

ANNUAL DATA REPORT

NFP Bulgaria March 2019 – February 2020





CLIENT ENROLLMENT

(2016 – 2020)

CLIENT ENROLLMENT

171 clients enrolled

77 new clients enrolled in the last year*
(*since the last Annual Data Report 26 February 2019 – 02 March 2020)

129 children born within the program

45 children born within the last year

CLIENT ENROLLMENT

Sofia

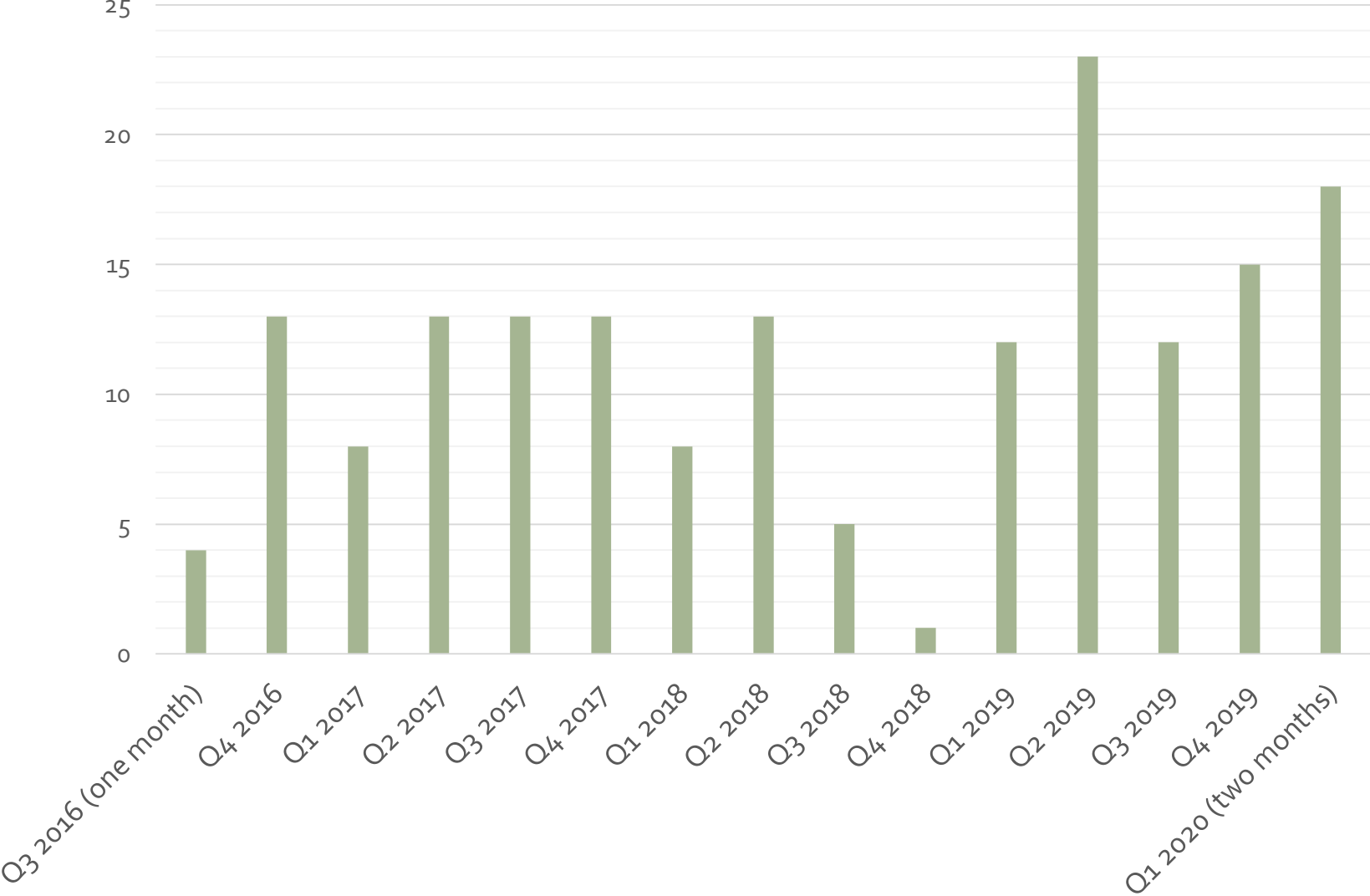
- 140 enrolled clients
- 46 enrolled in the last year
- 75 active clients
- 24 left the program
- 42 graduated

Plovdiv

- 31 enrolled clients
- 31 enrolled in the last year
- 24 active clients
- 7 left the program

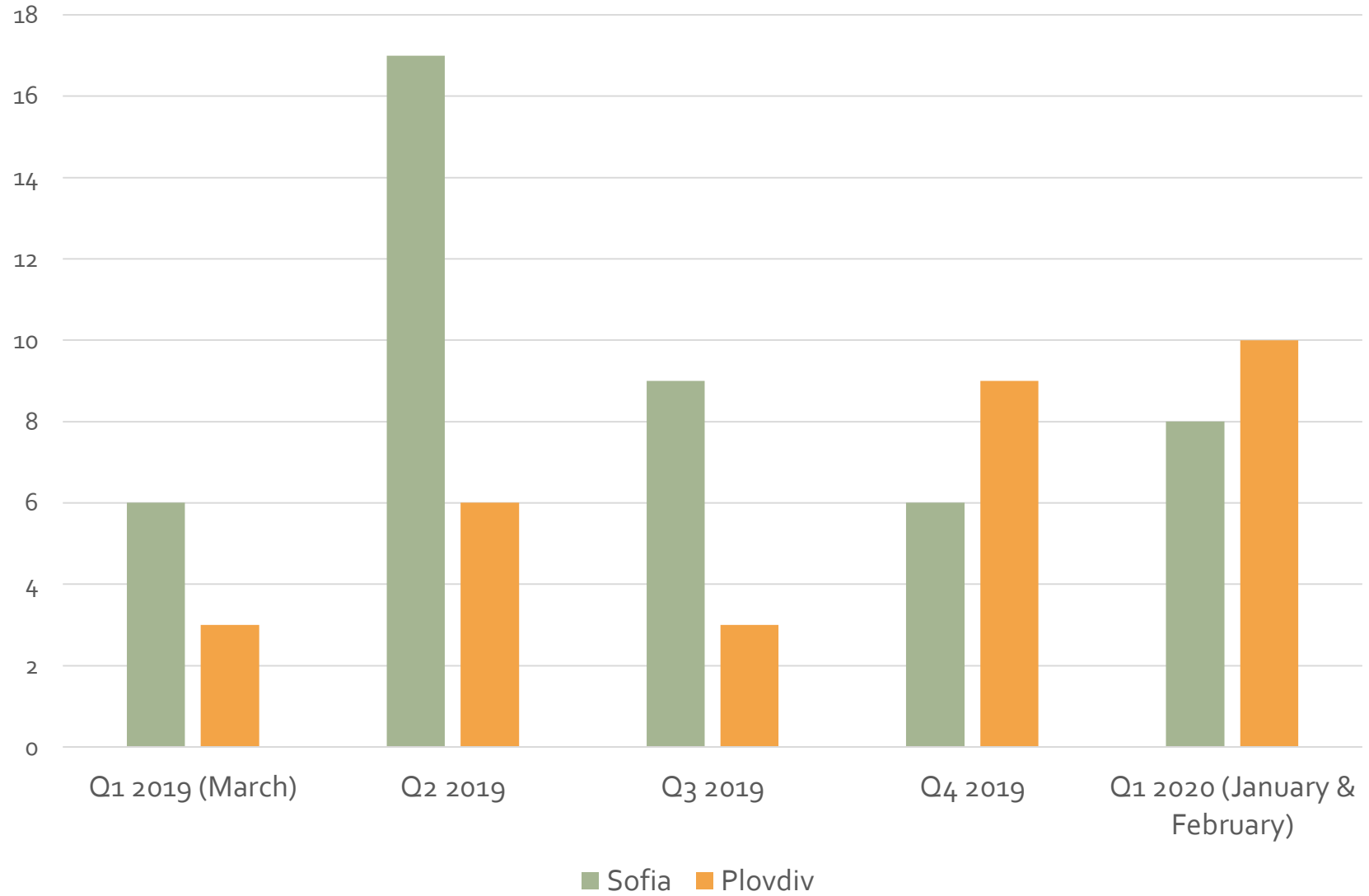
RECRUITMENT

Recruitment in Quarters



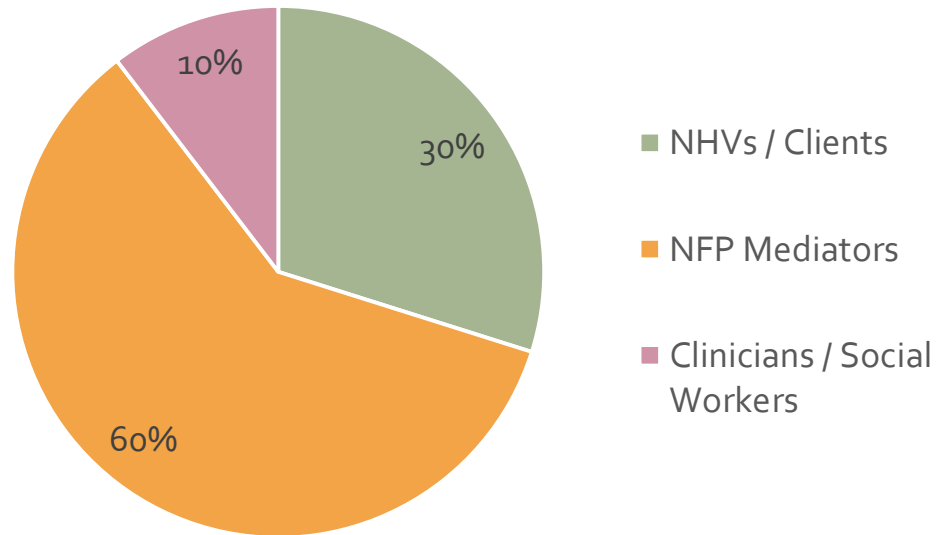
RECRUITMENT

Recruitment in Quarters in the Last Year



REFERRALS TO NFP

Client Referrals



Most clients are still recruited by the Mediators of the program. About a third of the clients now have been referred by current and graduated NFP clients. There have been more referrals from other service providers in the last year as well. The situation in Sofia and Plovdiv, however, is very different.

In the last year in **Sofia** 41% of client were recruited directly by the NHVs and referrals came from NFP clients, compared to only 11% of enrolled clients in the previous two years, who have been referred by other clients. Other 57% of enrolled clients come from NFP Mediators recruitment efforts. There has been only 1 client (2%) enrolled in the last year who was referred to us by a local NGO, which the team works with in close collaboration (HESED). This is also the only referral in Sofia in the last year.

In **Plovdiv** nearly 2/3 of clients (64%) came from NFP Mediators and NHVs recruitment campaigns and efforts. The clients recruited by NHVs through recruitment campaigns held together with NFP mediators have been added to this number. 13% of the enrolled clients were referred by current NFP clients directly to the NHVs. This percentage includes 2 successfully enrolled clients, referred by particularly supportive mother-in-law from the community. The rest 23% of enrolled clients came from referrals by Obstetricians, GPs, Health Mediators and Social Workers.

REFERRALS TO NFP

Recruitment by NFP Mediators 74% of all enrolled clients			
Recruitment by year	Women met	Eligible (% of all women met)	Enrolled (% of eligible women)
2016 - 2017	190	100 (53%)	59 (59%)
2018	30	26 (87%)	22 (85%)
2019	143	60 (42%)	46 (77%)
Total	363	186 (51%)	127 (68%)

Referrals by Clinicians / Social workers 7% of all enrolled clients			
Recruitment by year	Women met	Eligible (% of all women met)	Enrolled (% of eligible women)
2016 - 2017	12	5 (42%)	3 (60%)
2018	0	0	0
2019	21	20 (95%)	8 (40%)
Total	33	25 (76%)	11 (44%)

Referrals by NFP clients / NHVs 19% of all enrolled clients			
Recruitment by year	Women met	Eligible (% of all women met)	Enrolled (% of eligible women)
2016 - 2017	7	7 (100%)	7 (100%)
2018	4	4 (100%)	3 (75%)
2019	27	25 (93%)	23 (92%)
Total	38	36 (95%)	33 (92%)

ACTIVE CLIENTS

Sofia

Out of 75 active clients:

- 15 pregnancy phase
- 33 infancy phase
- 27 toddler phase

Plovdiv

Out of 24 active clients:

- 15 pregnancy phase
- 9 infancy phase

CHILDREN

Sofia

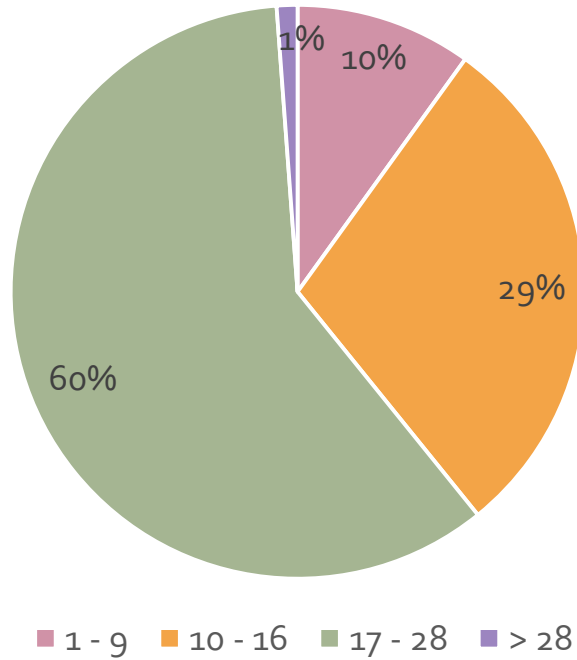
- 118 children born within the program
- 60 active
- 16 discontinued
- 42 graduated

Plovdiv

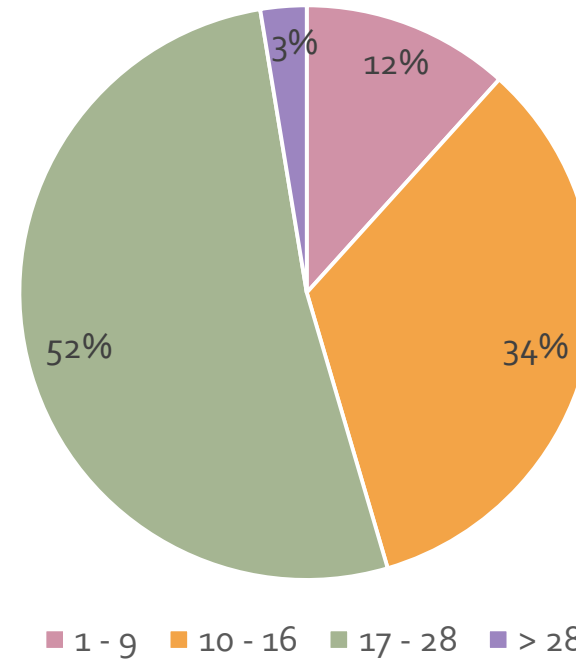
- 11 children born within the program
- 9 active
- 2 discontinued

ENROLLMENT - 16TH GESTATION WEEK OR EARLIER

All clients - 39%



New clients – 46%



2016-2018 | average gestation week at enrollment 19th | 34% enrolled 16th gestation week or earlier
2016-2019 | average gestation week at enrollment 18th | 39% enrolled 16th gestation week or earlier

RETENTION

Sofia

- 84% retention rate
 - 95% at pregnancy
 - 89% at infancy
 - 84% at toddler

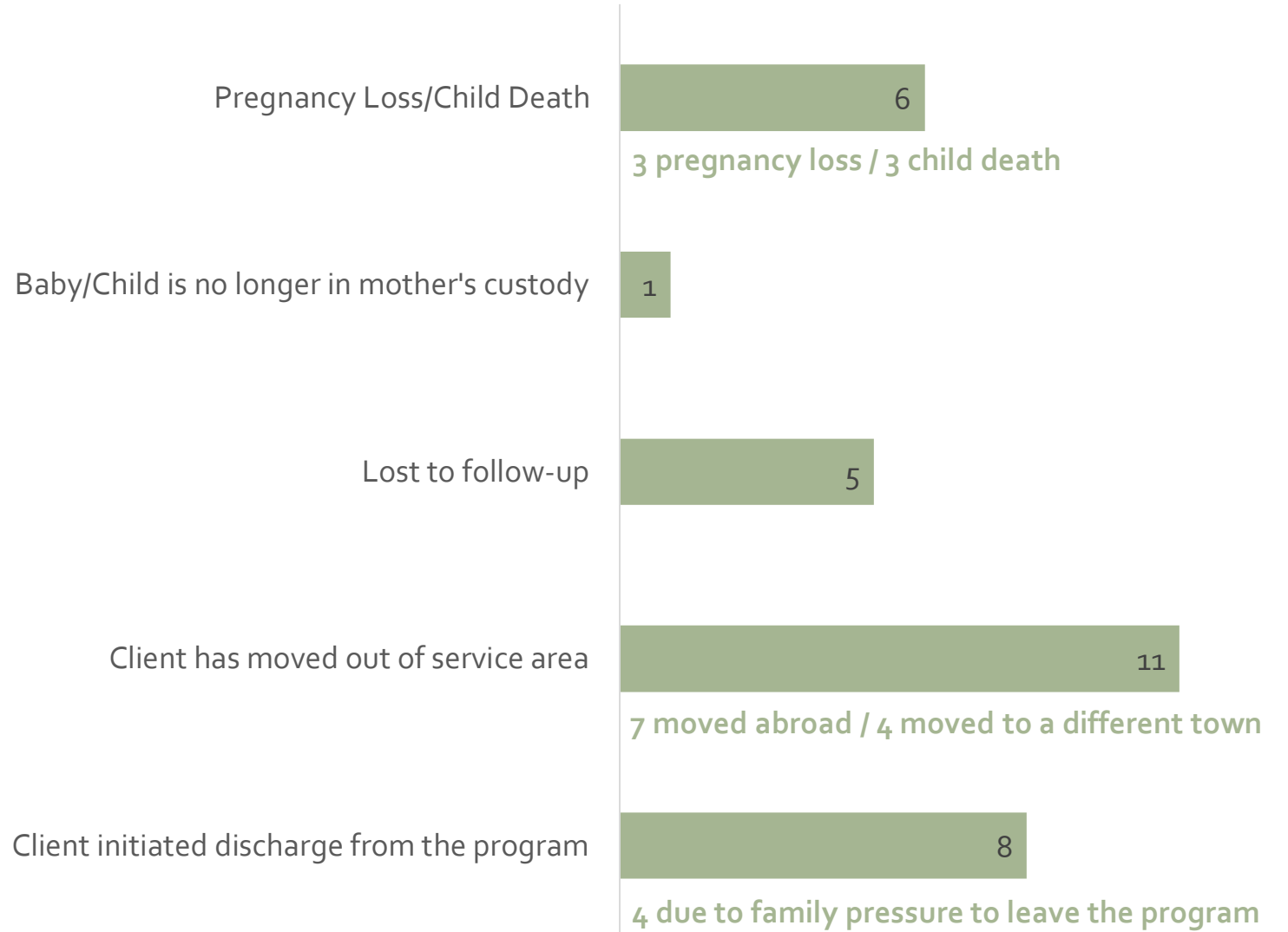
Plovdiv

- 77% retention rate
 - 84% at pregnancy
 - 77% at infancy

DROPOUT BY LEAVE REASONS

Leave reason	2016 - 2018	2016 - 2018	2016 - 2019	2016 - 2019
Pregnancy Loss/Child Death	2	12%	6	19%
Baby/Child is no longer in mother's custody	0	0%	1	3%
Lost to follow-up	5	29%	5	16%
Client has moved out of service area	3	18%	11	36%
Client initiated discharge from the program	7	41%	8	26%
Total clients	17	100%	31	100%

