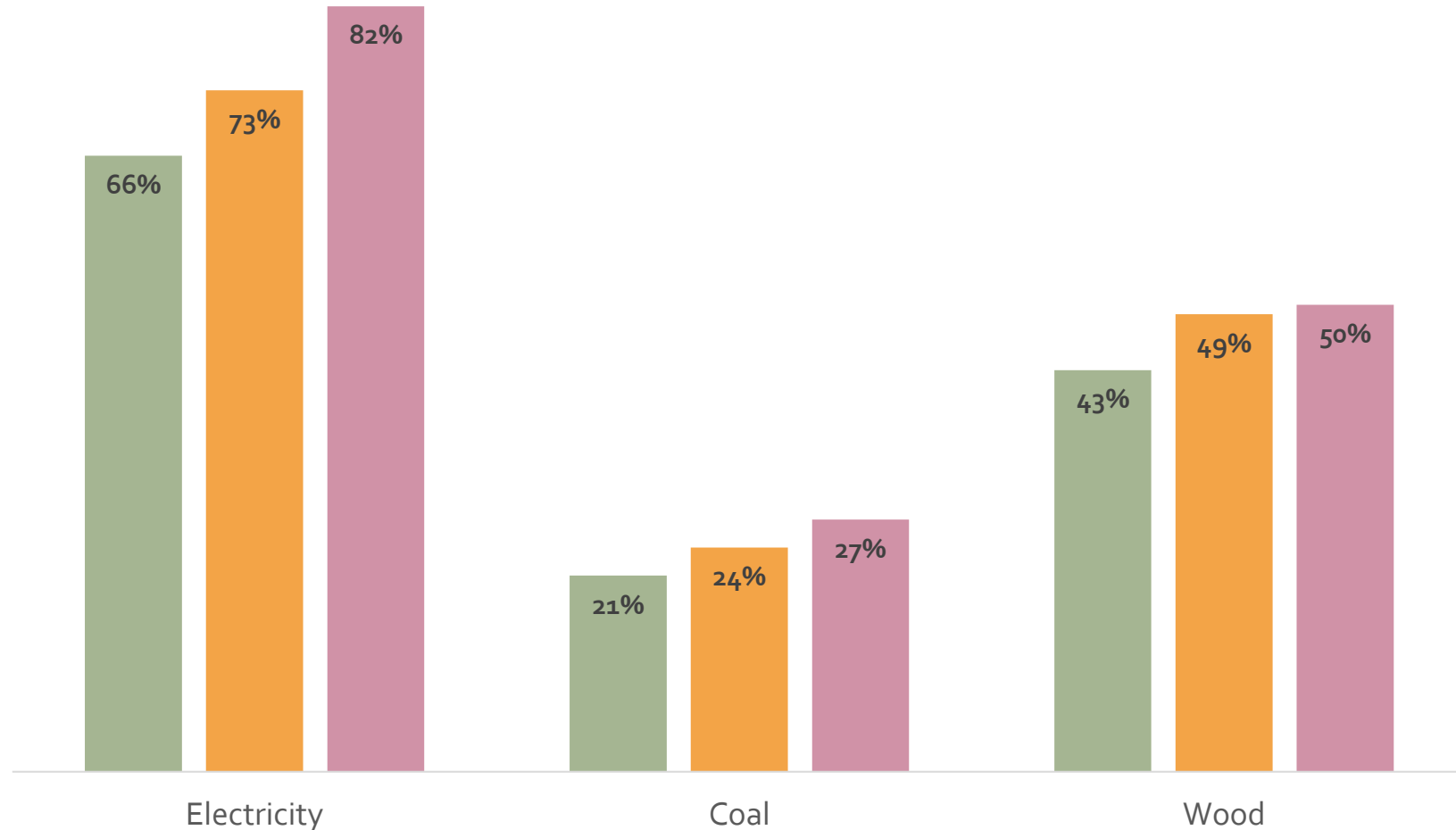
HOUSING CONDITIONS

Clients usually use more than one type of heating. Most vulnerable clients sometimes use garbage instead of coal or wood with the heating units directly used in the room where the child sleeps and/or plays, which presents an additional health hazard for the child.

The percent of clients using coal or wood for heating decreases and the use of electricity increases, compared to the data from last report. The change in the data, however, is due to more enrolled clients in Plovdiv and not because changing conditions in Sofia.

Types of heating used in households by program phase

■ Pregnancy Intake ■ Infancy 12 months ■ Toddler 24 months





MATERNAL HEALTH AND WELL-BEING

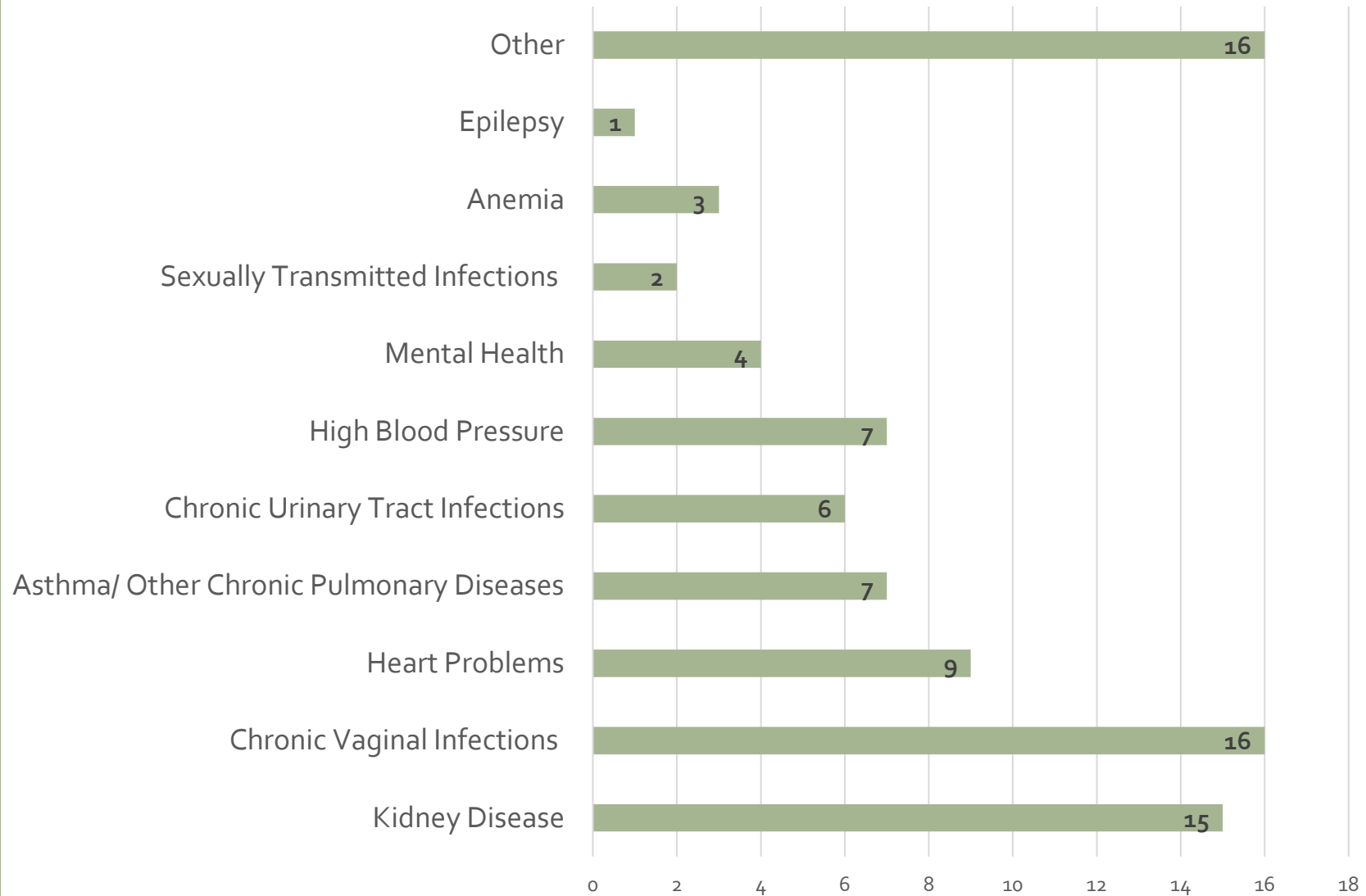
(2016 – 2022)

MATERNAL HEALTH

Pregnancy related complications	Number of clients
Chronic Gastrointestinal Diseases	2 / 376
Mental Health	1 / 376
High Blood Pressure	3 / 376
Urinary Tract Infections	1 / 376
Asthma/ Other Pulmonary Diseases	1 / 376
Vaginal infections	2 / 376
Kidney Disease	2 / 376

- No pregnancy related complications have been registered in 2022.
- There are + 22 clients with illnesses at intake

