

BC NFP Annual Data Report

Jan – Dec 2024

May 5, 2025



Land Acknowledgement

We acknowledge with gratitude that we are gathered virtually today on the ancestral and unceded territories of many B.C. First Nations who have cared and nurtured this land for all time and give thanks for allowing us as visitors to live, work and care together.

We acknowledge that there are other Indigenous people that live on these lands that originate from their own respective territories outside of these lands, the Chartered Communities of the Métis Nation B.C., and Inuit.

Inherent Rights

We acknowledge the inherent rights of Indigenous Peoples in BC, including the rights of Indigenous children to be healthy and well, and to be raised with their families and in communities with culture, traditions, and teachings.

Round Table Introductions



Welcome & Opening Remarks

Dr. David Olds, PhD, DSC

Professor, Pediatrics-Prevention Research Center



NFP Delivery in BC

Delivered by **3 Health Authorities (HA)** at **19 sites**

Largest HA decommissioned NFP, and stopped new enrolments in May 2024

Delivering service to **60 communities**

Including **13 First Nations communities**

5 Supervisor-led teams

33 Total nurses + supervisors

114 clients enrolled – 46% decrease from 2023

466 received at least one visit in 2024

Family Characteristics

NFP Families in BC

Compared to 2023, at enrolment families are:

- Less ethnically diverse
- Higher rates of mental illness and certain infections including STIs
- Higher % with annual income >\$10,000, grade 12 completion & employment
- Living with BC's high cost of living and shortage of primary care providers

Anecdotally, nurses report:

- Facing greater overlapping adversity (complex mental health, STIs, housing insecurity, poverty, access to primary care)

Program Impacts: Maternal

Compared to intake assessment there are improvements (decrease in):

- Depression & cigarette smoking at 12 months
- Alcohol, marijuana, cocaine, other street drugs at 36 weeks and 12 month
- IPV disclosure in infancy & toddlerhood

Anecdotal reports in some regions:

- ↑ clients pursuing higher education (including post-secondary), achieving employment
- ↓ in subsequent pregnancies compared to previous years
- ↑ ongoing interest in learning how to communicate with the child's father who may also be experiencing adversity
- ↑ mental health outcomes relate to connecting in relational way with clients & encourage connection to supports

Program Impacts: Child

Birth Data compared to 2023

- ↓ % of moderate to late preterm births
- ↓ % of low birthweight babies
- ↑ % of LGA babies

Child Health & Development compared to 2023

- ↑ Immunizations UTD (79-83% vs. 51-80% in 2023)
- Hospitalizations for injuries (<10%, similar to 2023)
- Child protection referrals (n= <10 – 12)
- ASQ/ASQ:SE requiring further assessment/referral/monitoring (<10% - 23%, similar to 2023)

Program Impacts: IPV

- Compared to 2023, IPV disclosure in 2024 was HIGHER
- Compared to assessment at intake, in 2024 IPV disclosure DECREASED at later assessment points (infancy & toddlerhood)

Note: interpreted with caution as this data does not represent the same client over time

IPV disclosure data 2024 vs 2023

- ↑ Intake - 63% vs 41%
- ↑ Postpartum 51% vs 36 %
- ↑ 18 Months – 41% vs 30%

Challenges

Program Delivery

- Geography & population dispersion
- In person delivery for team/family
- Single nurse sites
- Vacancies
- Competing HA priorities
- Dual roles
- Late referrals & ethical impacts

Families

- Multiple adversities
- NFP “bridging the gaps” in health care

Education

- Training disruptions
- Infrequent foundational education

Documentation

- Form completeness
- Updates required
- Manual errors

Successes

Program Delivery

- Strong, skilled team
- Adherence to CME
- Flexibility

Impact

- High retention & engagement
- Positive family reports/survey
- IDP referrals, immunization & BF/CF rates

Policy & Research Support

- Best Start in Life
- SFU Children's Health Policy Center

Staffing

- Case conferencing, reflective practice highly valued

Education

- Flexible & responsive (virtual, interim & regional education)

Updated Research Activities

- In 2024, Catherine et al. published a rapid review of effective home visiting programs, which highlighted the NFP program: [“Effective Home Visiting Programs for Children and Mothers Experiencing Adversities”](#).
- In 2024, researchers continued work on the following report: Catherine et al. [“Effects of nurse-home visiting on intimate partner violence and maternal income, mental health and self-efficacy by 24 months postpartum: A randomised controlled trial \(British Columbia Healthy Connections Project\)”](#) – (published in January 2025)
- In 2024, Catherine et al., also continued to work with Indigenous scholars to prepare a report on the BCHCP RCT findings related to Indigenous Children and Mothers in BC – [“Understanding the experiences of young, urban, Indigenous mothers-to-be in British Columbia, Canada”](#) - published in January 2025

Continuous Quality Improvement: 2024 Outcomes

Client interaction

- In person visits – 85% in person (63% home, 23% other)
- Nursing facilitator updates – strategy

Program Implementation

- Nurse education: Virtual delivery, reflective supervision, case conferencing
- Decreased enrollment
- CME 4 – 76% enrolled prior to 28 weeks; 24% after 28 weeks; 3% after 35 weeks
- Annual report and demographic data driving CQI

Outcome achievement

- Most benchmarks met- CME #6 surpassed
- Benchmarks not met (CME # 9, 11, 12) - consistent with previous years, similar challenges

2025 Action Plan



Communications with
key partners



Onboarding NFP
Clinical Lead



NFP Website
agreement



Improve data
collection and
reporting



Support sustainability
through national
partnerships



Provincial strategy to
support early referrals



Enhance/improve NFP
education

CQI Goals for 2025



INCREASE EARLY REFERRALS



IMPROVE NURSING
DOCUMENTATION



RE-ESTABLISH CANADIAN
CLINICAL LEAD WORKING GROUP

Innovation & Future Considerations

Family Engagement Survey

- 107 respondents

Funding & Grants

- Health Authority specific hospital foundation funding
- Farmers' Market Coupon Program

Strategy for Early Referrals

- Physician engagement grant

Report Feedback



General Discussion



Closing Remarks & Next Steps