Women by type of leave reason



CASELOAD

Sofia

NHV	Active clients 75/97	% of caseload 77%
Soo3 – nurse	5/2	250%
Noo2 – nurse	9/15	60%
Noo3 – midwife	15/20	75%
Noo4 – nurse	17/20	85%
Noo6 – midwife	16/20	80%
No11 - nurse	13/20	65%

Plovdiv

NHV	Active clients 24/50	% of caseload 48%
Soo2 – midwife	2/10	20%
No8 – nurse	11/20	55%
No12 - nurse	11/20	55%



HOME VISITS

5093

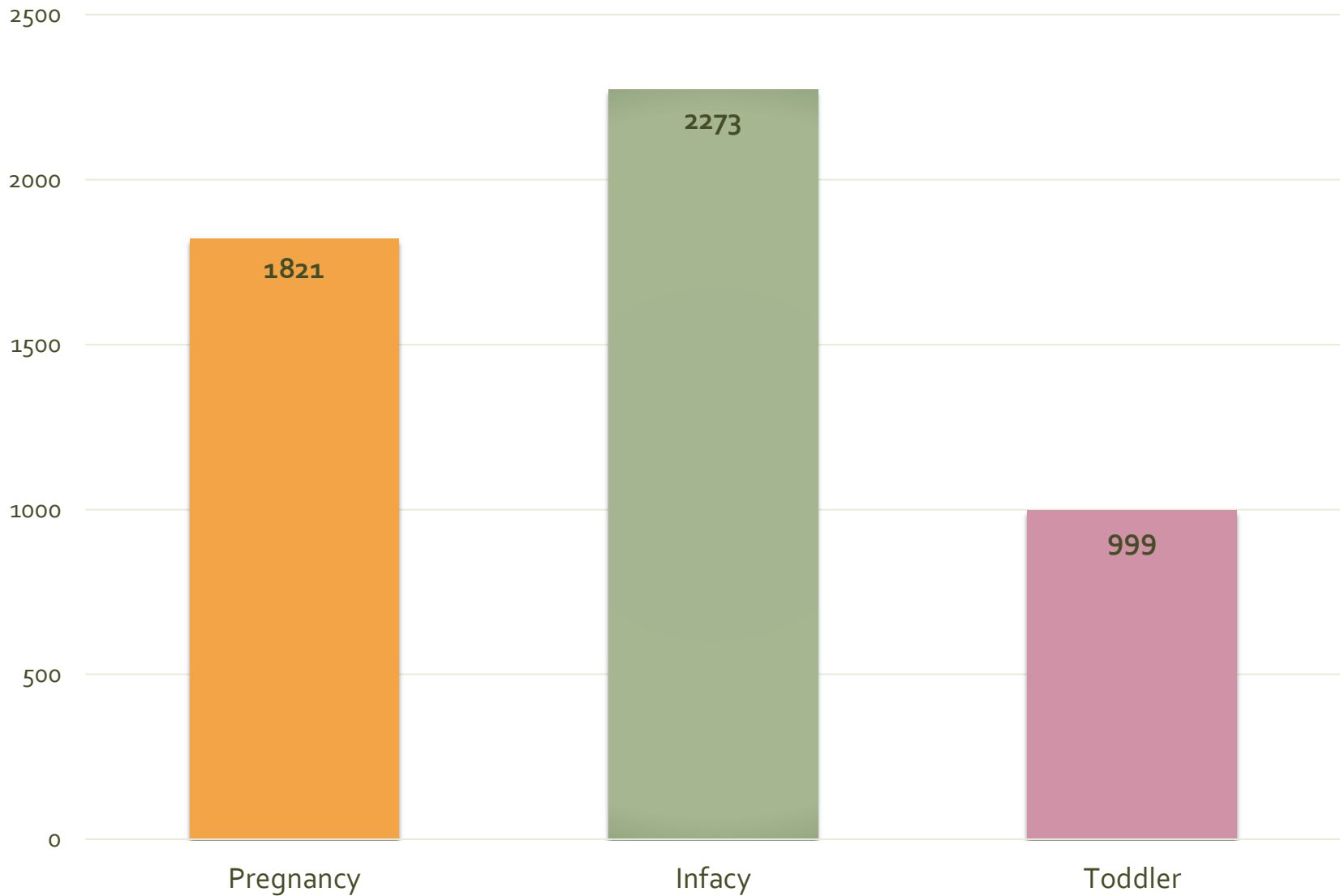
LOCATION

9 neighborhoods in Sofia

5 neighborhoods in Plovdiv

FINISHED HOME VISITS

Finished home visits by program phase



FINISHED HOME VISITS

Sofia - 4805

Plovdiv - 288

Average length of home visits – 70 min.

Sofia – 69 min. | Plovdiv – 77 min.

Percent of visits 1-to-1 (only nurse and client) – 55%

Sofia – 57% | Plovdiv – 32%

Percent of visits where a health mediator is present – 3%

Sofia – 3% | Plovdiv – 1%

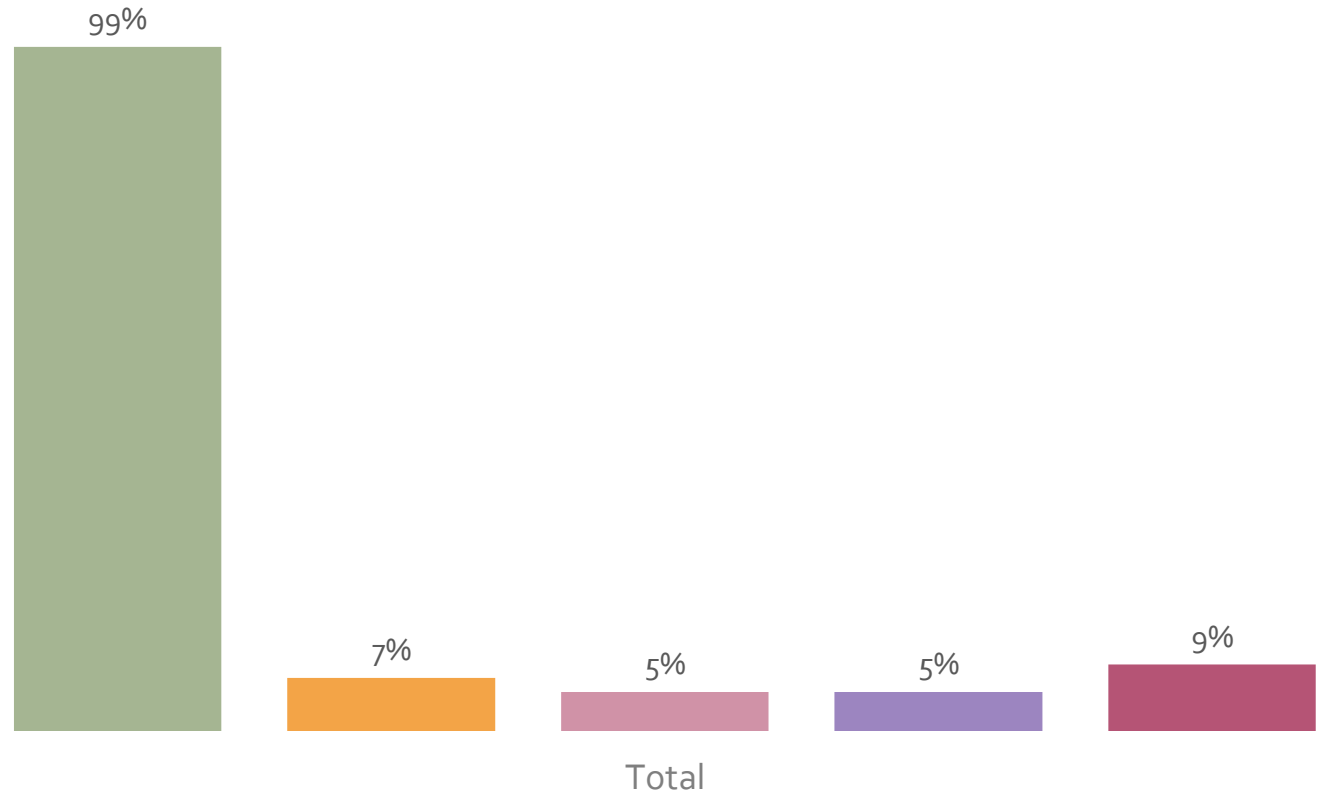
Percent of visits in client's home – 94%

Sofia – 94% | Plovdiv – 93%

PARTICIPANTS IN HOME VISITS

Other participants in home visits

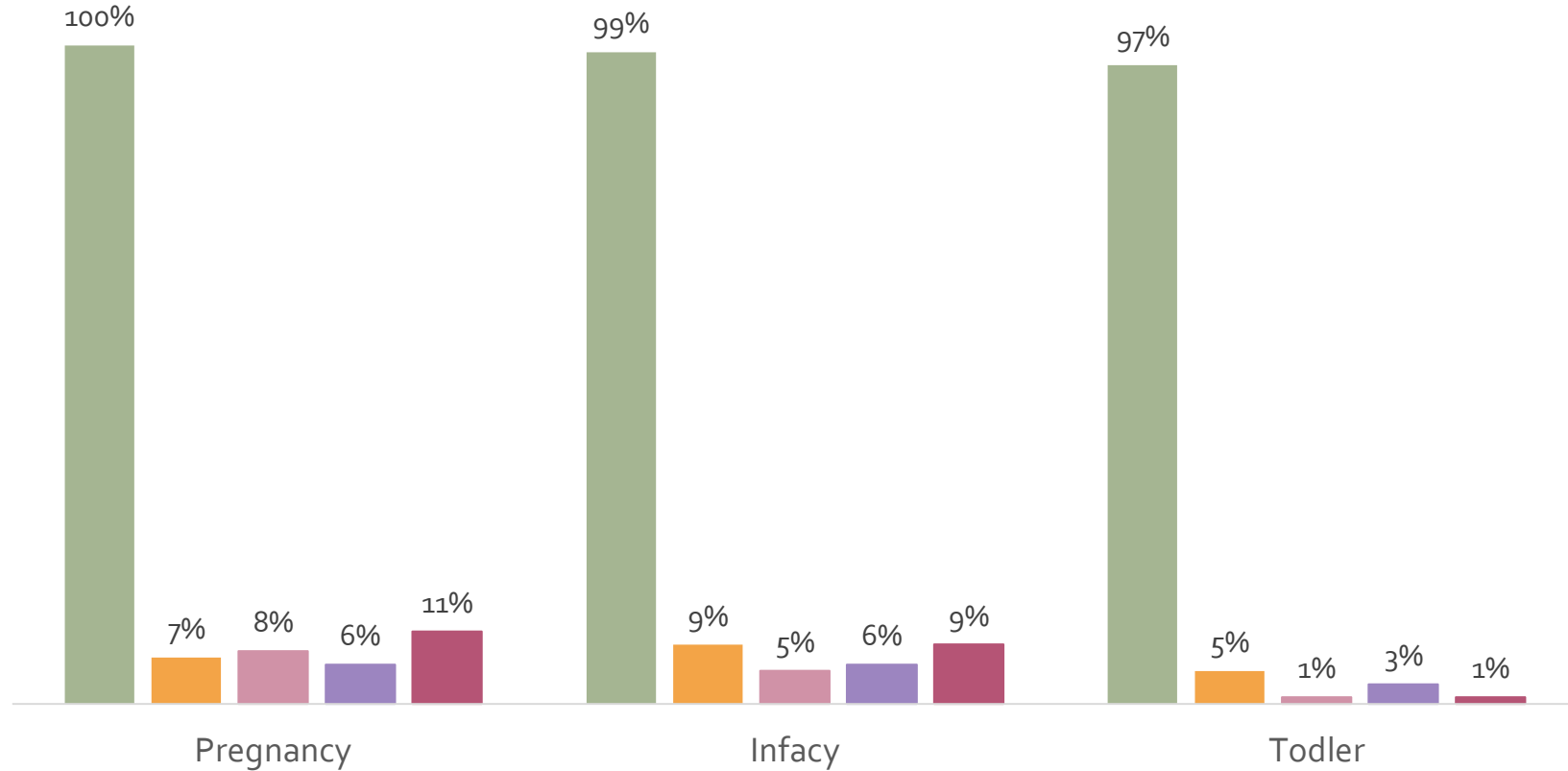
Client Client's Parents Husband/partner Mother-in-Law Friends & Other Family Member



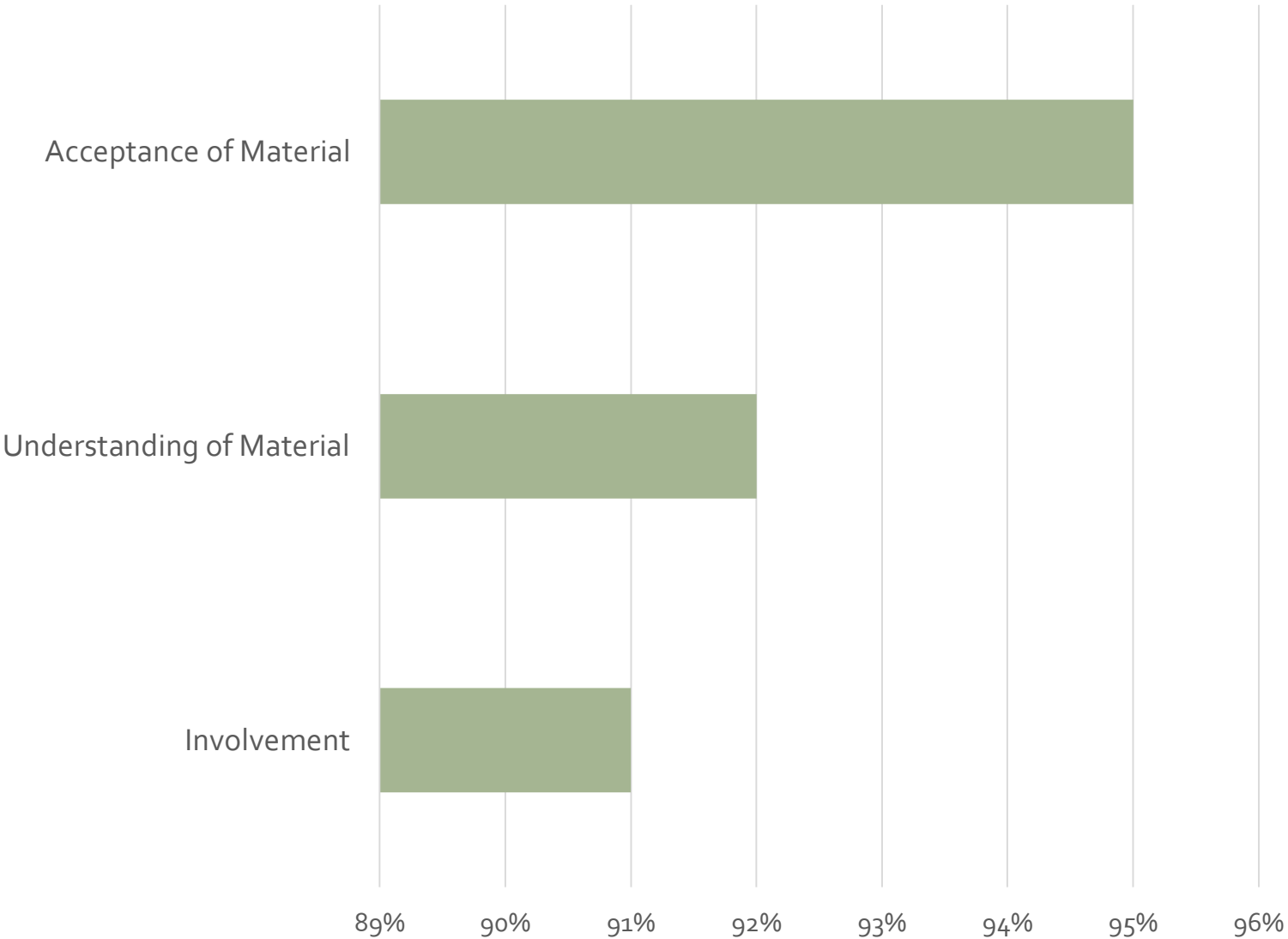
PARTICIPANTS IN HOME VISITS BY PHASE

Other participants in home visits by program phase

■ Client ■ Client's Parents ■ Husband/partner ■ Mother-in-Law ■ Friends & Other Family Member