Illnesses at intake

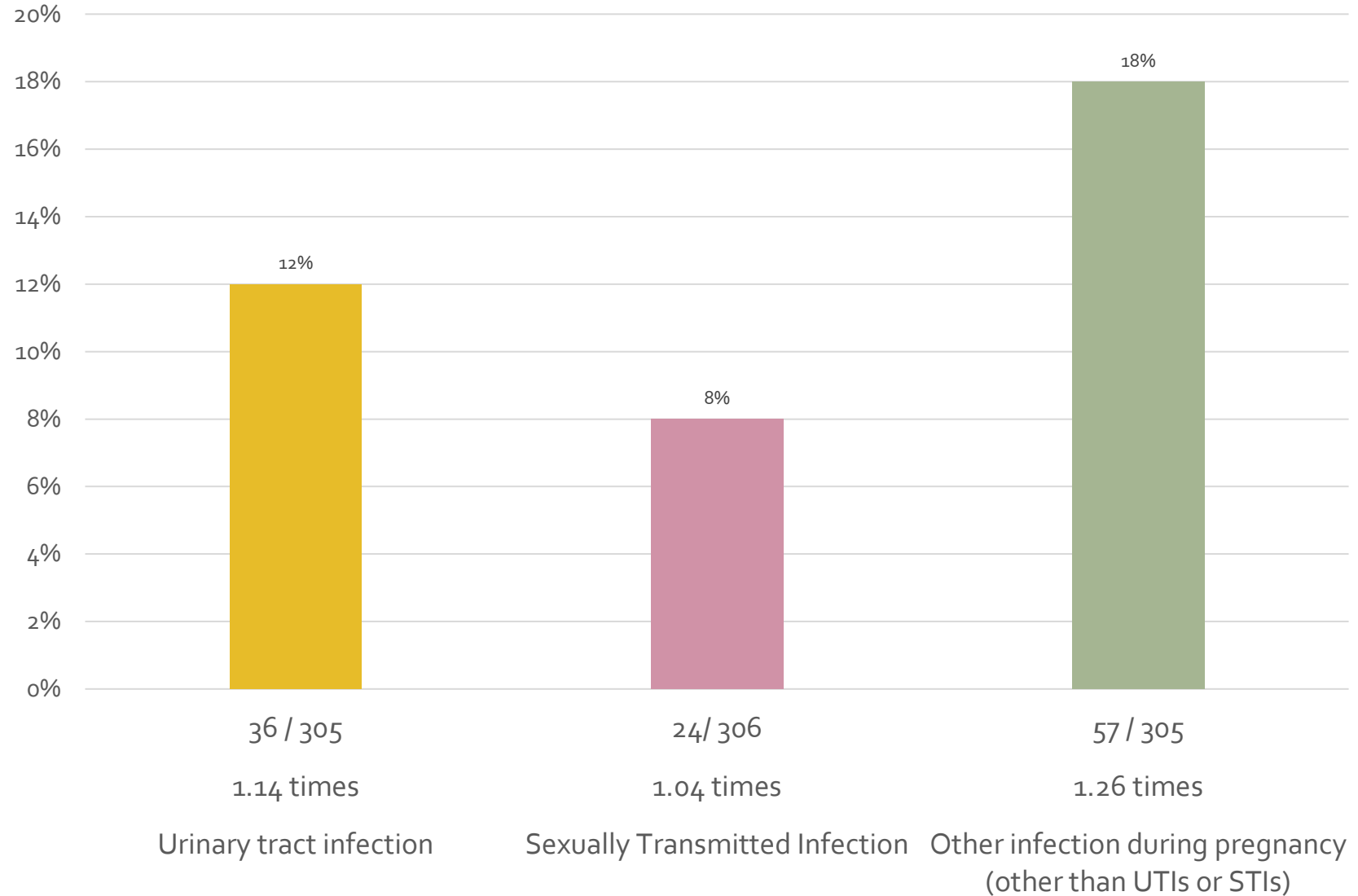


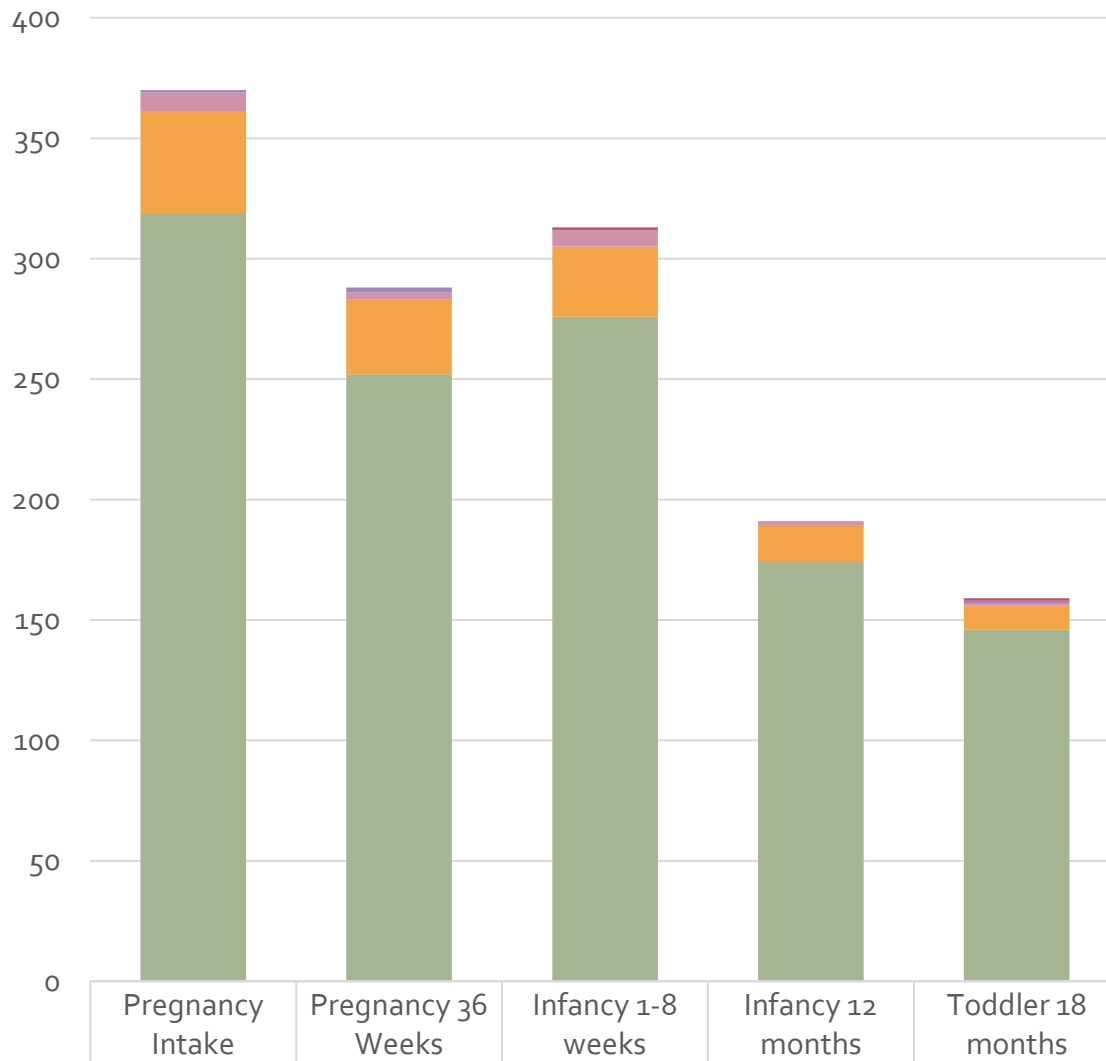
MATERNAL HEALTH

- During the reporting period we have +13 clients with infections during the pregnancy (recorded at intake)
- We observe 4% decrease of the clients with infections during the pregnancy (recorded after delivery)

Infections during pregnancy (recorded at intake) on average – 1 time	Number of clients
Urinary tract infections	20/365
Sexually transmitted infections	8/365
Vaginal infections	41/365

Infections during pregnancy (recorded after delivery)



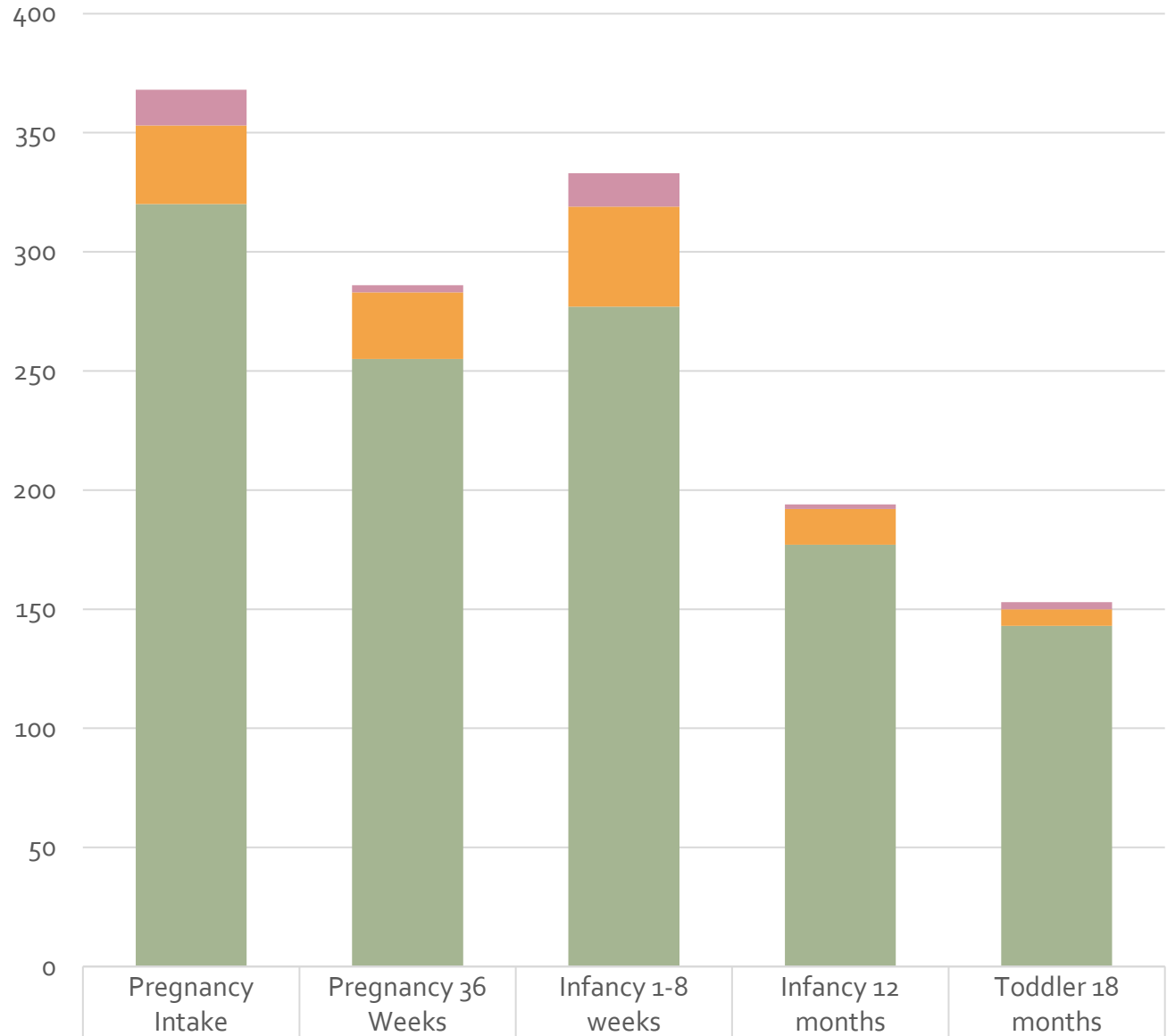


Severe depression	0	0	1	0	1
Moderately severe depression	1	2	0	0	1
Moderate depression	8	3	7	2	1
Mild depression	42	31	29	15	10
Minimal depression	319	252	276	174	146

PATIENT HEALTH QUESTIONNAIRE - 9 (PHQ-9)

For this reporting period we observe an increase of girls with mild depression in all stages. One reason might be illnesses of babies or family members and measles and tuberculosis outbreaks in Plovdiv.

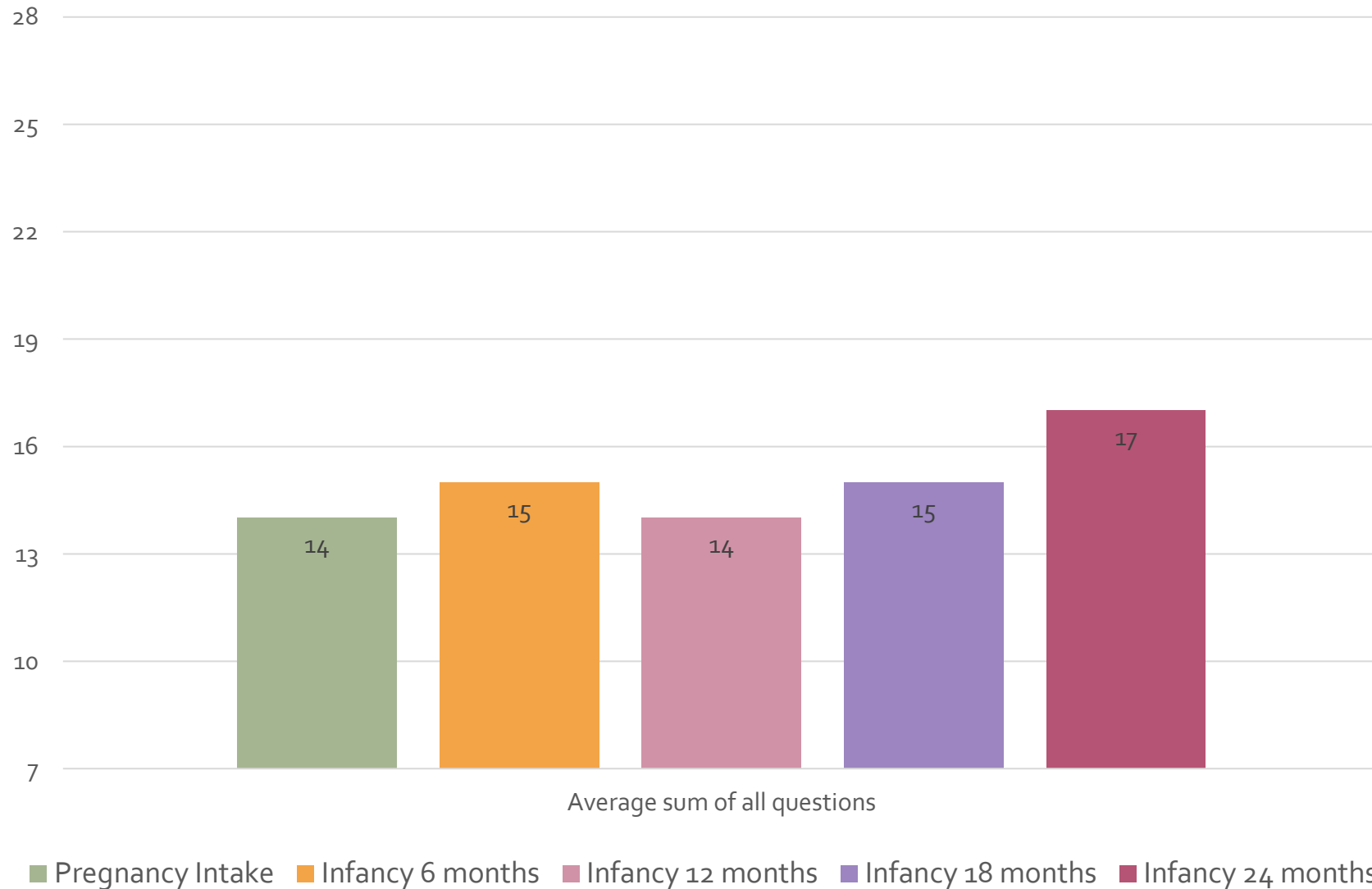
GENERAL ANXIETY DISORDER 7-ITEM SCALE (GAD-7)



	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 1-8 weeks	Infancy 12 months	Toddler 18 months
Severe Anxiety	15	3	14	2	3
Mild anxiety	33	28	42	15	7
Minimal anxiety	320	255	277	177	143

We have +4 clients with severe anxiety at intake and in the infancy stages and +31 clients with mild anxiety for the reporting period in all stages.

CONTROL AND MASTERY



There is no significant change compared with the report for 2021

SMOKING	Before pregnancy	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% women that smoke	30% (↓2%) (112 / 369)	28 % (↓2%) (103 / 369)	23 % (↓4%) (63 / 276)	34 % (↓10%) (64 / 187)	32 % (↓6%) (43 / 133)
Average cigarettes per day (only based on smokers)	9	3	3	3	3

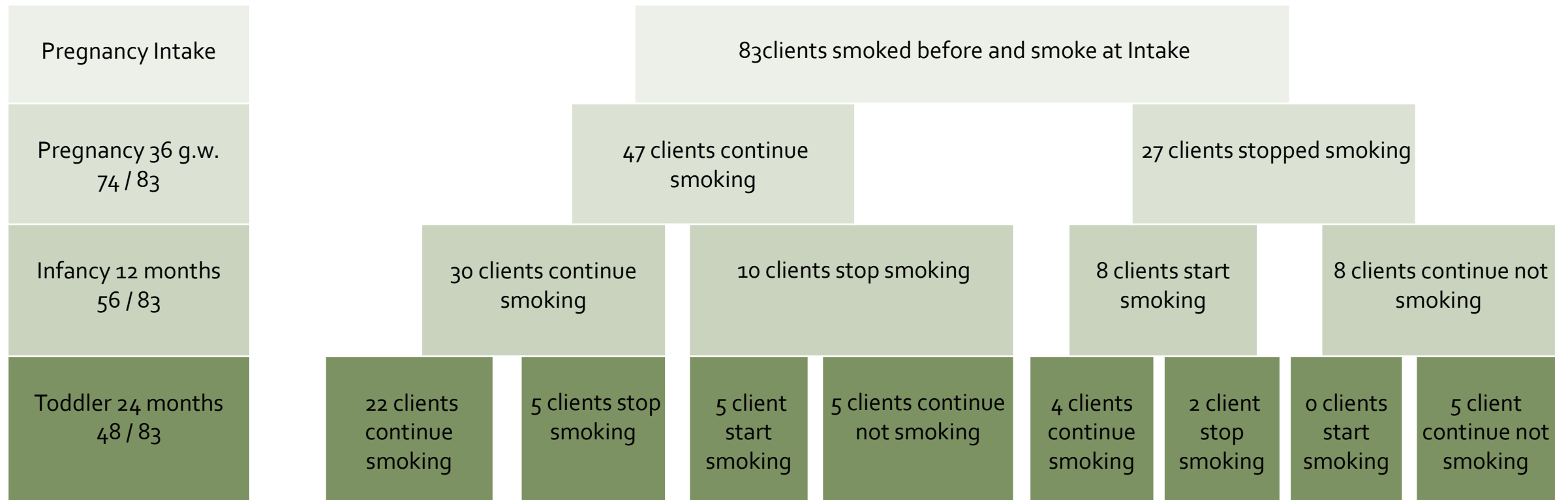
According to the data we have a **decrease** of clients who smoke before pregnancy and at intake in both locations. However, smoking patterns are different in Sofia and Plovdiv.