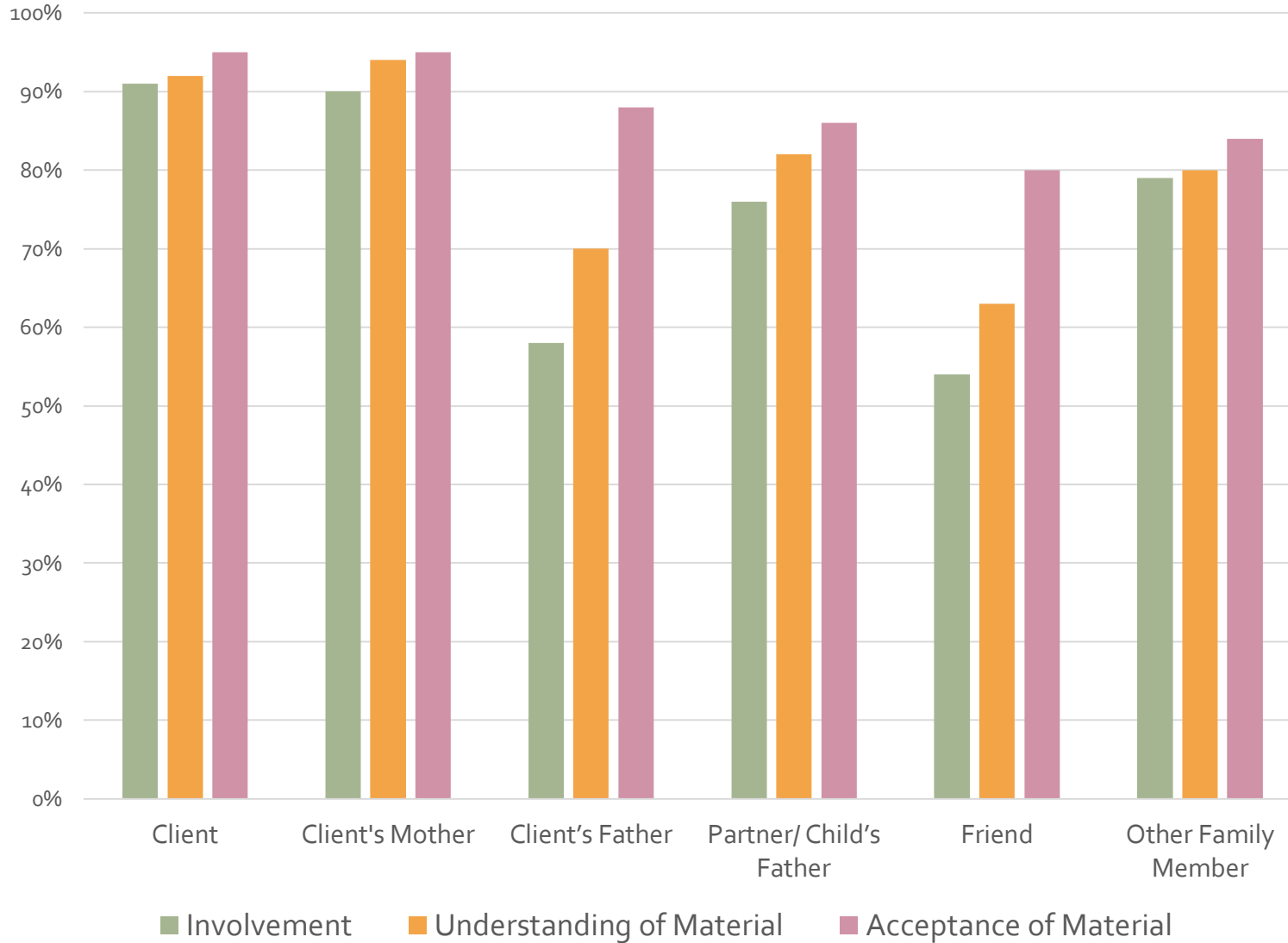


Client's involvement in home visits



INVOLVEMENT
IN HOME VISITS

All participants' involvement in home visits

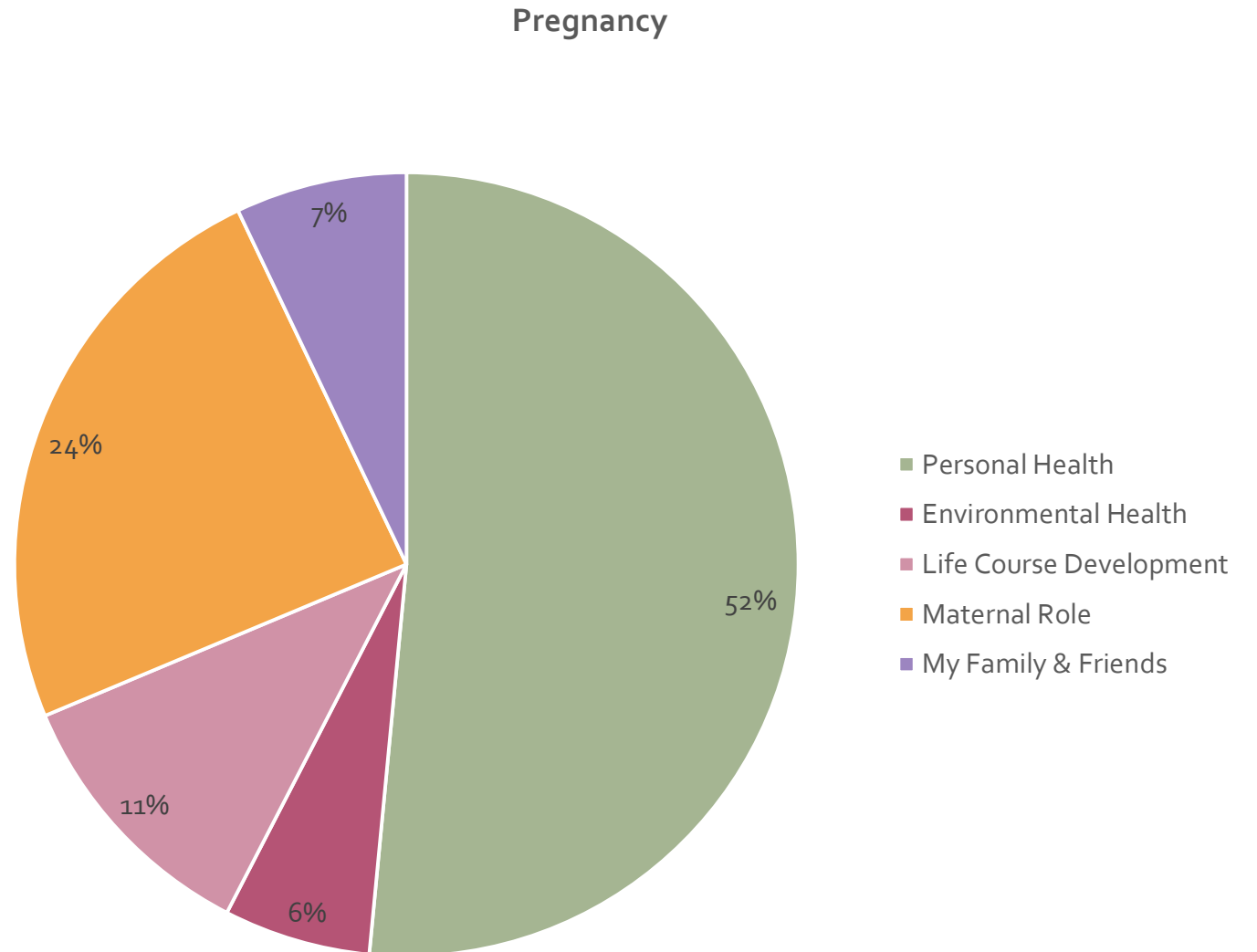


INVOLVEMENT
IN HOME VISITS

MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

PREGNANCY PHASE

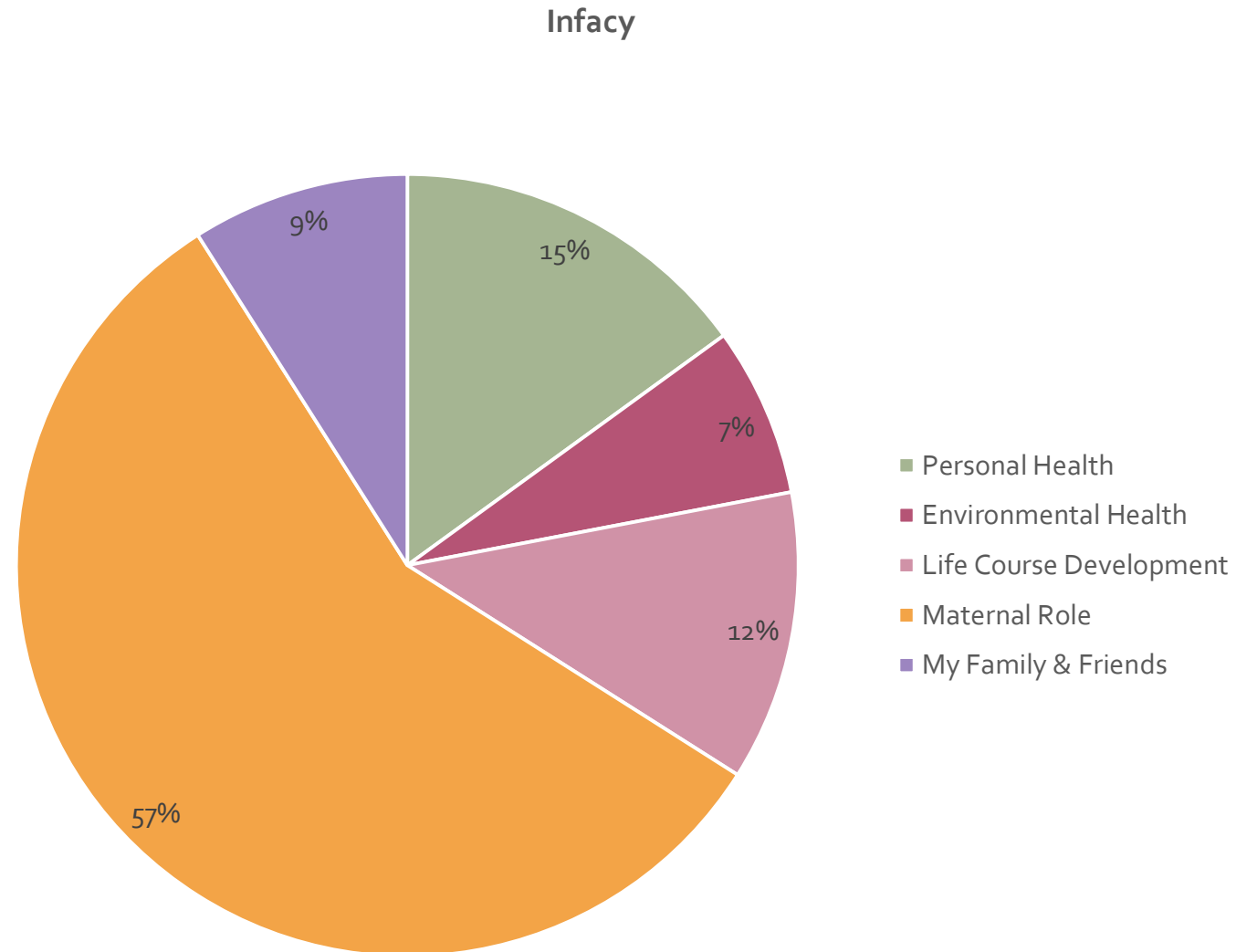
Area	Bulgaria	NFP Objective
Personal Health	51% ↑	35-40%
Maternal Role	24%	23-25%
Environmental Health	6%	5-7%
My Family & Friends	7% ↓	10-15%
Life Course Development	11%	10-15%



MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

INFANCY PHASE

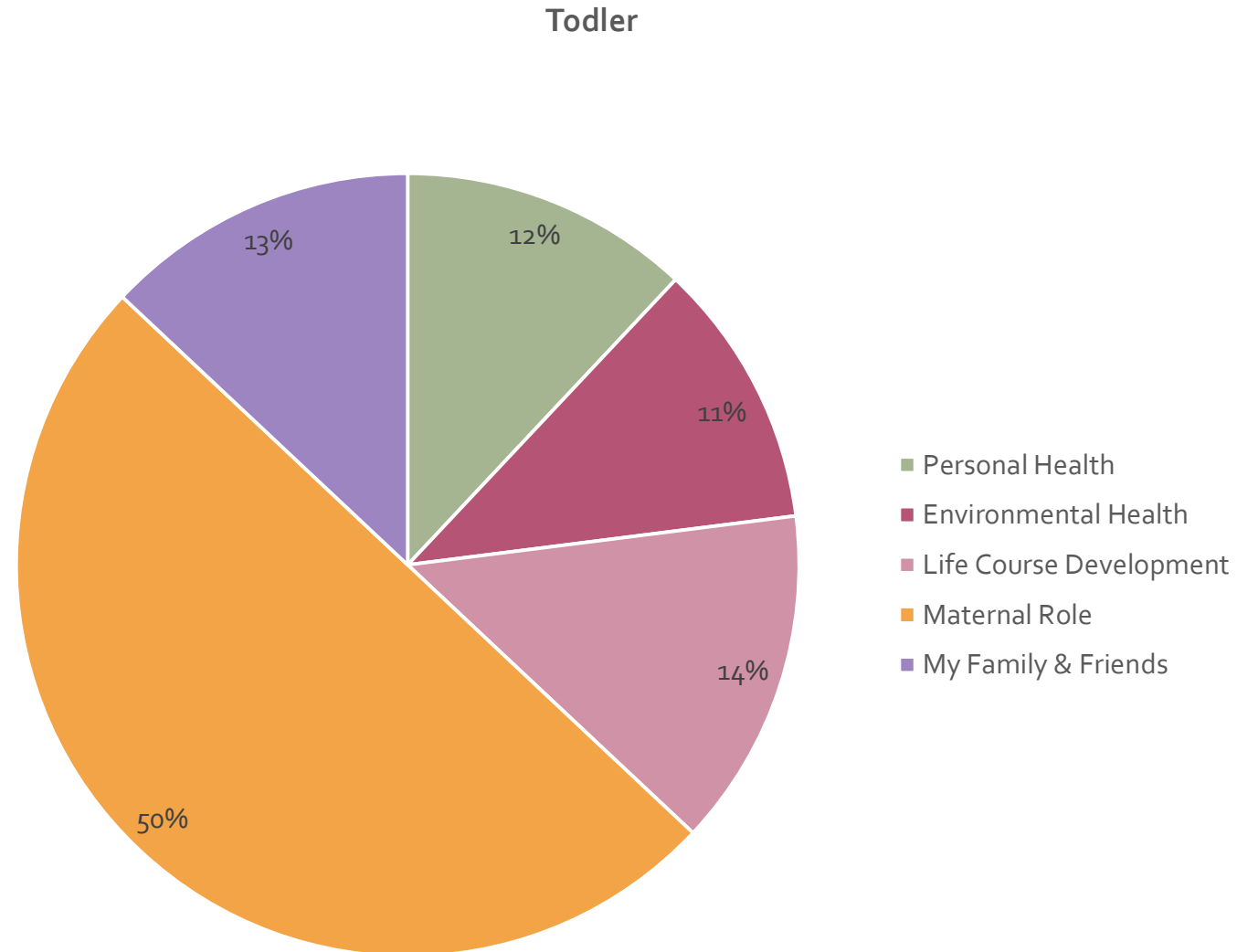
Area	Bulgaria	NFP Objective
Personal Health	15%	14-20%
Maternal Role	57%↑	45-50%
Environmental Health	7%	7-10%
My Family & Friends	9% ↓	10-15%
Life Course Development	12%	10-15%



MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

TODDLER PHASE

Area	Bulgaria	NFP Objective
Personal Health	12%	10-15%
Maternal Role	50%↑	40-45%
Environmental Health	11%↑	7-10%
My Family & Friends	13%	10-15%
Life Course Development	14%↓	18-20%



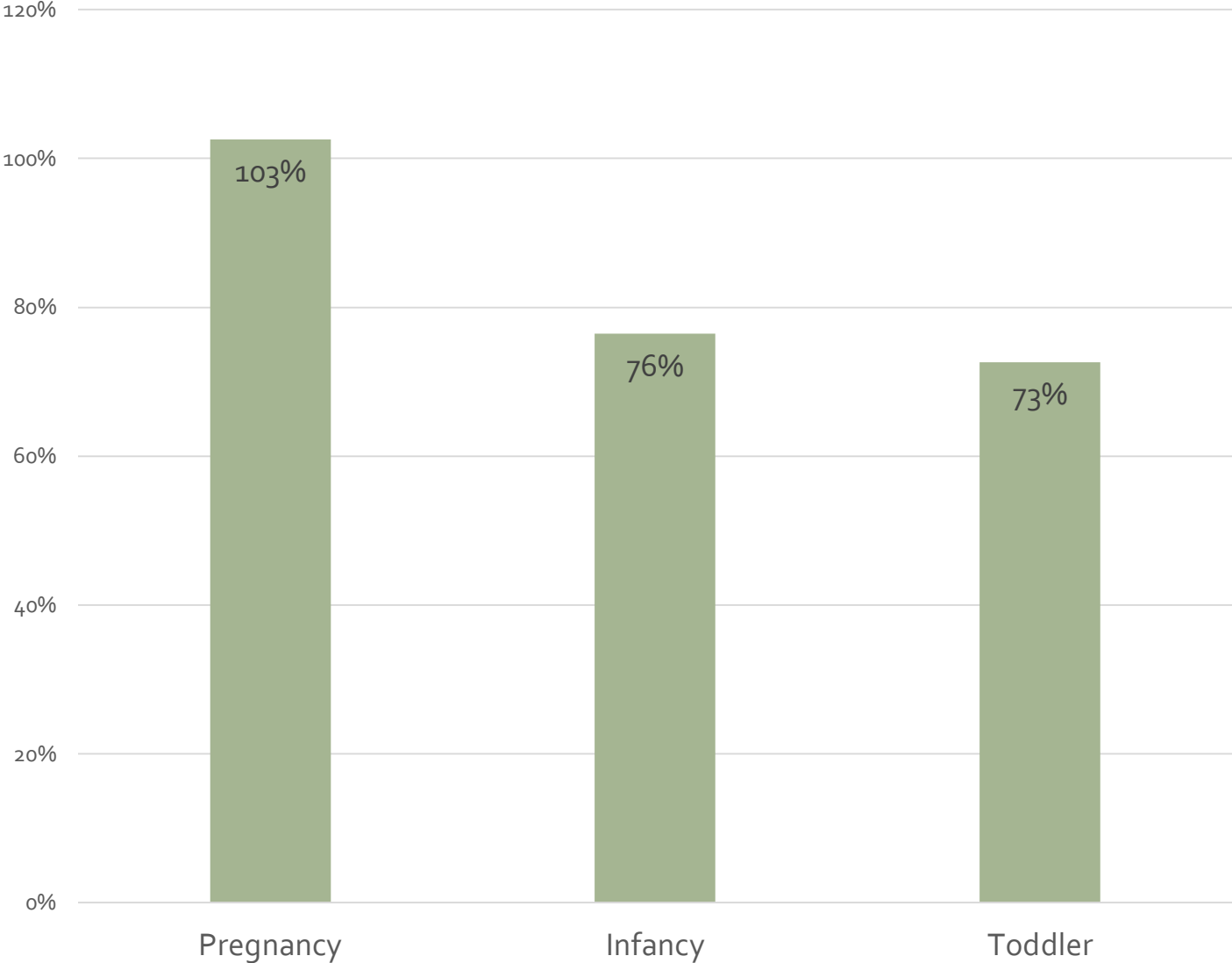
PROGRAM DOSAGE

Program dosage	Pregnancy	Infancy	Toddler
Below 60%	1	4	13
100% or above	23	4	2

In 4 of the cases the low dosage is due to **temporary absence** of the client (3 clients).