Only 21 out of 147 clients in Plovdiv were smoking before the pregnancy and 19 still smoke at intake, which is about 13% of all clients there. This is probably due to religious and cultural specifics of the communities served in Plovdiv.

In **Sofia** on the other hand, 41 % (↓4%)* of the clients were smoking before the pregnancy and 38% (↓3%)* continue to smoke at intake. There is a drop of 9% by the 36th gestation week and a reduction of the number of cigarettes smoked per day.

* Compared to the date from last report

Clients in Sofia who smoked before and after getting pregnant



ALCOHOL CONSUMPTION	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% of women that use alcohol	2 % (8 / 369)	0 % (0 / 276)	2 % (3 / 187)	4 % (5 / 133)
Number of days on which alcohol was consumed over the past 14 days	0	0	3	4,33
Average number of drinks per day	1	0	1	1

MARIJUANA USE	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% of women that use marijuana	1 % (4 / 369)	0 % (1 / 276)	1 % (1 / 187)	0 % (0 / 133)
Number of days on which marijuana was used over the past 14 days	0	1	0	0
Average number of pipes or joints used per day	0	0	1	0

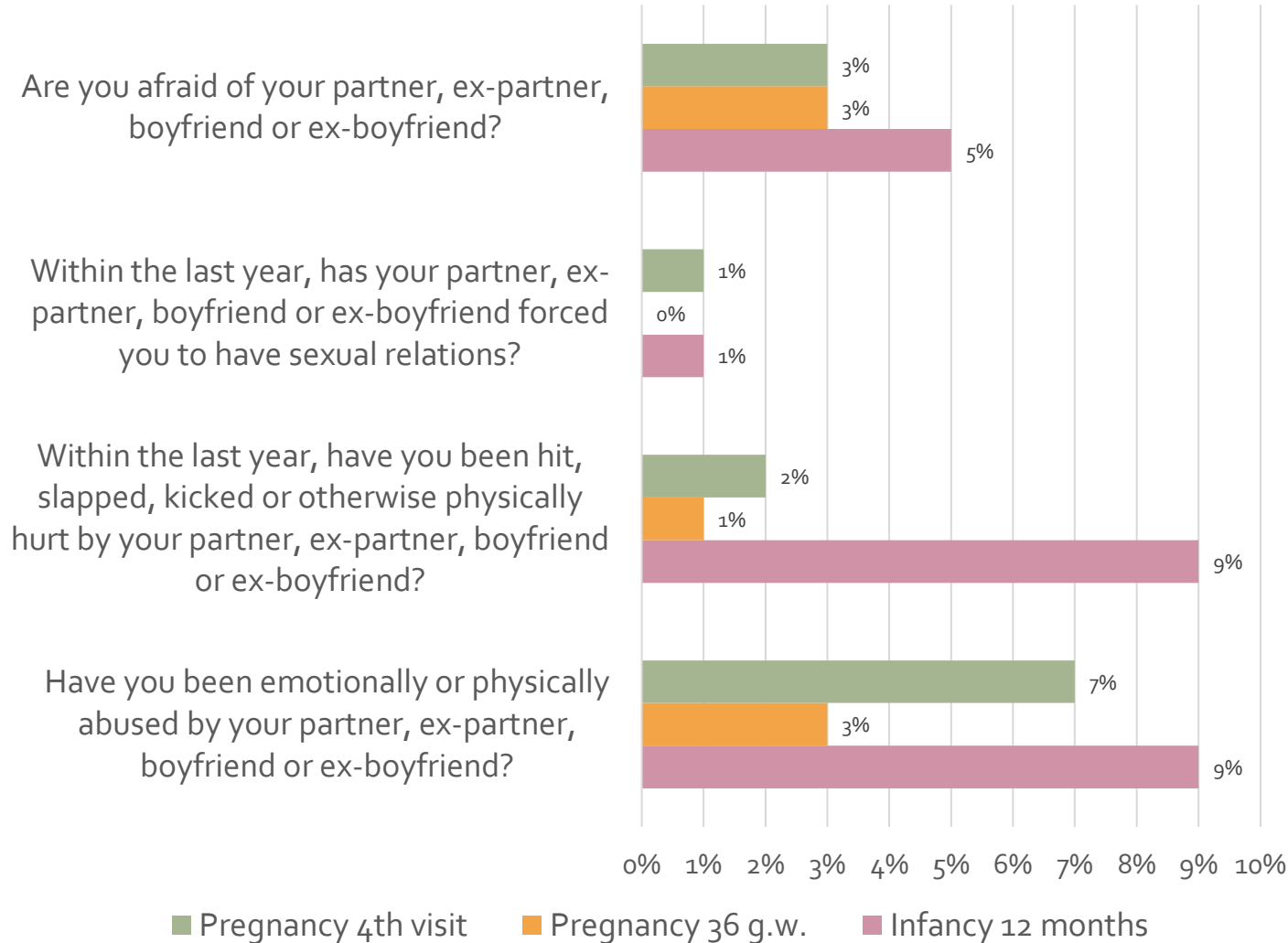
SUBSEQUENT PREGNANCIES

- **32%** (45/141) of graduated women with 46 subsequent pregnancies
- There is an increase by 1% compared to the last report
- On average - **13** months after the birth of the first child
 - **17** live births (10 last report)
 - **4** miscarriages
 - **11** abortions (7 last report)
 - **2** still birth (1 last report)
 - **12** still pregnant at graduation

* Data based on graduated women

IPV 2016 - 2022

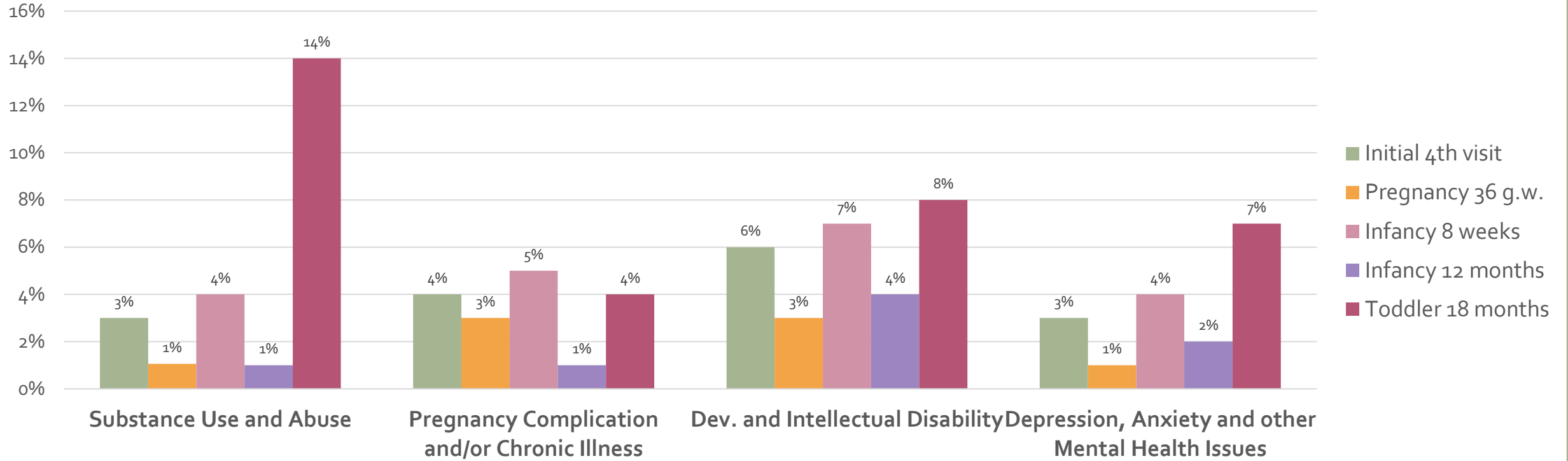
% of women who have answered "yes" to the questions



The percentage of women who have reported IPV has risen by 1% in all stages.