In 14 of the cases the low dosage is due to **canceled visits** by the client (11 clients)

Program dosage by phase



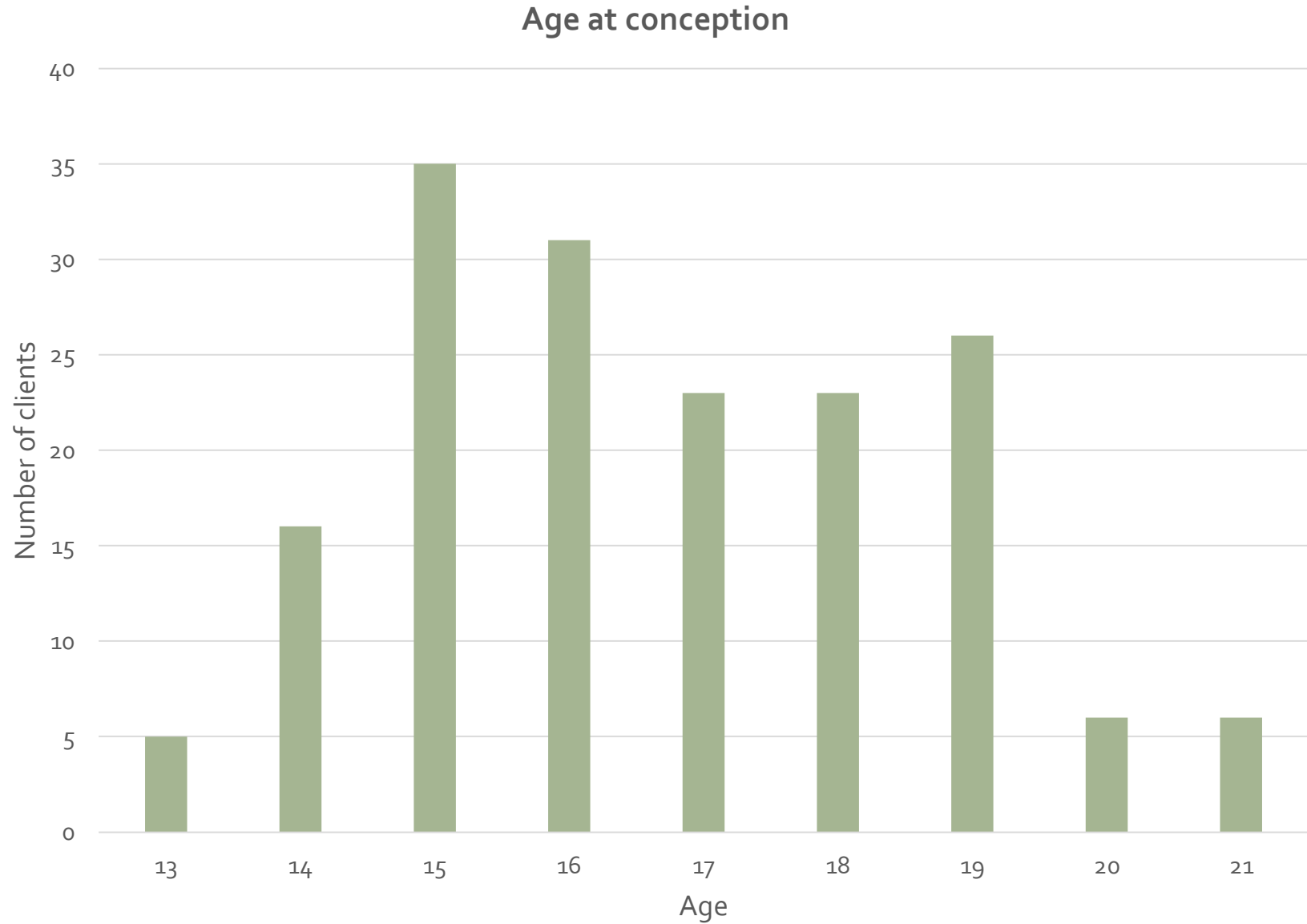


CLIENT CHARACTERISTICS

(2016 – 2020)

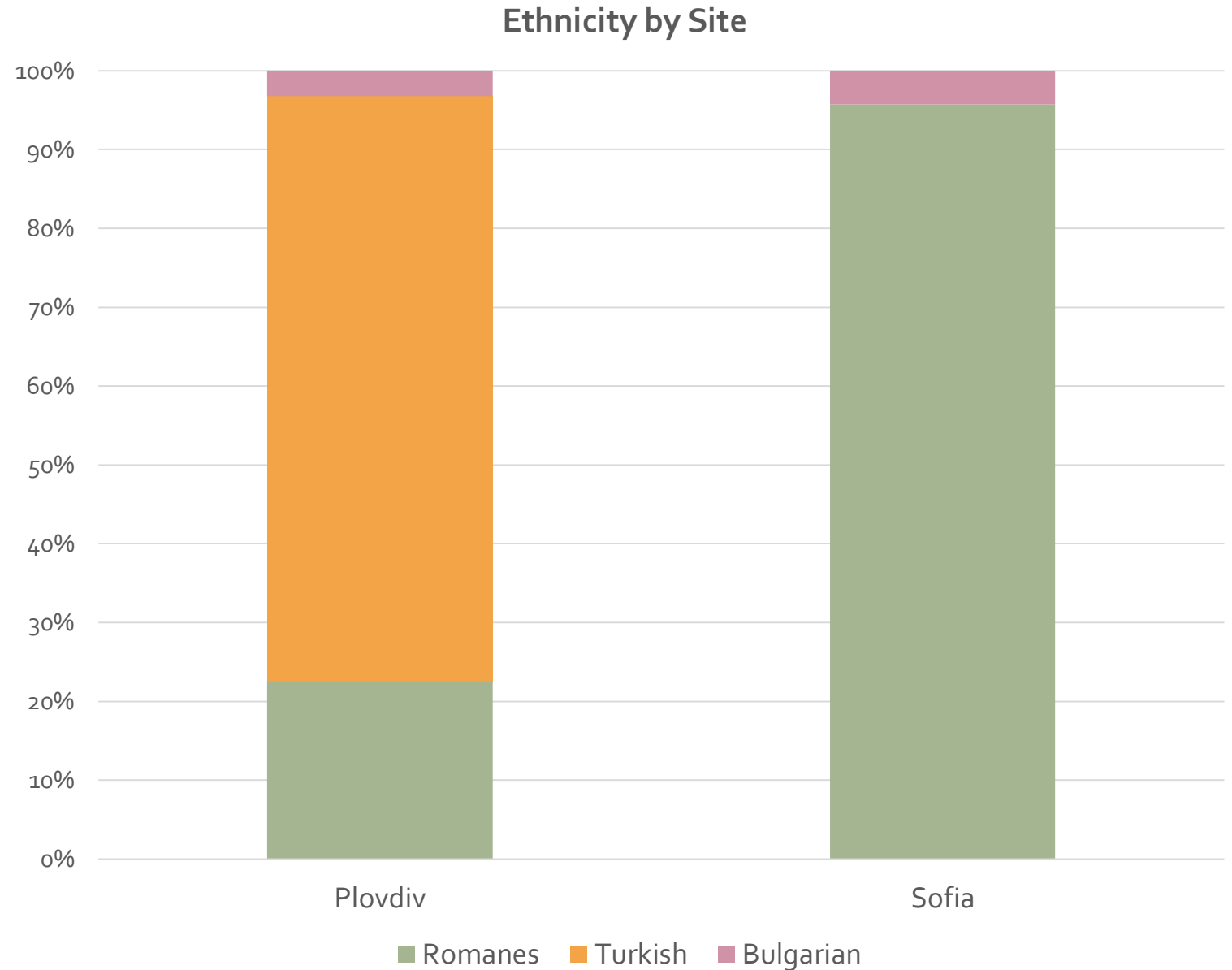
AGE AT CONCEPTION

Average age **16**

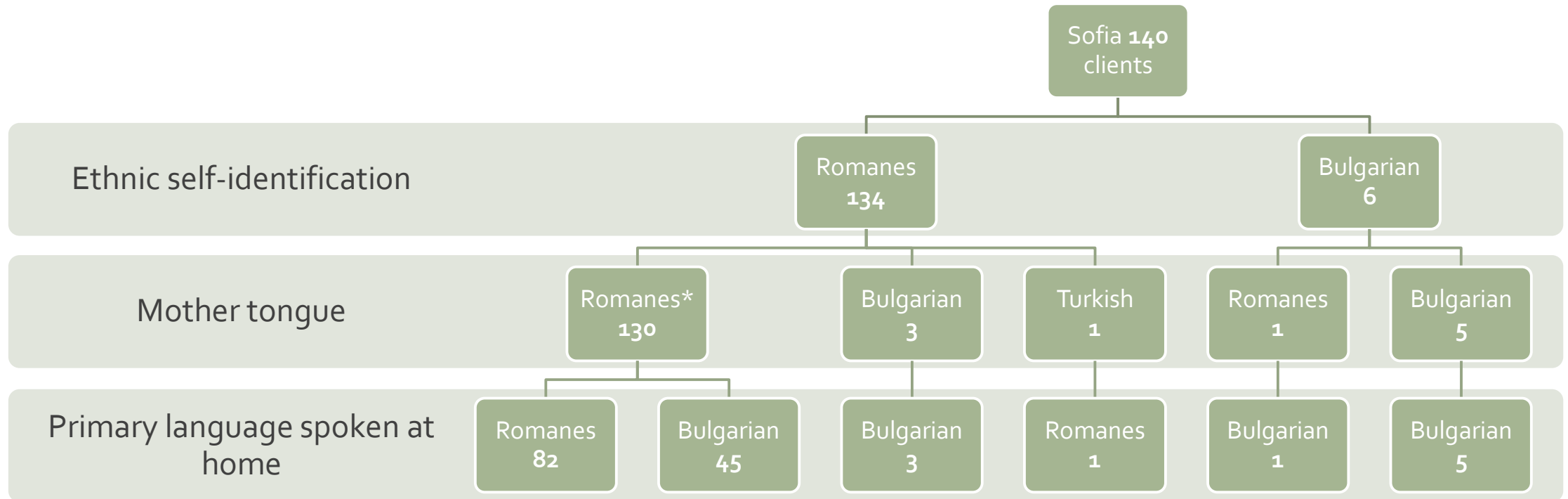


CLIENT CHARACTERISTICS

Language proficiency plays a crucial role in building trusting relationships with clients and their understanding of the materials. In Sofia most of the Romanes speaking clients can speak and understand Bulgarian well, however, the Turkish speaking clients in Plovdiv can rarely speak or understand Bulgarian. Although nurses from Plovdiv took some Turkish lessons, they still need to use interpreters in their home visits, which is the role of the mediators working with that team.

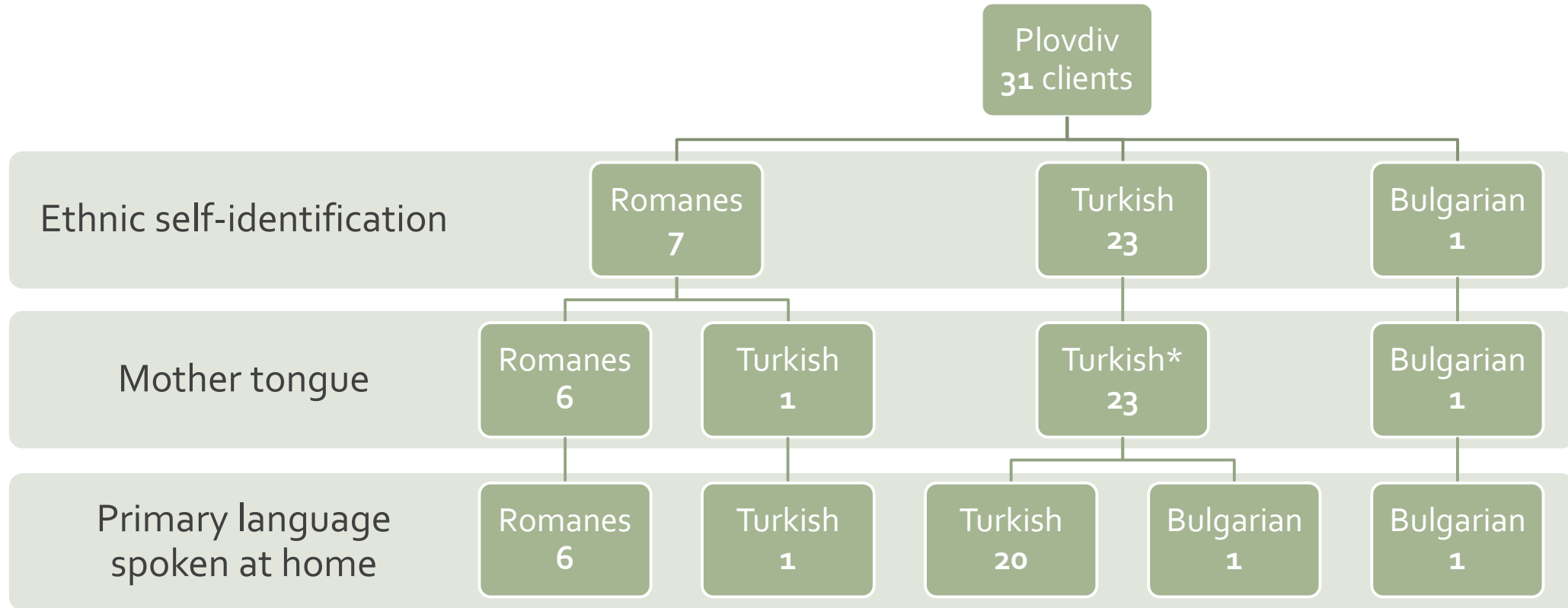


Sofia



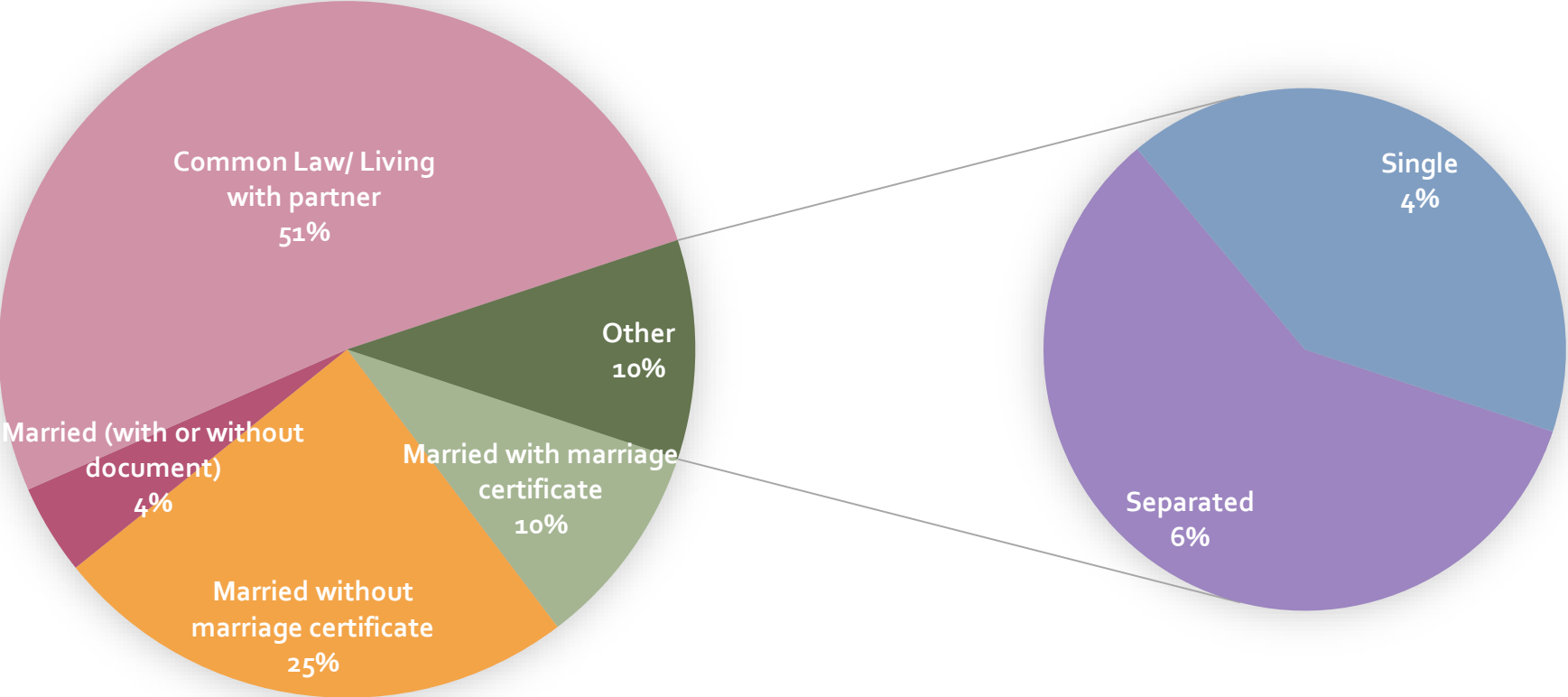
*data about primary language spoken at home is missing for 3 clients

Plovdiv



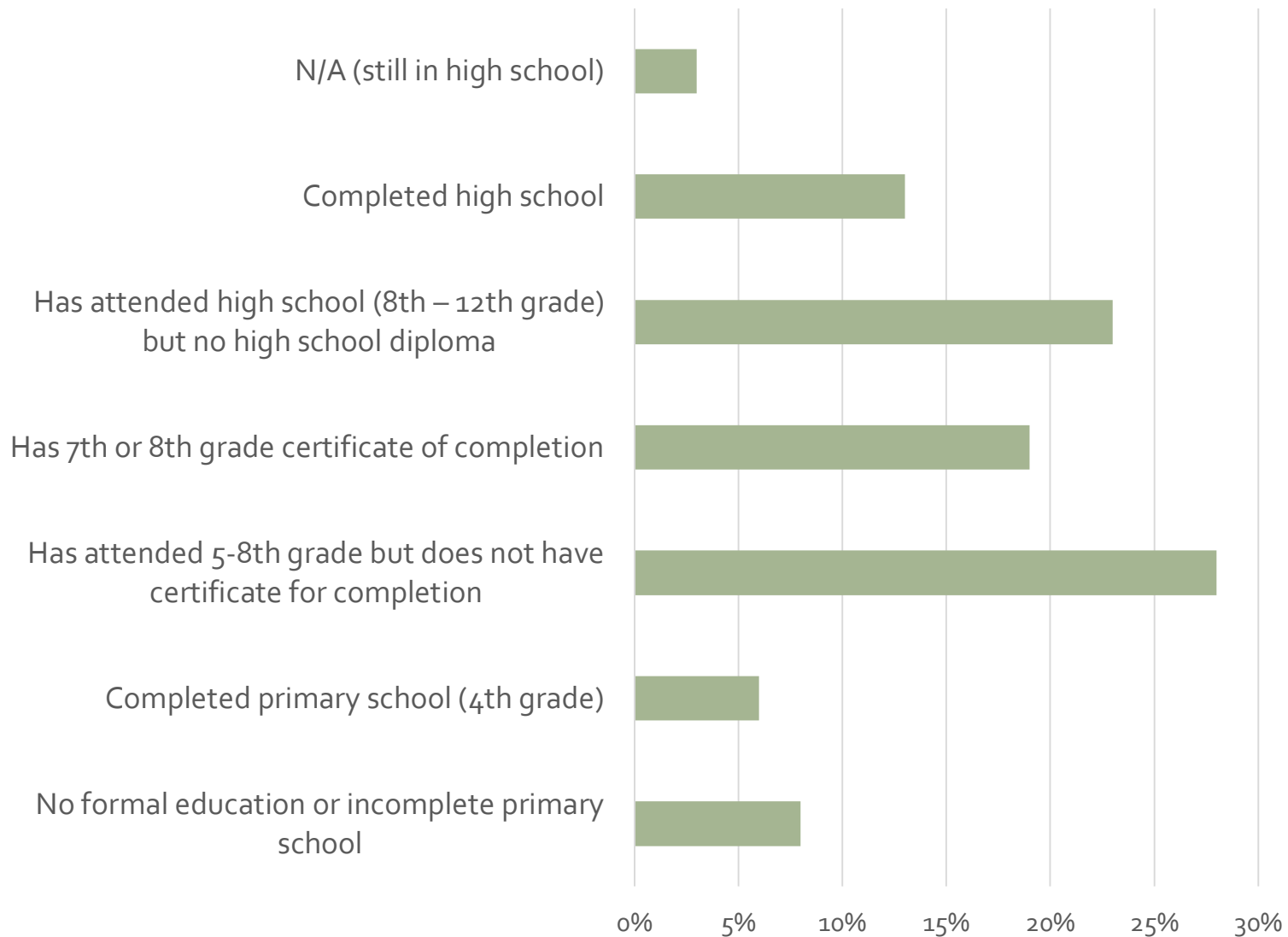
*data about primary language spoken at home is missing for 2 clients

MARITAL STATUS



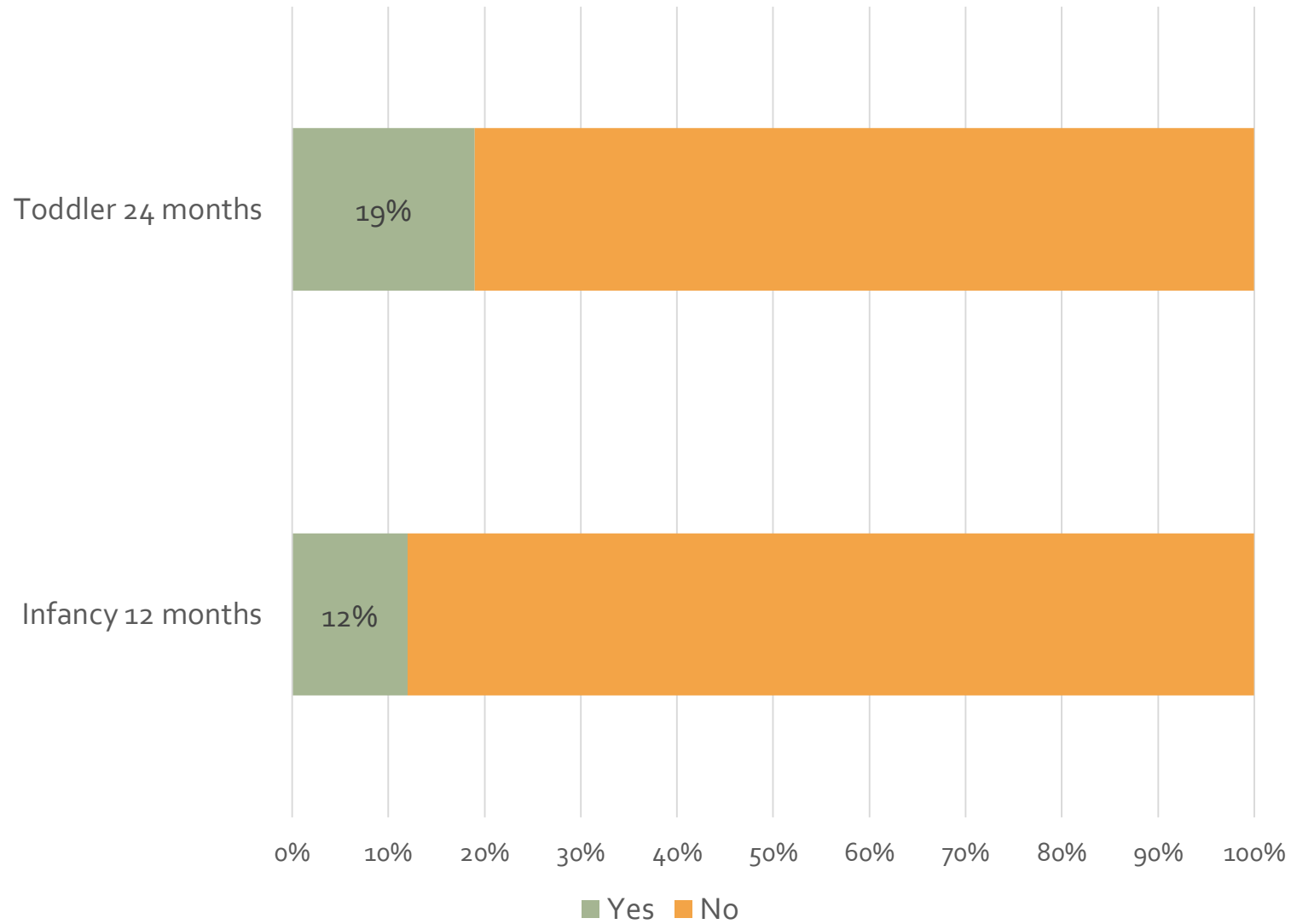
One specific in the served community is that they consider themselves married even if they do not have marriage certificate but only have undergone the community's marriage rituals. There are legal reprimands for getting married if under certain age and some of the clients do not share what their marital status is. We have an option for those cases as well, where the client is not obliged to clarify whether they have a marriage certificate or not.

Pregnancy Intake



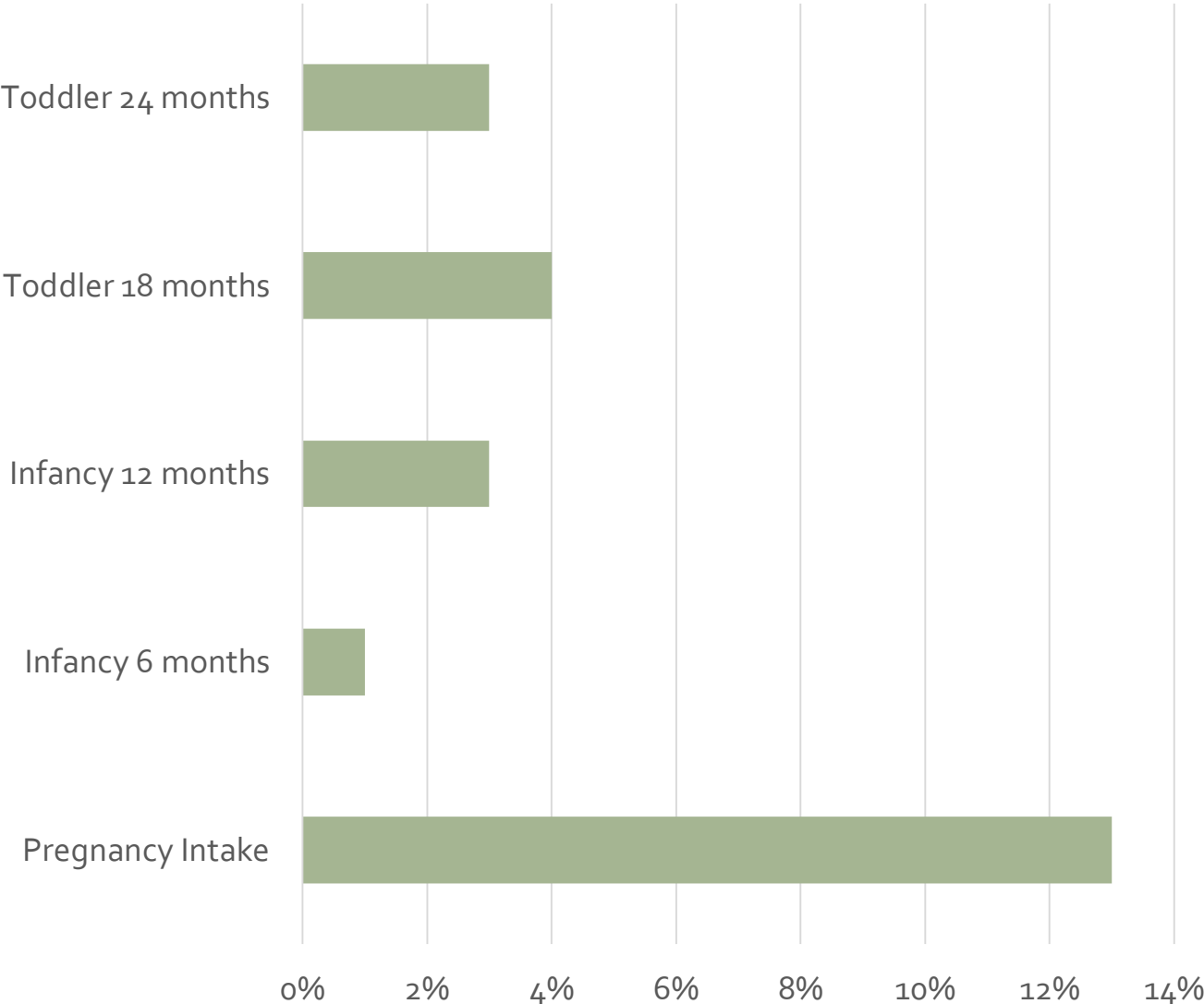
EDUCATION
LEVEL AT
INTAKE

Higher level of education compared to intake



CHANGE IN
EDUCATION
LEVEL

% of women enrolled in educational program by phase



ENROLLMENT IN EDUCATIONAL PROGRAM

Number of women	Pregnancy Intake	Infancy 6 months	Infancy 12 months	Toddler 18 months	Toddler 24 months
Unemployed and seeking employment	2	1	2	1	0
Working women	5	1	0	4	3
Worked since gave birth	-	1	2	6	6

EMPLOYMENT

MONTHLY INCOME

For 2019 in Bulgaria

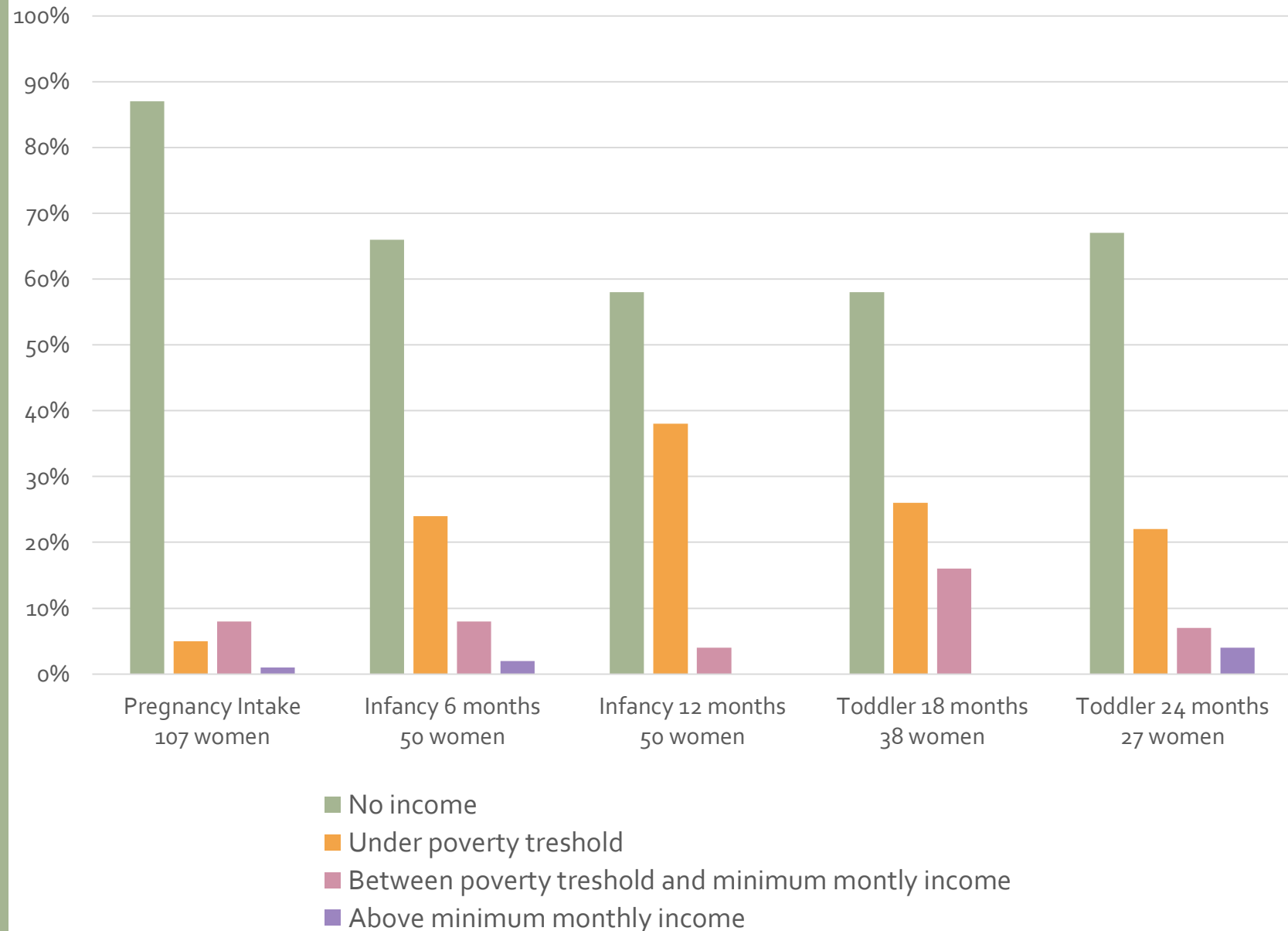
- poverty threshold is \$202 USD

- minimum monthly income is \$325 USD

- average salary is \$741 USD

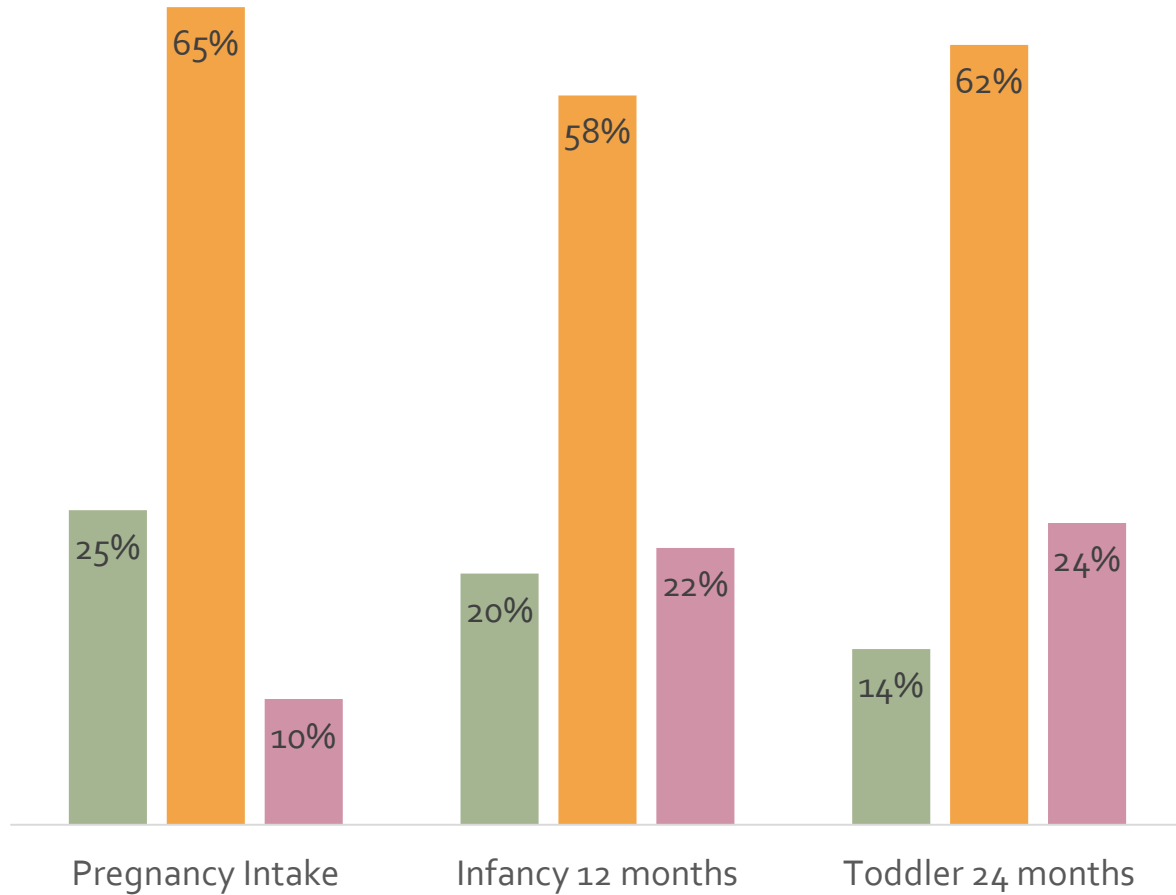
- 1 client in all phases has an income above the minimum monthly income

% of all women who have shared financial information



Type of housing

■ Flat apartment ■ House ■ Extension to another house



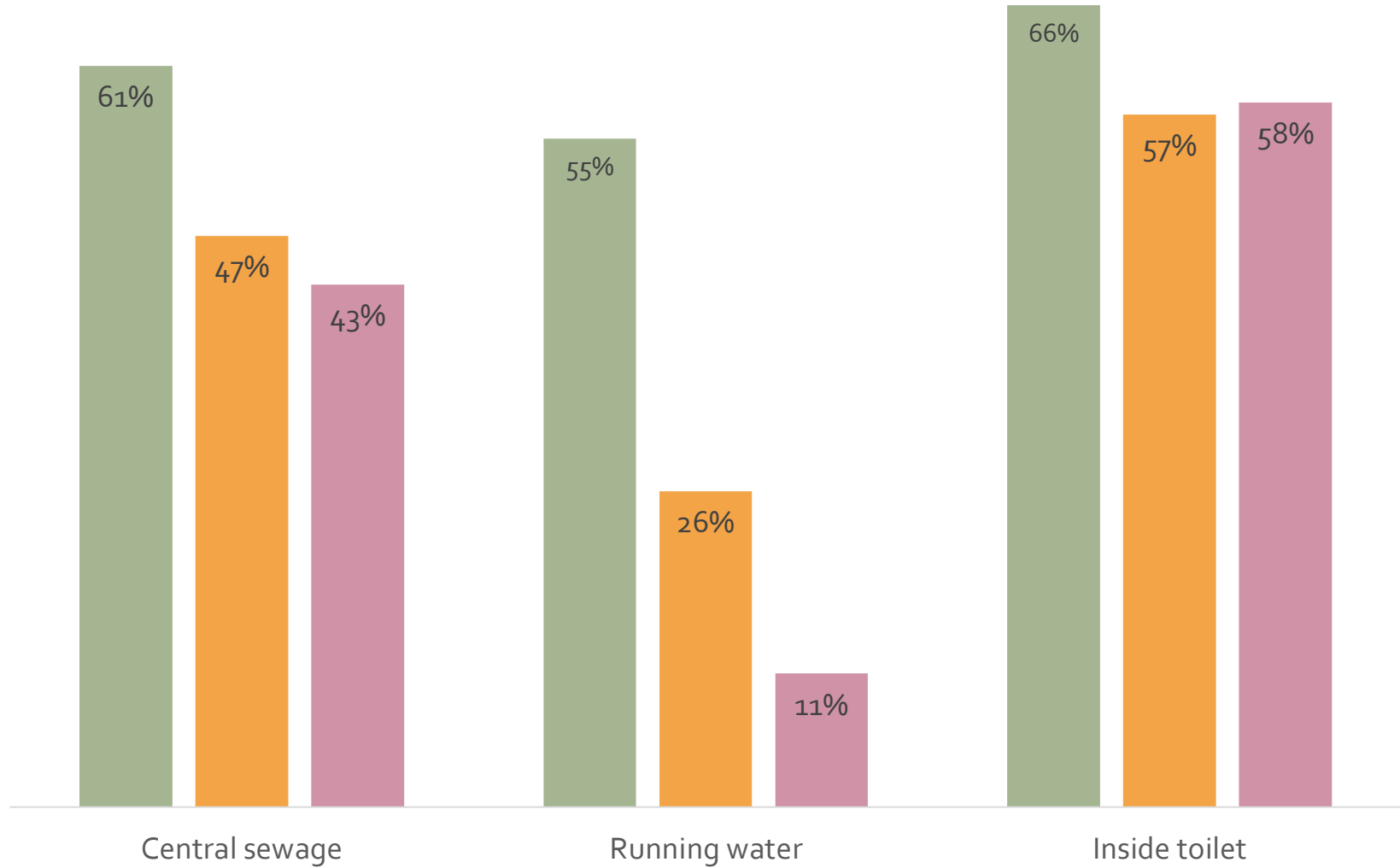
HOUSING

Average number of people living in the household is high and as expected it rises from 4.4 at Intake to 4.95 at Toddler 24 months.