Women who have reported IPV	Pregnancy 4th visit	Pregnancy 36 g.w.	Infancy 12 months
Total 2016 - 2018	6 % (5 / 87)	5 % (4 / 79)	10 % (4 / 41)
Total 2016 - 2019	7 % (11 / 152)	4 % (5 / 123)	7 % (5 / 70)
Total 2016 - 2020	8 % (16/208)	4% (7/169)	9% (10/110)
Total 2016-2021	9% (21/246)	5% (11/207)	10% (14/148)
Total 2016-2022	8% (24/309)	5%(12/265)	11% (19/173)

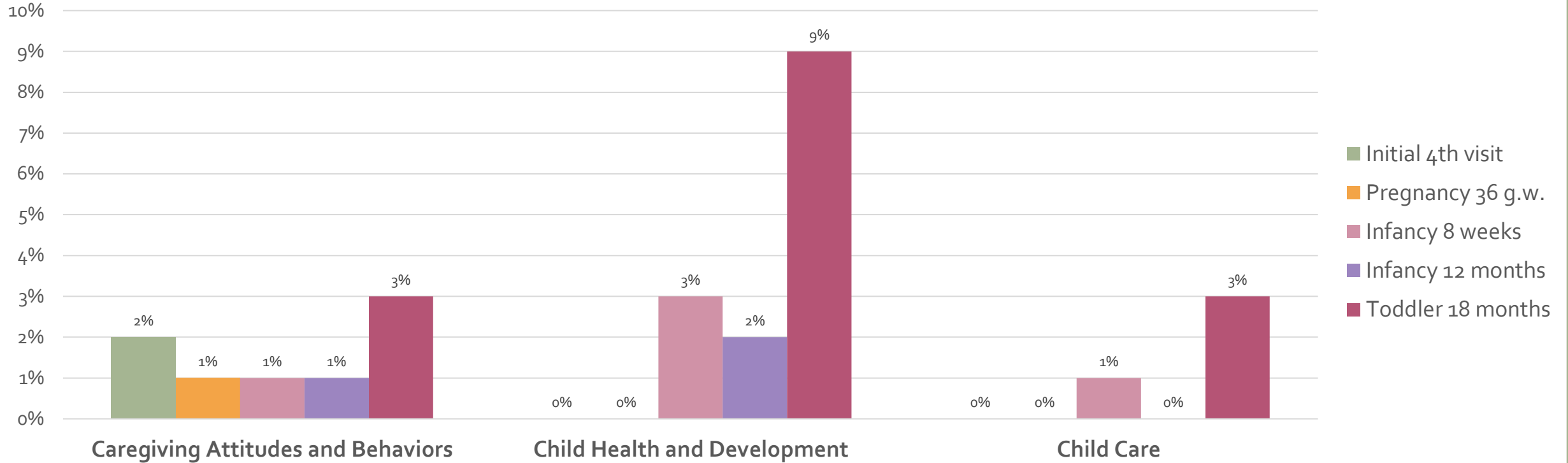
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

PERSONAL HEALTH

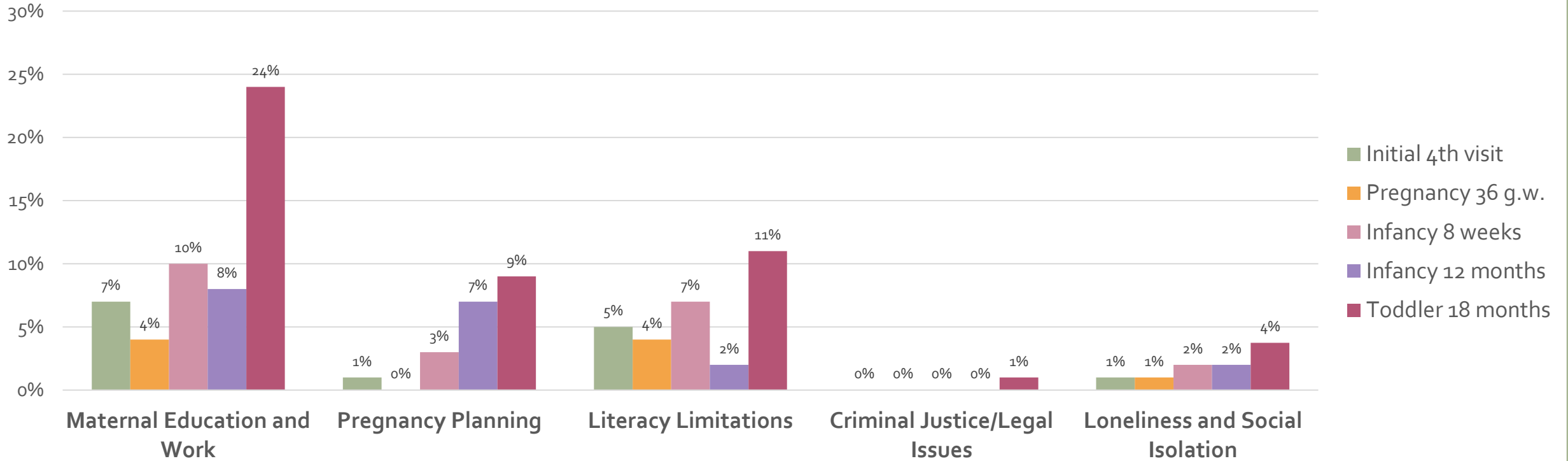
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MATERNAL ROLE

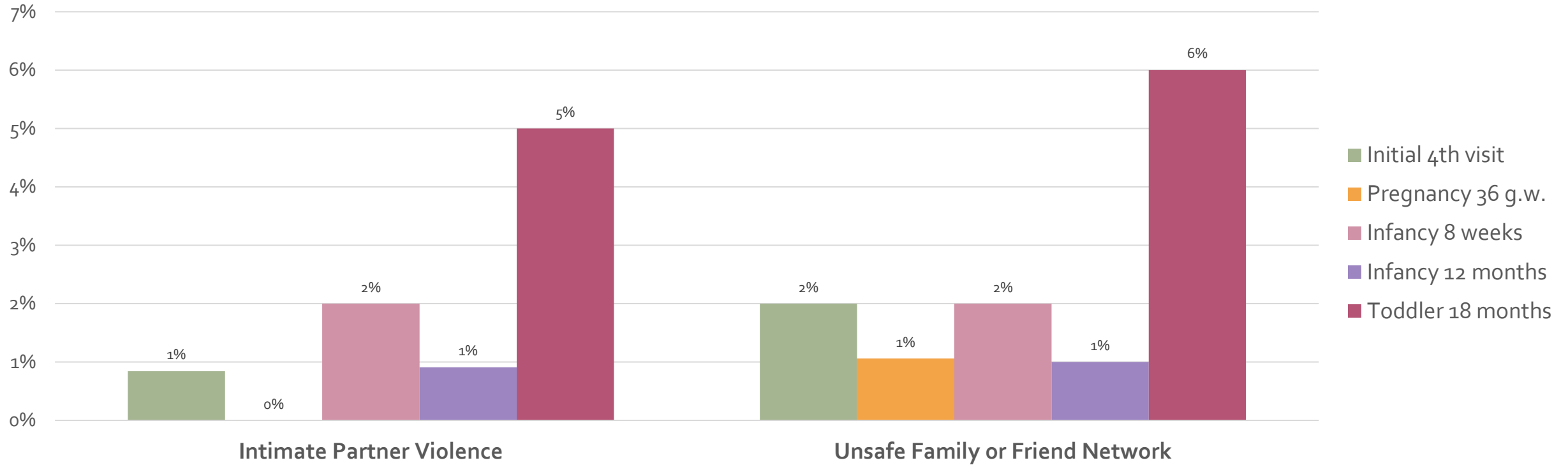
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