HOUSING CONDITIONS

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

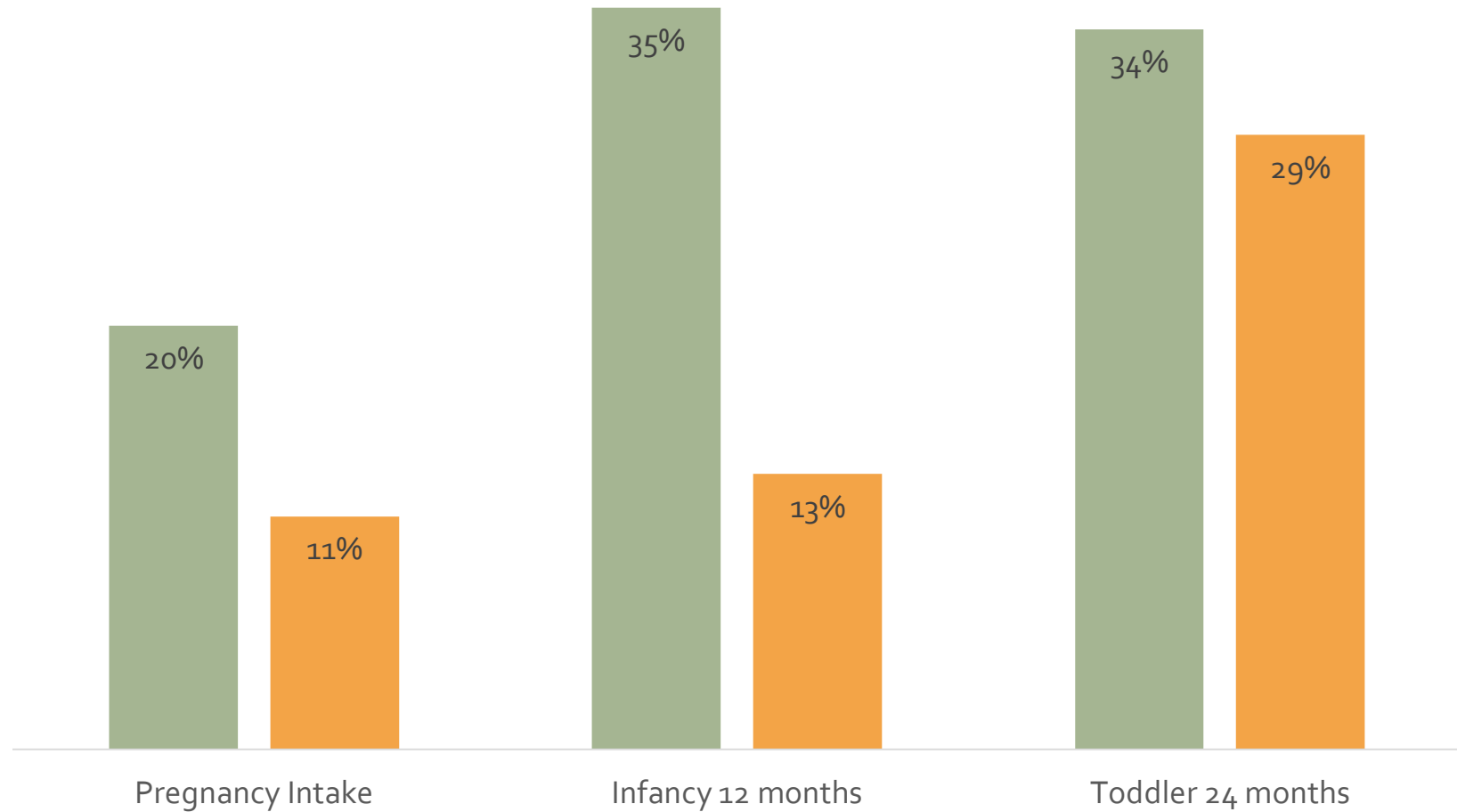
■ Pregnancy Intake ■ Infancy 12 months ■ Toddler 24 months



HOUSING CONDITIONS

Mold present in the home

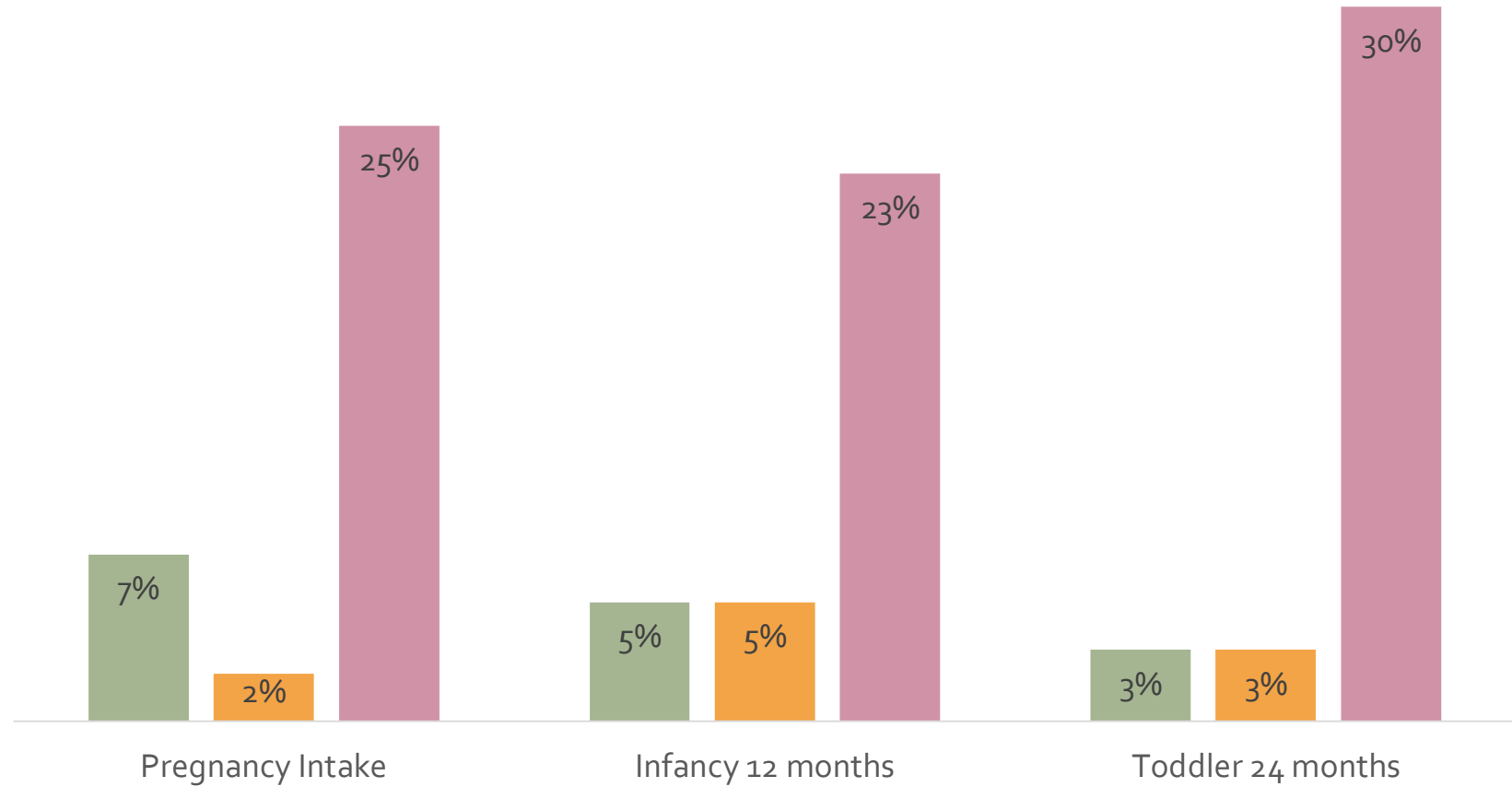
- Yes, including in the bedroom or sleeping space
- Yes, but not in the bedroom or sleeping space



HOUSING CONDITIONS

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

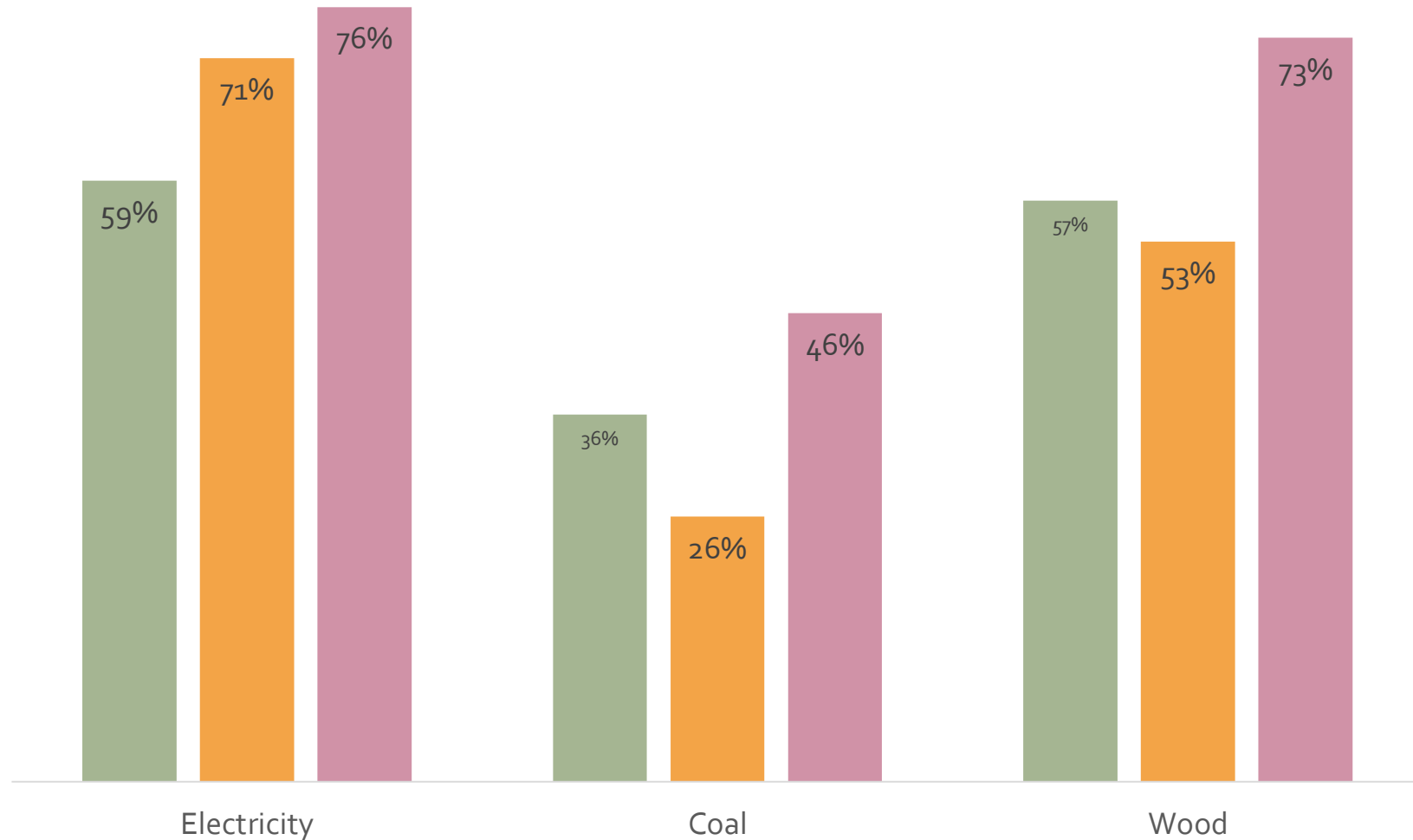


HOUSING CONDITIONS

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.

Types of heating used in households by program phase

■ Pregnancy Intake ■ Infancy 12 months ■ Toddler 24 months



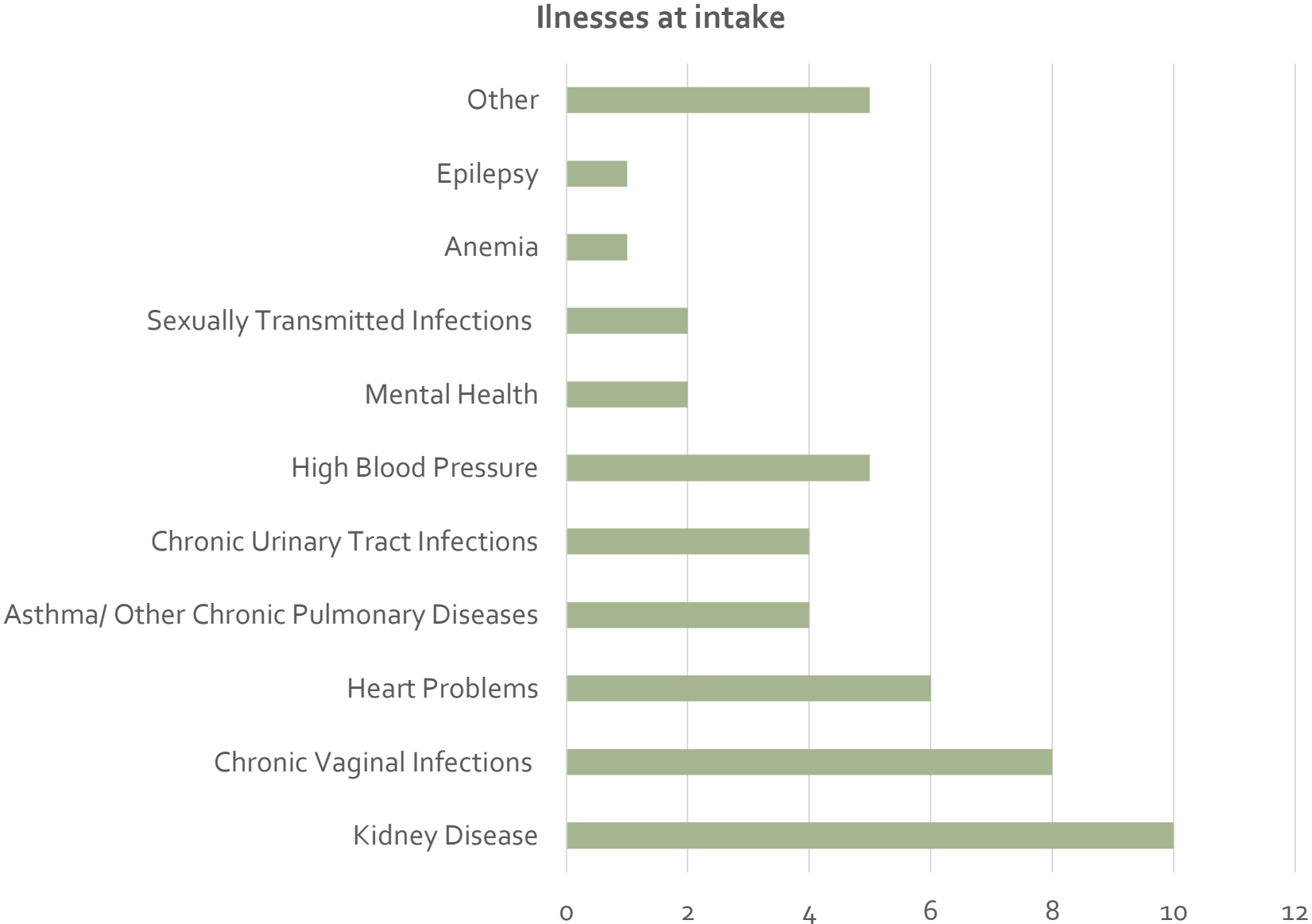


MATERNAL HEALTH AND WELL-BEING

(2016 – 2020)