ENVIRONMENTAL HEALTH

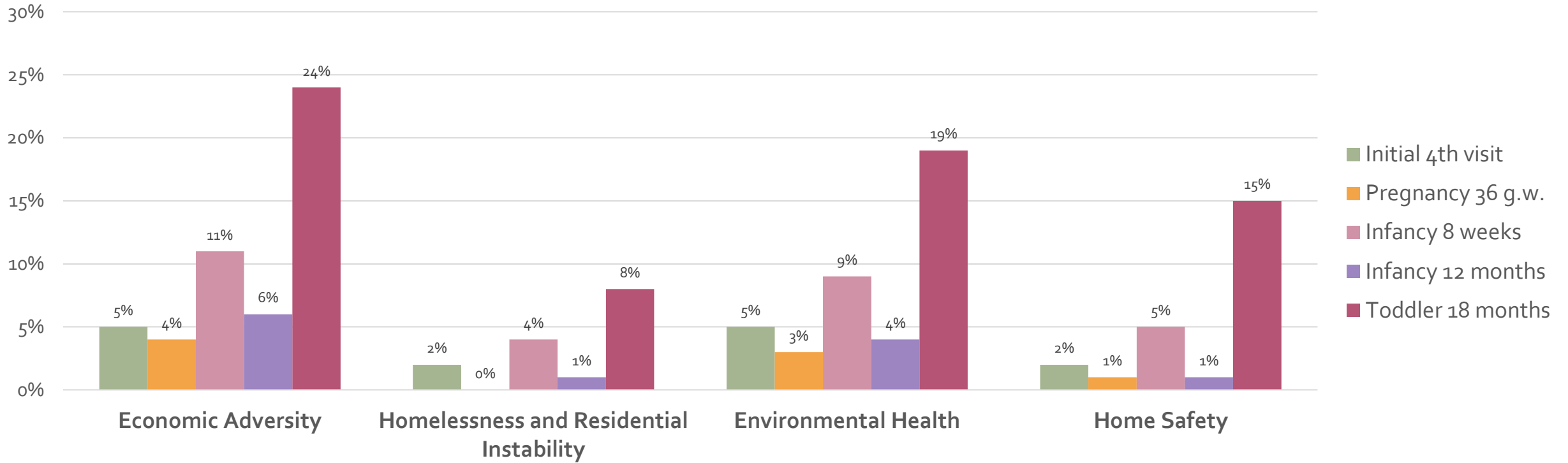
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MY FAMILY & FRIENDS

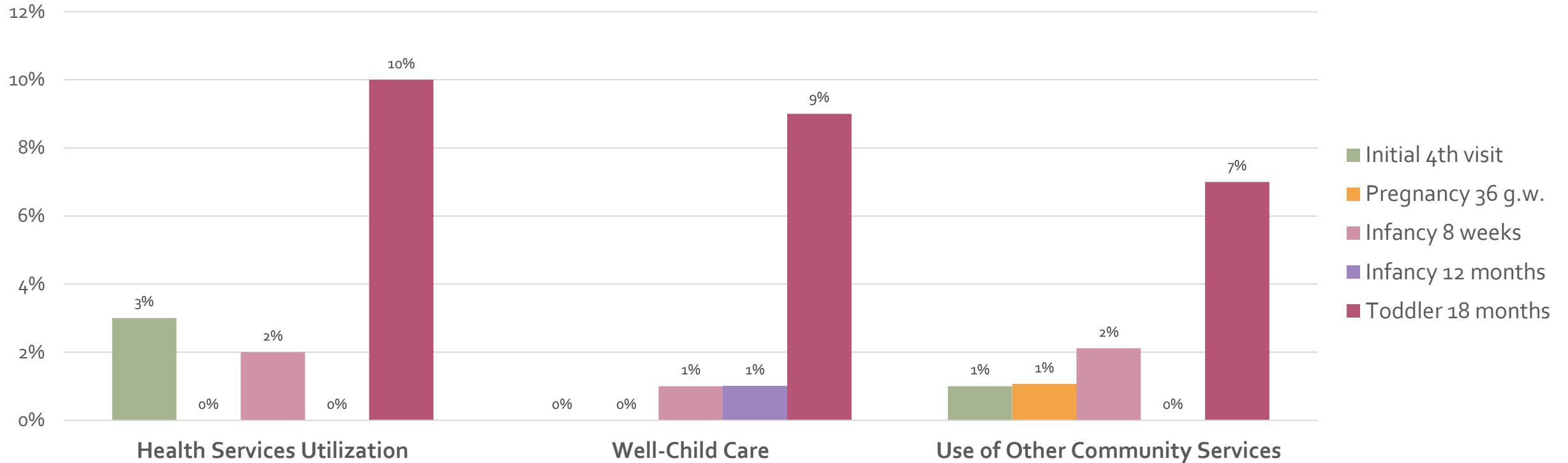
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

LIFE COURSE DEVELOPMENT

% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

HEALTH & SOCIAL SERVICES

Referrals type/area	1	2	3	4	5
Financial Assistance	19	0	1	0	1
Pregnancy and Parenting Programs	18	1	1	0	0
Mental Health/ Crisis Intervention	4	2	0	0	0
Substance Use and Harm Reduction	0	0	0	0	0
Health Care	187	4	99	4	0
Children's Services	30	0	0	0	1
Child Welfare	6	1	0	0	0
Shelter and Housing	8	0	1	1	0
Education and job services	6	1	1	1	0
Other Community Programs and Services	9	0	1	1	1
Total	287	8	104	6	3

REFERRALS TO OTHER SERVICES

We have additional 69 referrals for the reporting period.

- 49 of them are for health care or these are 71% of the referrals for the period.



CHILD HEALTH AND WELLBEING

(2016 – 2022)

CHILDREN

- 16% of children (50) are born before 37
 - 1 extremely preterm (less than 28 weeks)
 - 3 very preterm (28 to 32 weeks)
 - 46 moderate to late preterm (32 to 37 weeks)
- 14% (2% ↓) of children (43) have low birthweight (less than 2500 grams) – 23 of them are born preterm
- 17% (33) infants spent on average 10 days in an NICU
- 9 pregnancy losses
 - 7 (+2 in 2022) miscarriages
 - 1 medically indicated termination
 - 1 termination of pregnancy
- 4 child deaths
 - 1 baby died at four months due to an illness
 - 1 baby stillbirth in 2022
 - 1 baby born with congenital heart defect died at three months
 - 1 extremely preterm baby (26th gestation week / 900 grams) – the baby died after a month in NICU

CHILDREN

There have been only 4 (2 of them in 2022) hospitalizations - due to injury and ingestion, 2 before 6 months of the children, and 2 hospitalization before 18 months.

Because of the health insurance status of the parents and discrimination towards Roma in the medical profession, our clients seek different paths when in need of medical assistance. We track all of them, including calling an ambulance without follow-up hospitalization.

- Clinic for burns: 4 at Infancy 6 months and 1 at Toddler 24
- Clinic for ingestion: 1 Toddler 18 months
- Emergency for ingestion: 1 Infancy 6 months
- Emergency for injury: 3 Toddler 24 months (2 of them are from 2022)
- Ambulance called without hospitalization:
 - 17 Infancy 6 months (+4)*
 - 7 Infancy 12 months (+3)*
 - 5 Toddler 18 months (+3)*
 - 5 Toddler 24 months (+2)*

* calls in 2022

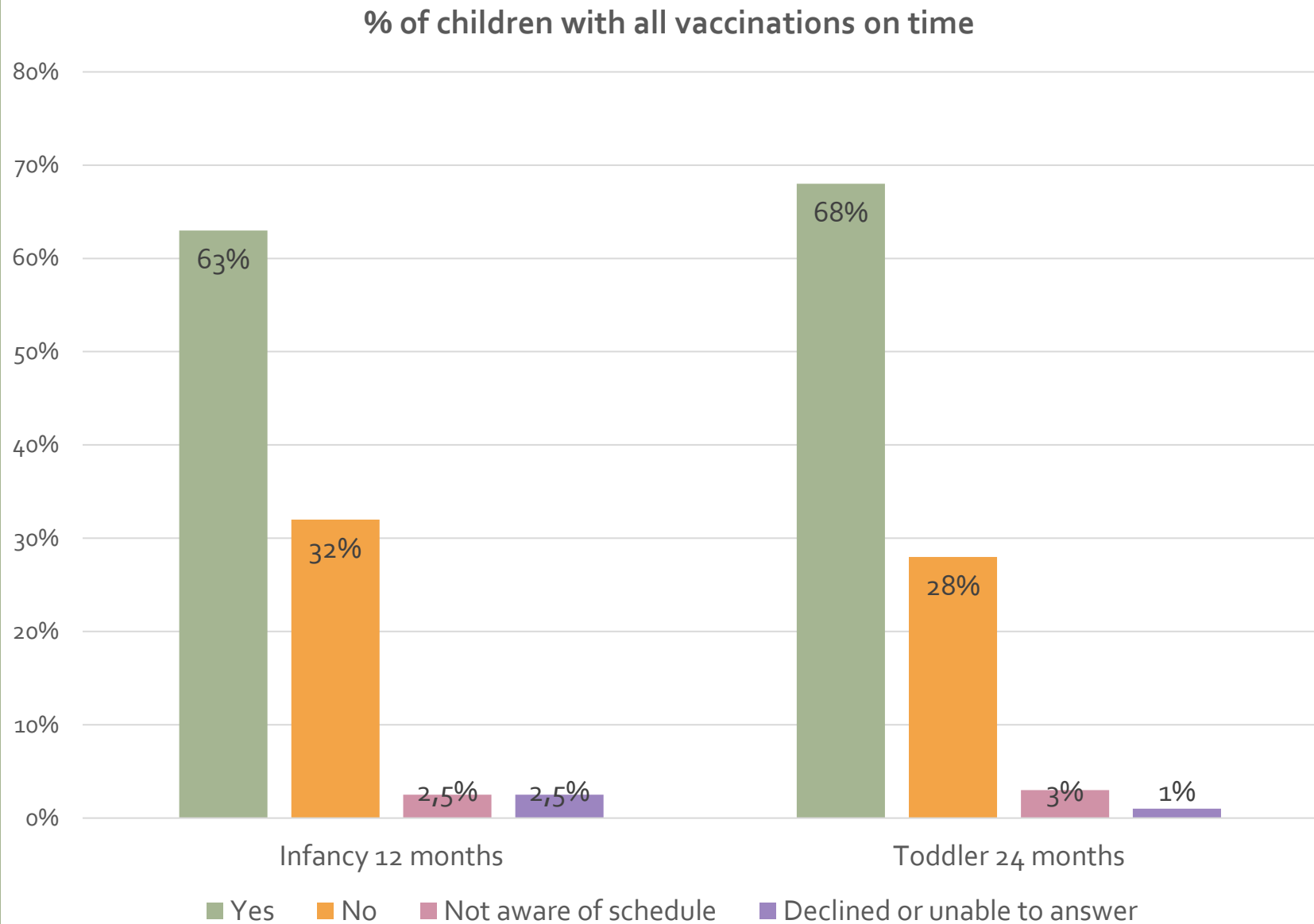
BIRTH WEIGHT

*We have 316 babies born within the program, however, one of the clients left the program just after the birth and the nurse couldn't contact the client and we only have information on 315 babies.