MATERNAL HEALTH

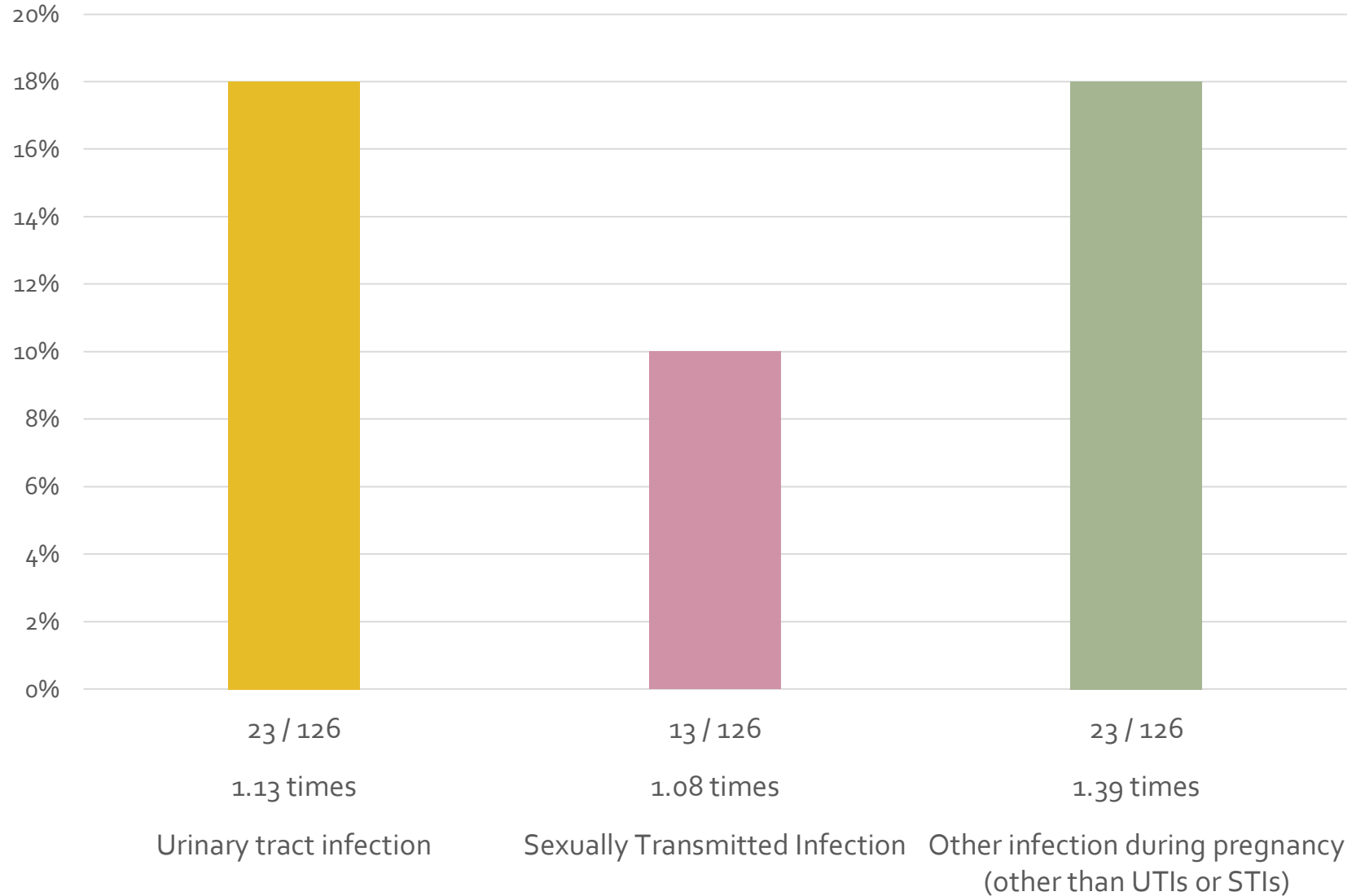
Pregnancy related complications	Number of clients
Chronic Gastrointestinal Diseases	2 / 170
High Blood Pressure	2 / 170
Asthma/ Other Pulmonary Diseases	1 / 170
Kidney Disease	1 / 170



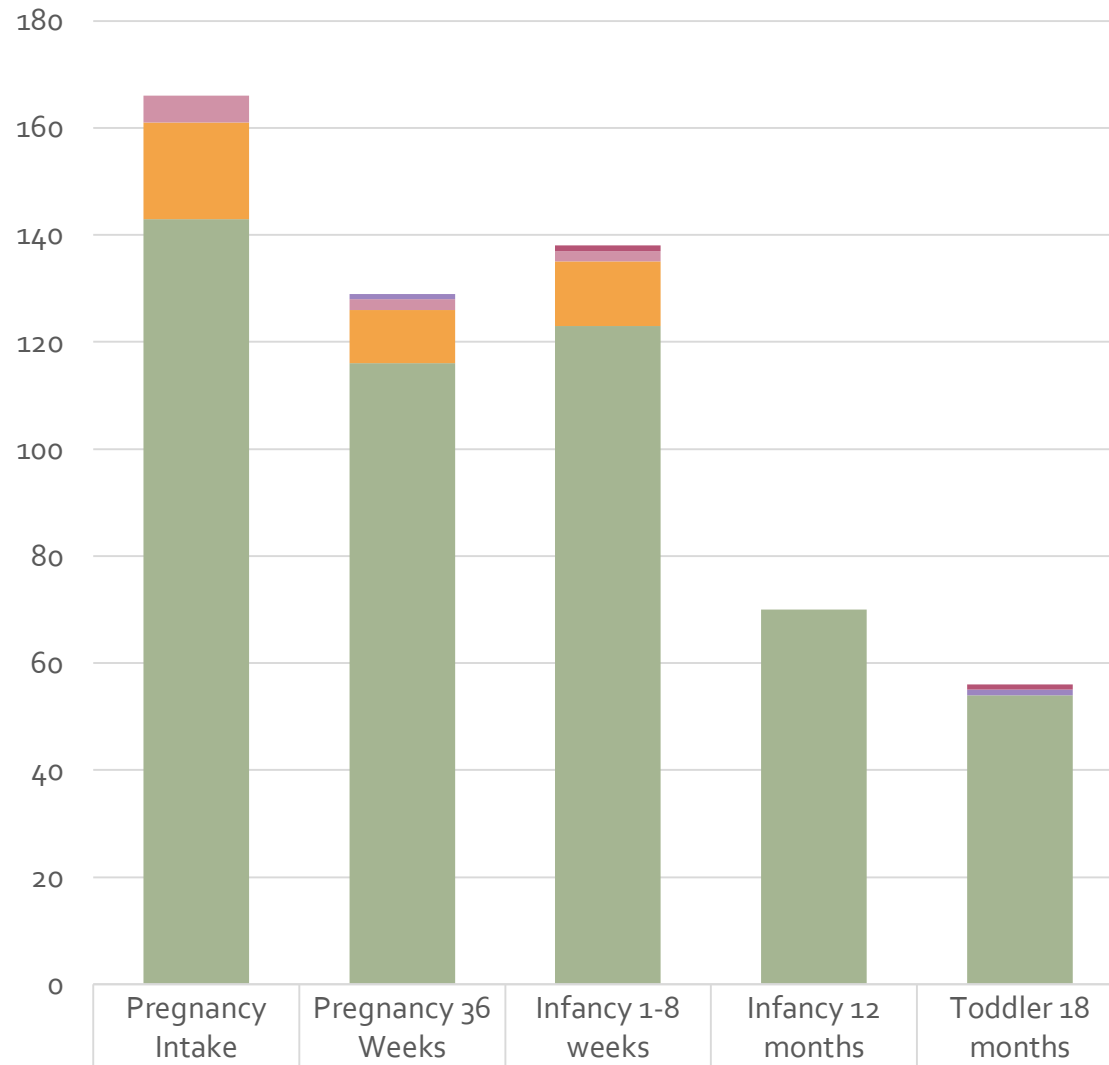
MATERNAL HEALTH

Infections during pregnancy (recorded at intake) on average – 1 time	Number of clients
Urinary tract infections	14 / 167
Vaginal infections	16 / 167
Sexually transmitted infections	4 / 167

Infections during pregnancy (recorded after delivery)

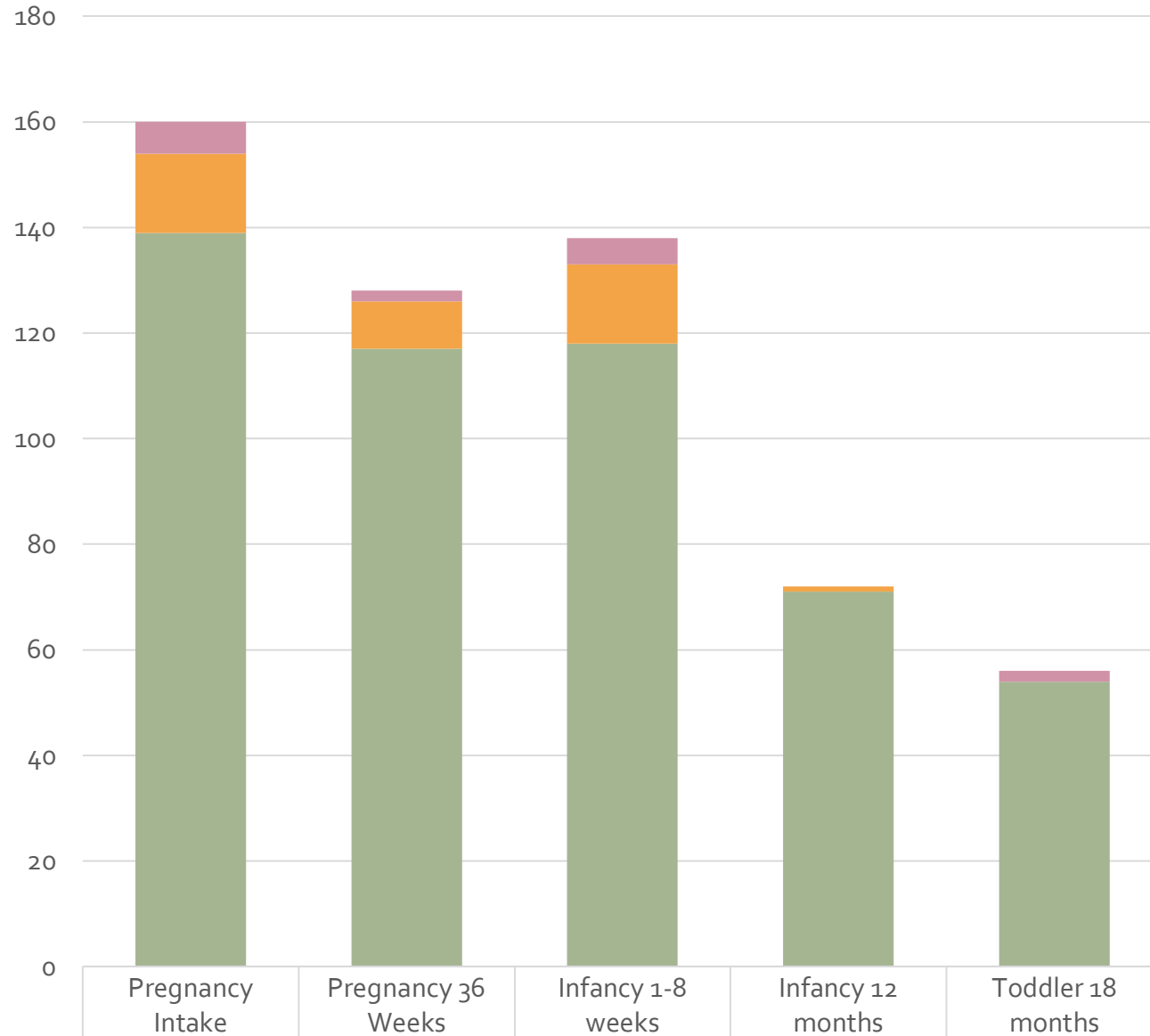


PATIENT HEALTH QUESTIONNAIRE - 9 (PHQ-9)



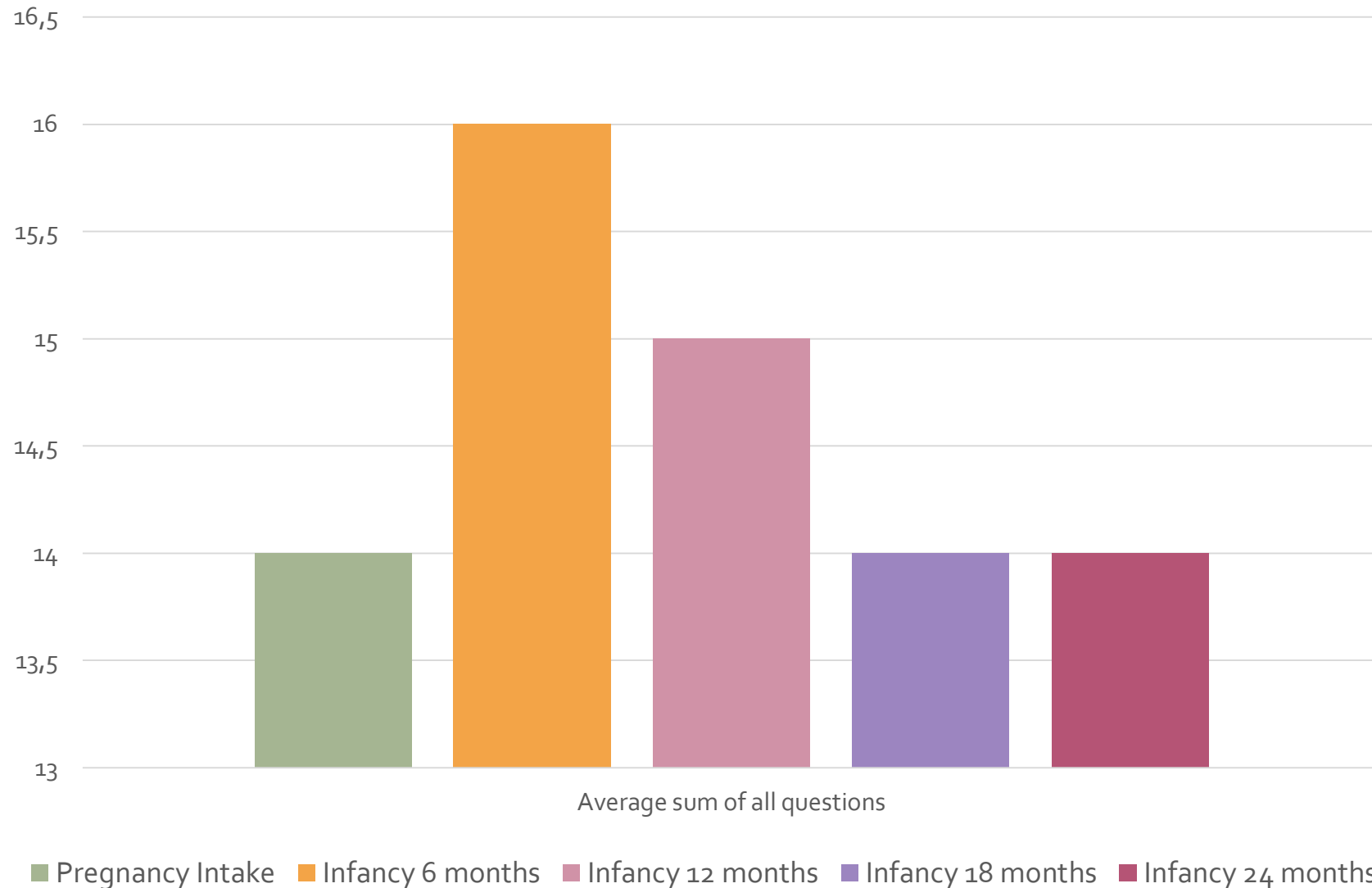
Depression Severity	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 1-8 weeks	Infancy 12 months	Toddler 18 months
Severe depression	0	0	1	0	1
Moderately severe depression	0	1	0	0	1
Moderate depression	5	2	2	0	0
Mild depression	18	10	12	0	0
Minimal depression	143	116	123	70	54

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



Severe Anxiety	6	2	5	0	2
Mild anxiety	15	9	15	1	0
Minimal anxiety	139	117	118	71	54

CONTROL AND MASTERY



Our clients seem to be on the lower end of the scale for control and mastery with some improvement in the first year of the child – measured at 6 and 12 months of the child.

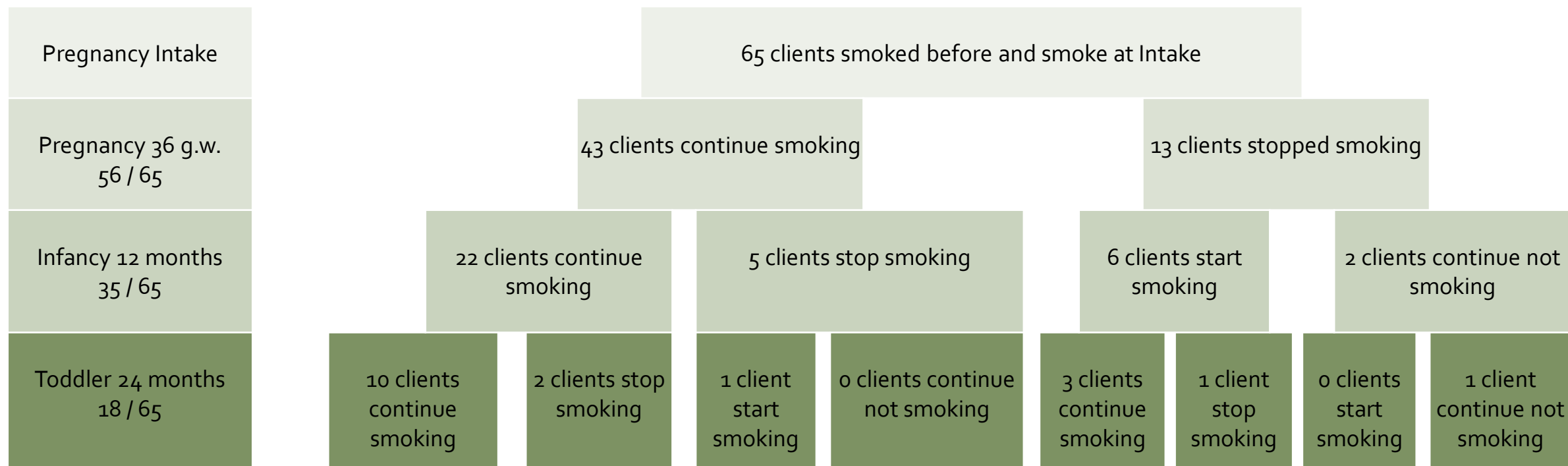
SMOKING	Before pregnancy	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% women that smoke	44 % (74 / 167)	40 % (67 / 167)	38 % (46 / 122)	45 % (32 / 71)	41 % (16 / 39)
Average cigarettes per day (only based on smokers)	9	3	2	3	3

Smoking patterns seem to be very different in Sofia and Plovdiv.

Only 2 out of 31 clients in **Plovdiv** have smoked before the pregnancy and still smoke at intake, which is about 7% 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, 52% of the clients have smoked before the pregnancy and 47% continue to smoke at intake. There is a drop of 7% by the 36th gestation week and a reduction of the number of cigarettes smoked per day.