Mean birth weight	
Girls (158)	2936
Boys (157)	3092
Total (315)*	3014

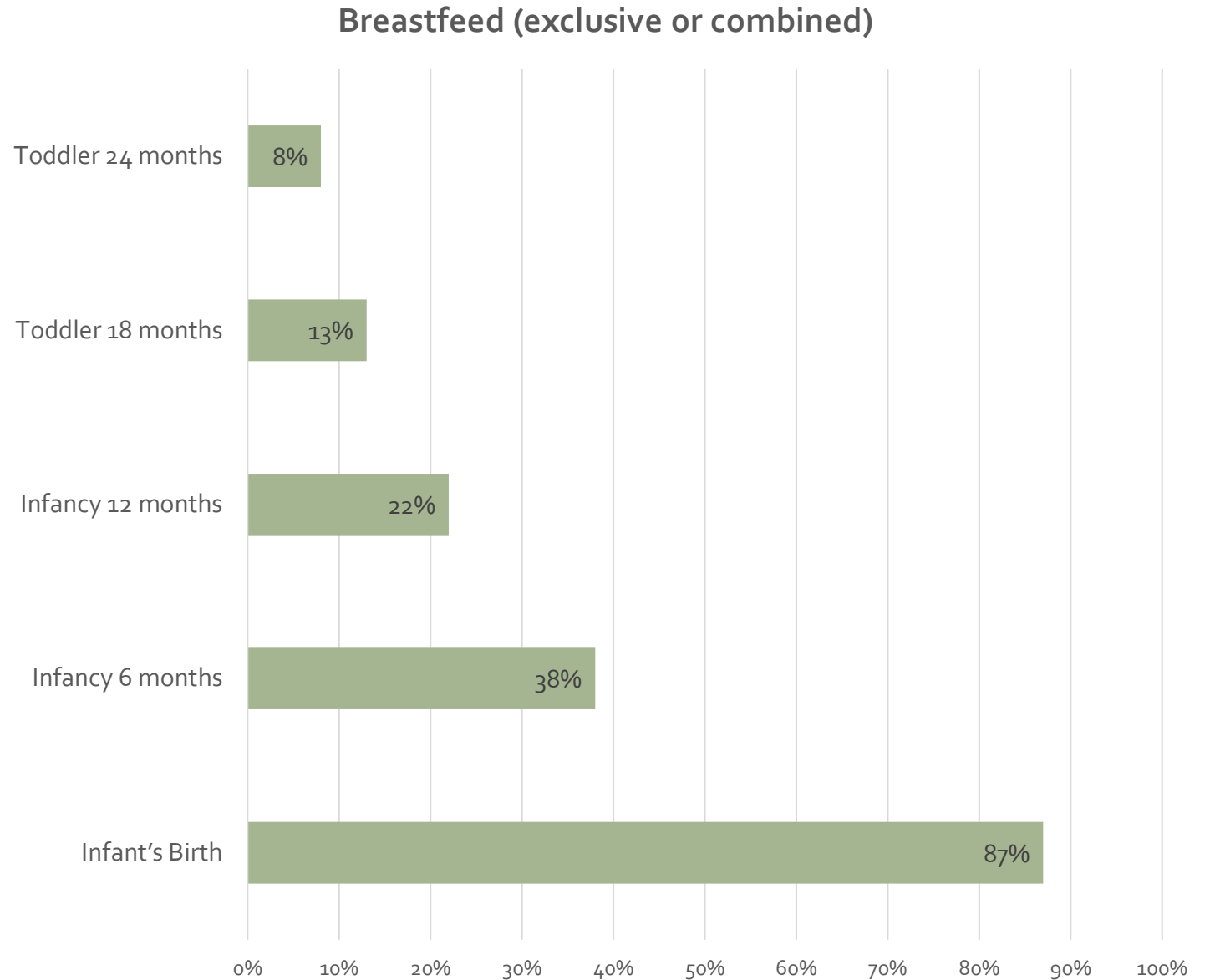
VACCINATIONS

The trend for more vaccinations on time continues. There is an increase of 7% in Infancy 12 months.

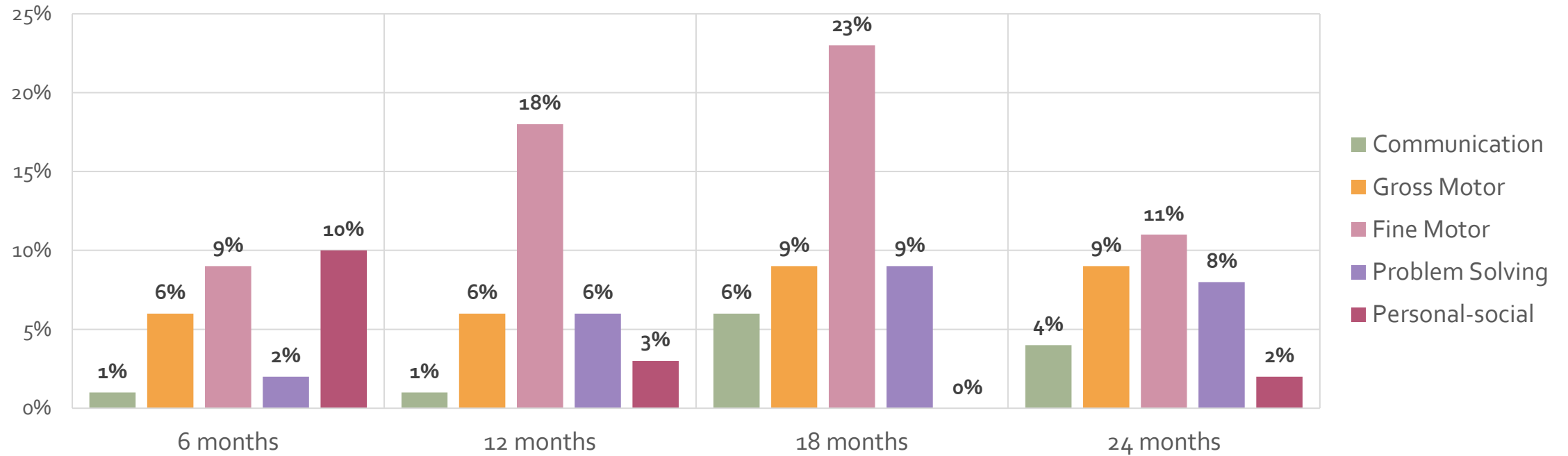


BREASTFEEDING

- 92% of women intend to breastfeed
- 69% (↑3%) breastfeed exclusively at birth
- on average clients start introducing solid foods at around 4 months of the child
- there is a slight decrease of exclusive / combined breastfeeding in Infancy 12 months and Toddler phase compared to last report



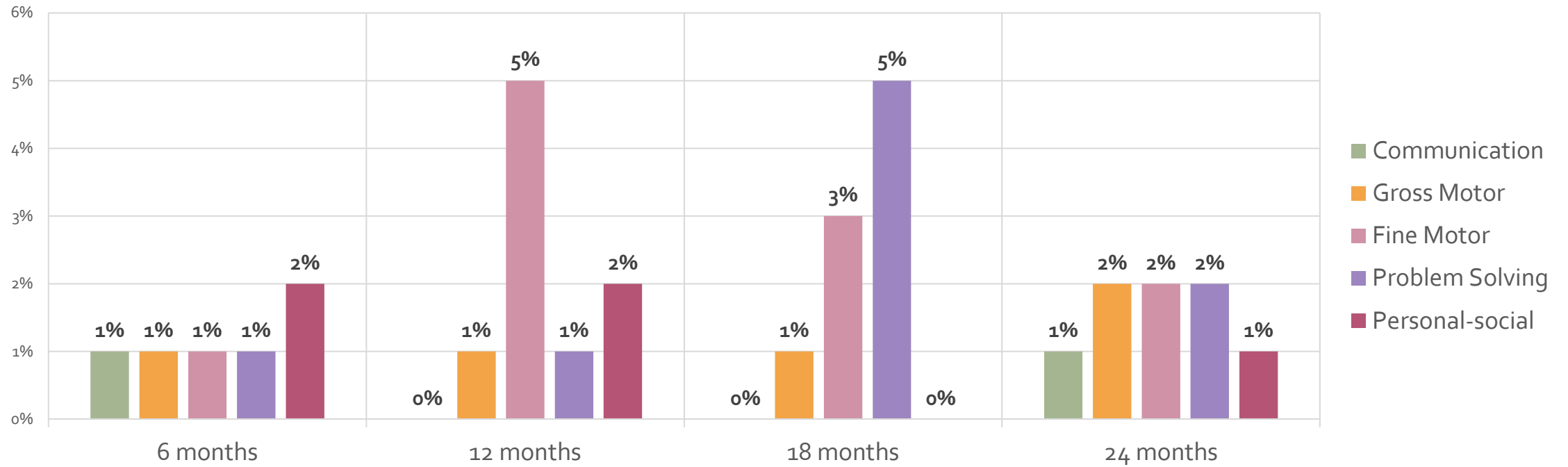
% of children in the grey area



ASQ – 3

GREY AREA

% of children in the black area



ASQ – 3

BLACK AREA

ASQ:SE	6 months > 45	12 months > 55	18 months > 70	23 months > 65
Children with results above the cutoff	0 % (1 / 243)	2 % (5 / 243)	0 % (1 / 243)	1 % (4 / 189)

ASQ:SE

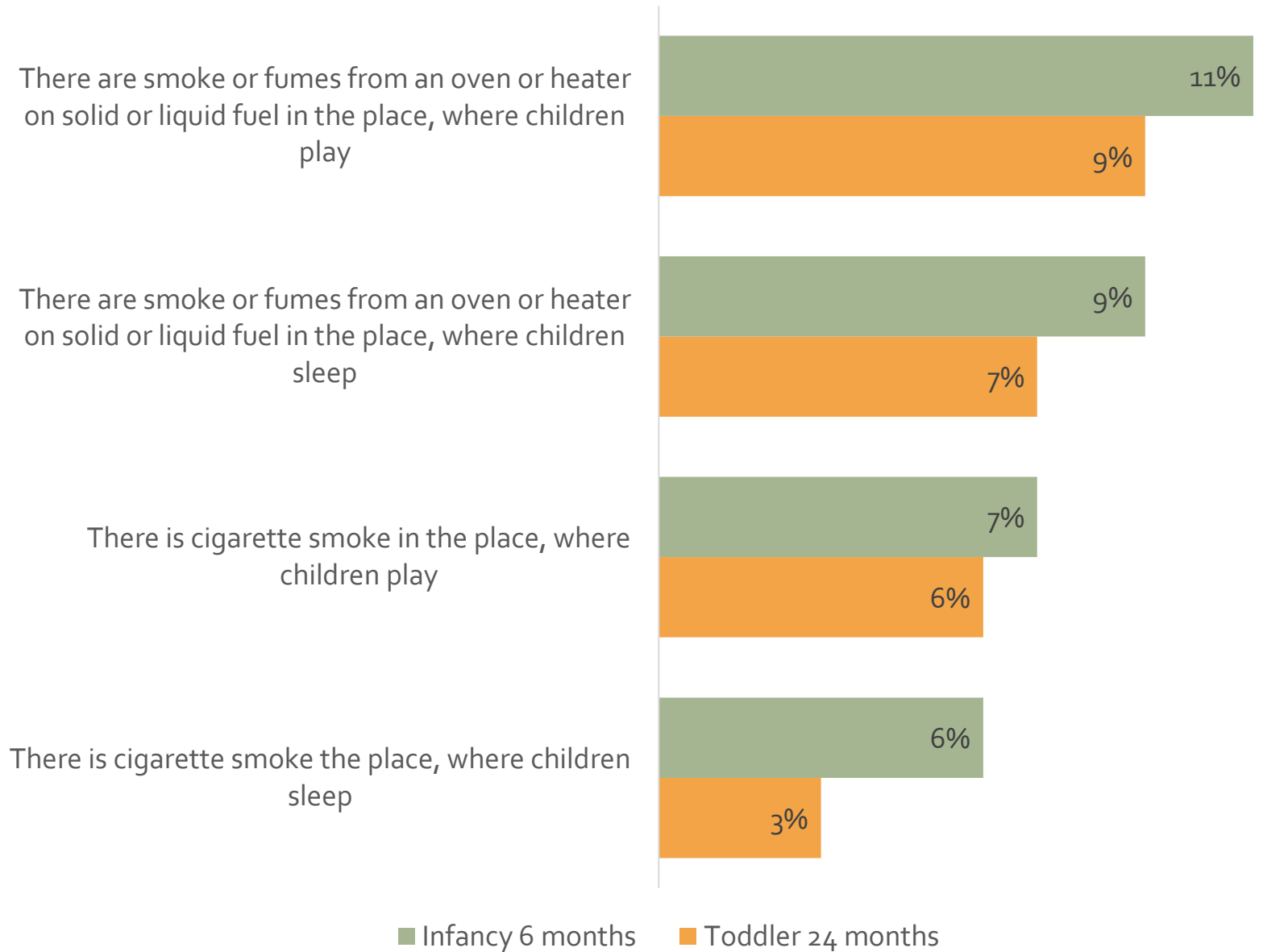
Changes since last report:

- +1 baby - 6 months
- +2 babies - 12 months
- +1 baby - 18 months
- +3 babies - 23 months

CHILD ENVIRONMENT AND SAFETY

There is a decrease of 1-3% in all categories compared to the data from the last report.

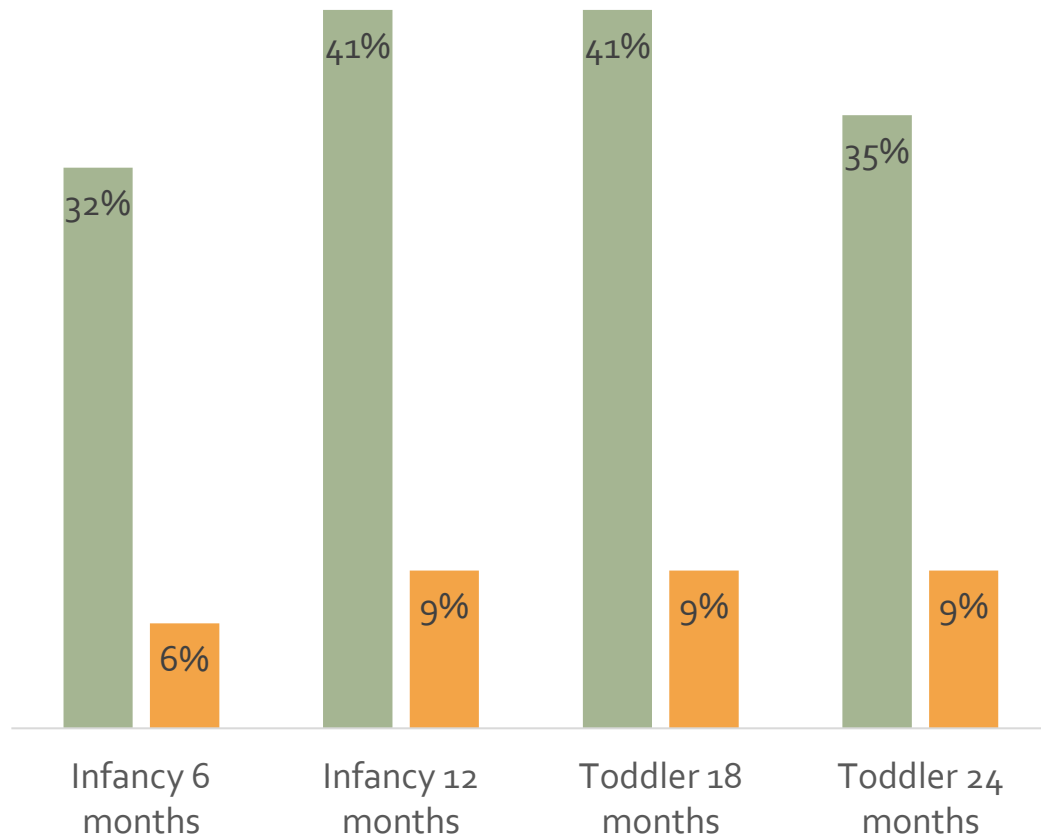
Smoke and fumes in the home



CHILD ENVIRONMENT AND SAFETY

Access to hazards in the home

- Child has access to at least one hazard in the home
- Child has access to more than two hazards in the home



There is an increase of 5% in terms of access to at least one hazard at Toddler 24 months compared to last year's report

CHILD PROTECTIVE SERVICES

2 (1 of them in 2022) signals to child protective services for abuse (by NFP nurse)

6 (1 of them in 2022) signals to child protective services for abuse (by other than NFP nurse)

14 (3 of them in 2022) clients were referred to child protective services (by NFP nurse)

12 (2 of them in 2022) clients were referred to child protective services (by other than NFP nurse)