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	4 % (7 / 166)	0 % (0 / 122)	4 % (3 / 71)	5 % (2 / 39)
Number of days on which alcohol was consumed over the past 14 days	1	0	3	1,5
Average number of drinks per day	1	0	1	1

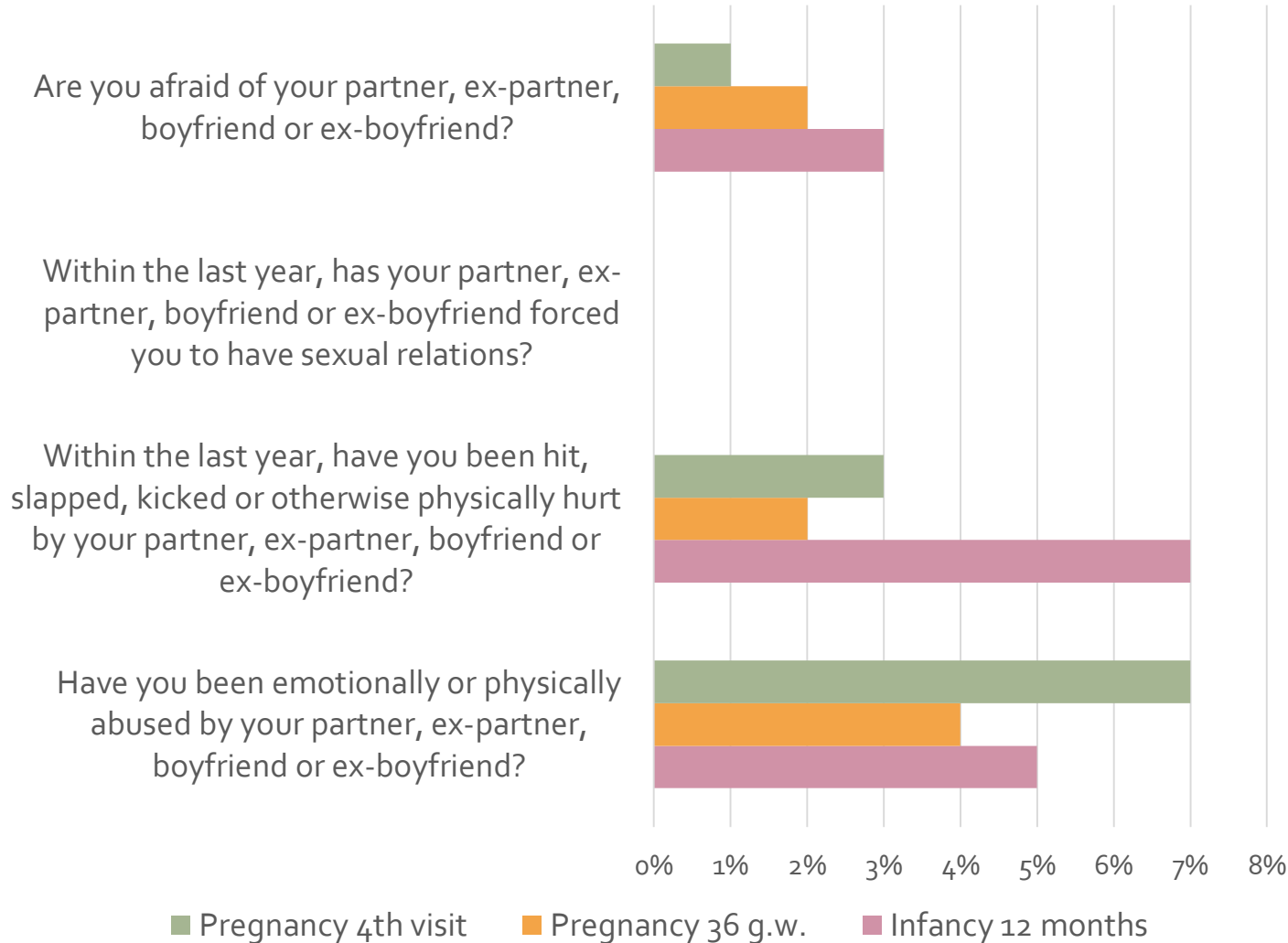
MARIJUANA USE	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% of women that use marijuana	2 % (4 / 166)	1 % (1 / 122)	1 % (1 / 71)	0 % (0 / 39)
Number of days on which marijuana was used over the past 14 days	0	1	1	0
Average number of pipes or joints used per day	0	1	1	0

SUBSEQUENT PREGNANCIES

- **20** women with **23** subsequent pregnancies
- on average - **11** months after the birth of the first child
 - **5** live births
 - **5** miscarriages
 - **5** abortions
 - **1** still birth
- **4** women graduated before giving birth
- **3** pregnant women still in the program

IPV 2016 - 2019

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

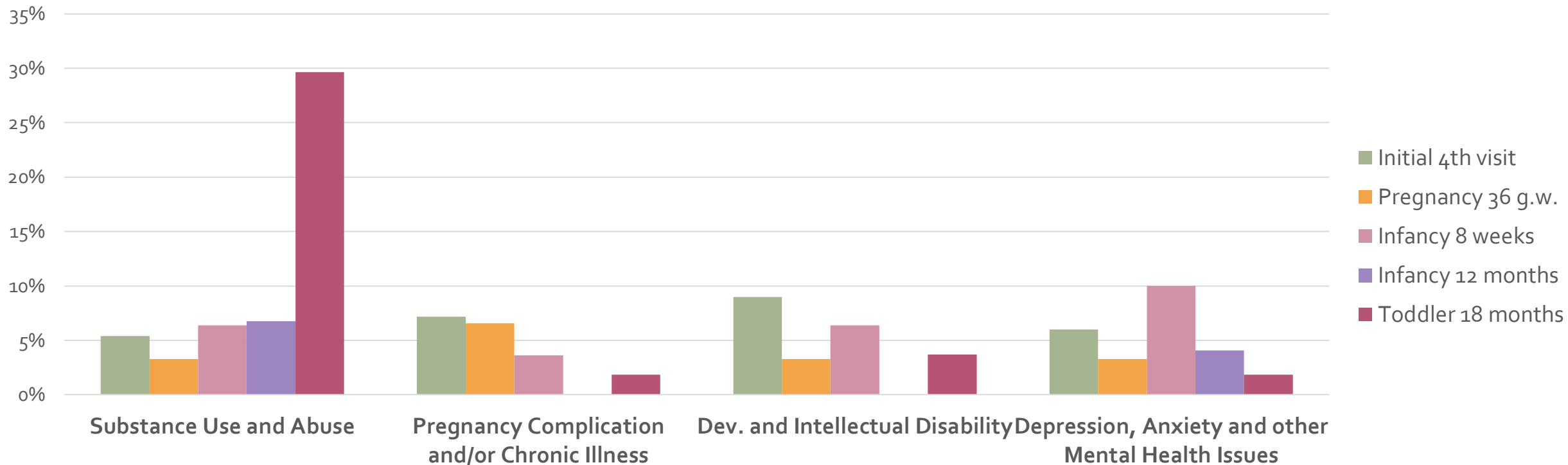


The percentage of women who have reported IPV has risen by 1% only in Pregnancy 4th visit and is lower in Pregnancy 36 gestation week and Infancy 12 months. However, the number of women who have reported IPV in Pregnancy 4th visit has actually doubled since last year, as shown in the table below.

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)

There are still no women, who report sexual violence, which is probably due to cultural beliefs rather than the lack of such violence.

% of women with high and moderate risk of all assessed

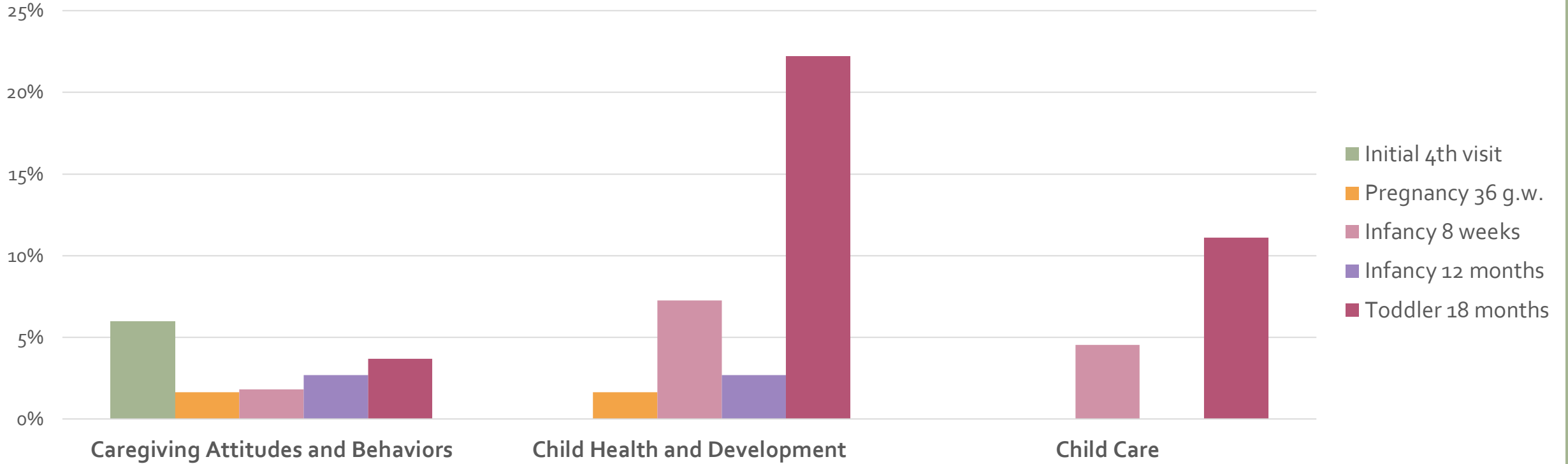


STAR FRAMEWORK ASSESSMENT

PERSONAL HEALTH

*data is missing for Pregnancy Complication and/or Chronic Illness for Infancy 12 months

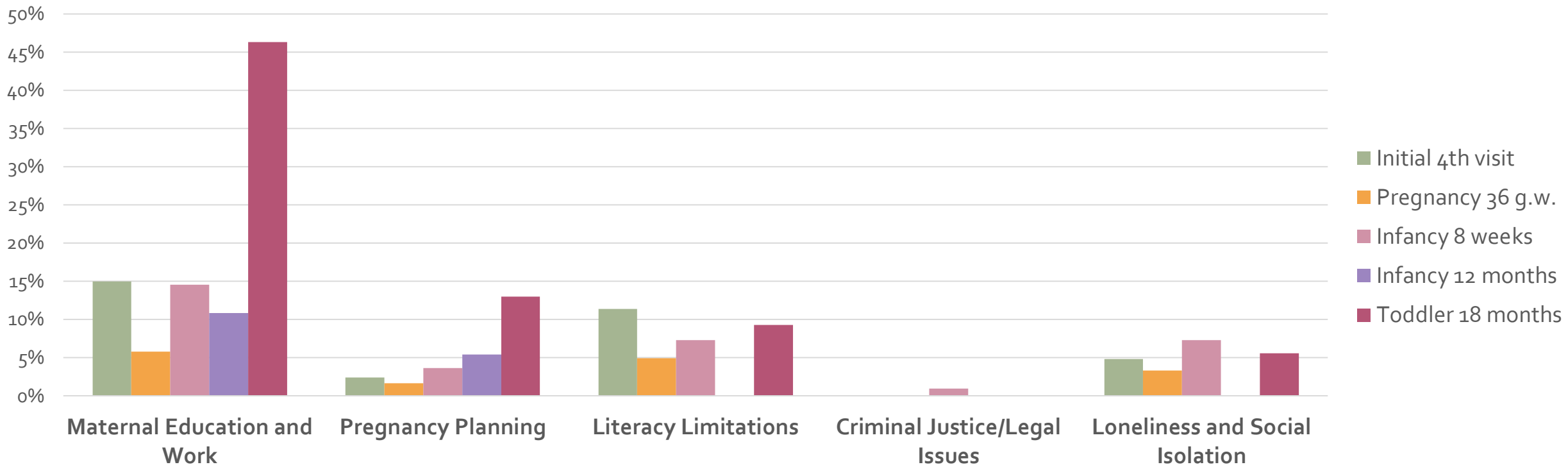
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MATERNAL ROLE

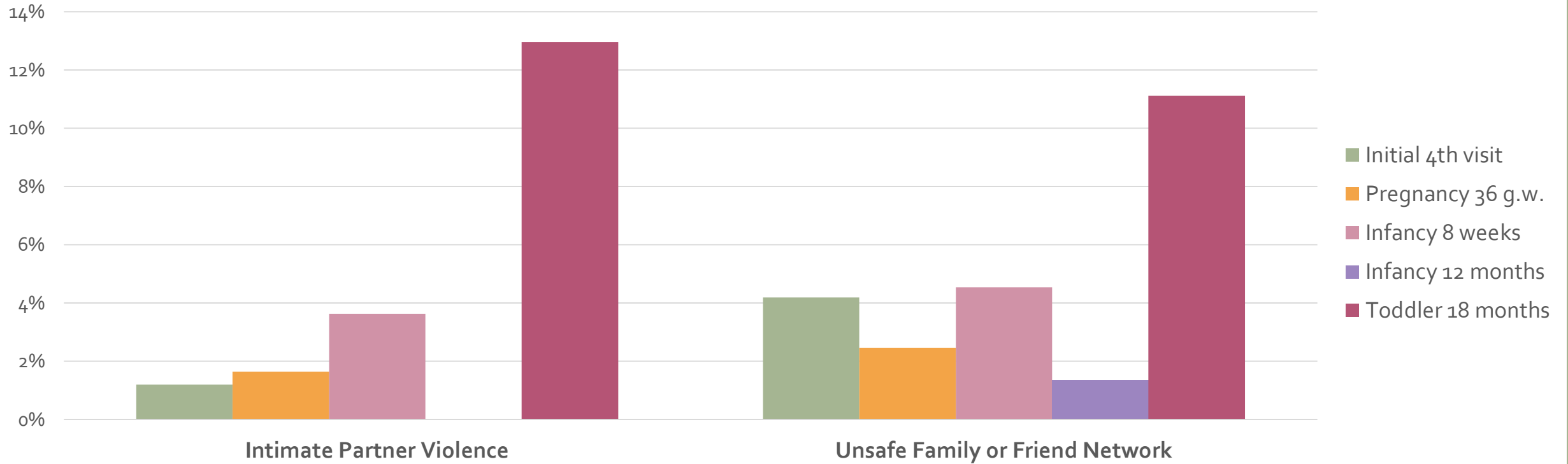
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

ENVIRONMENTAL HEALTH

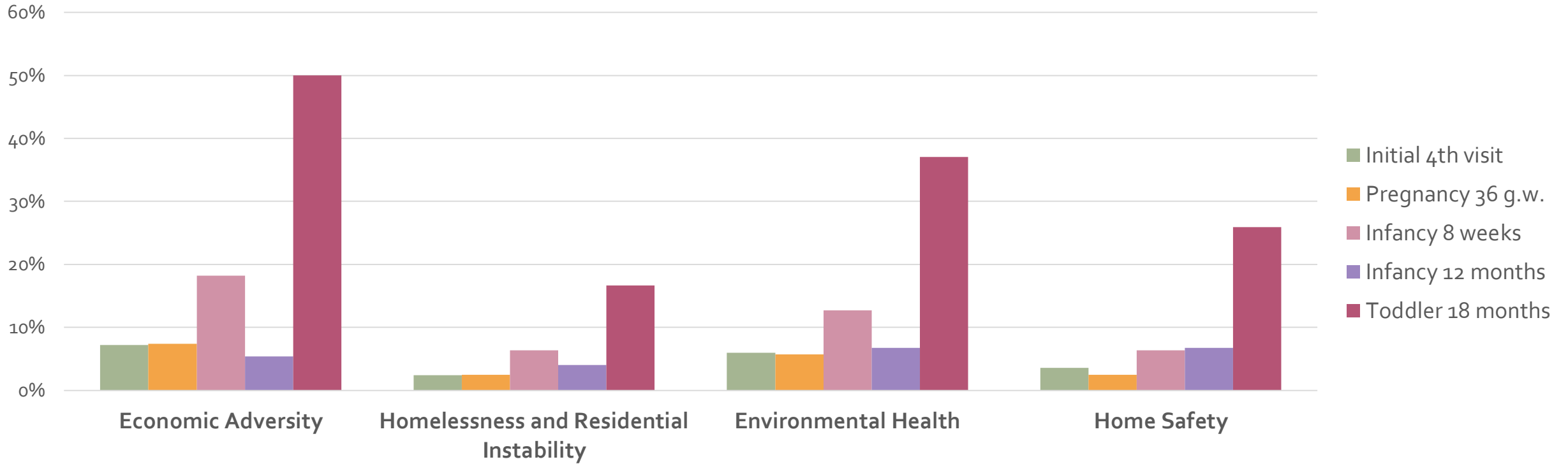
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MY FAMILY & FRIENDS

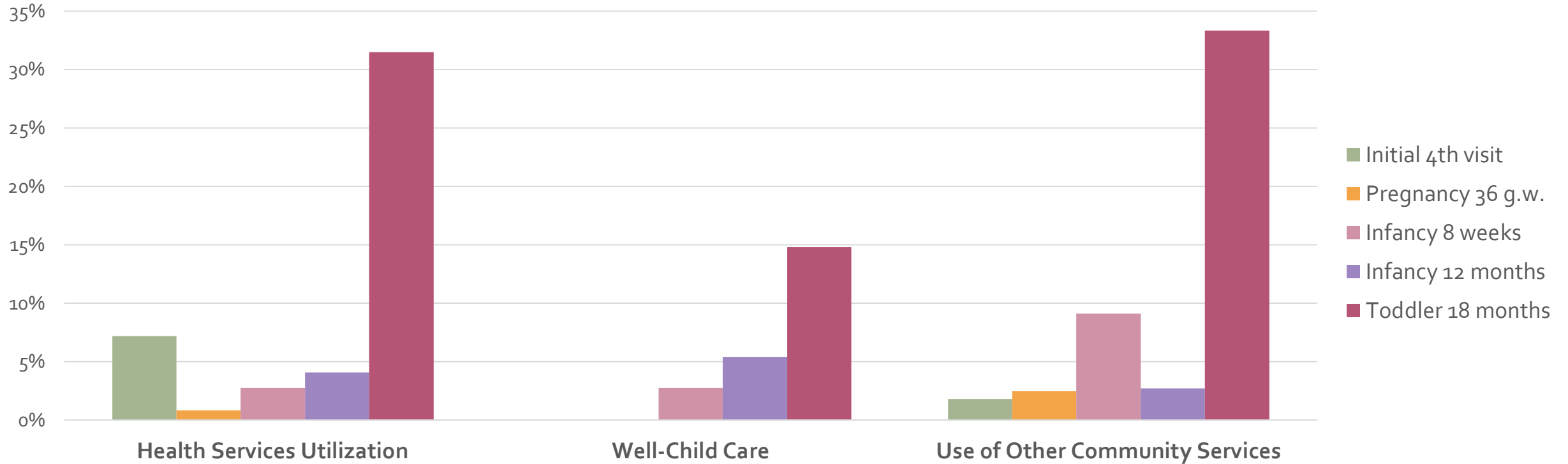
% of women with high and moderate risk of all assessed



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	17	0	0	1	0
Pregnancy and Parenting Programs	17	1	1	0	0
Mental Health/ Crisis Intervention	0	1	0	0	0
Substance Use and Harm Reduction	0	0	0	0	0
Health Care	106	2	48	0	0
Children's Services	8	0	0	0	0
Child Welfare	1	0	2	0	0
Shelter and Housing	0	0	0	0	0
Education and job services	2	0	0	0	0
Other Community Programs and Services	3	0	0	0	1
Total	154	4	51	1	1

REFERRALS TO OTHER SERVICES



CHILD HEALTH AND WELLBEING

(2016 – 2020)

CHILDREN

- 20% of children (26) are born before 38 gestation week
 - extremely preterm (less than 28 weeks) – 1 child
 - very preterm (28 to 32 weeks) – 1 child
 - moderate to late preterm (32 to 37 weeks) – 24 children
- 16% of children (21) have low birthweight (less than 2500 grams) – 14 of them are born preterm
- 17 (13%) infants spent on average 11 days in an NICU
- 3 pregnancy losses
 - 2 miscarriages
 - 1 medically indicated termination
- 3 child deaths
 - 1 baby died at four months due to an illness
 - 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 two hospitalizations due to injury and burns, both before 6 months of the children.

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.

We also track burns separately, due to the heating units in the homes, usually used directly in the room where the child sleeps or plays.

Most injuries/ingestion cases are in the first six months of the child.

- Clinic for burns: 1 Infancy 6 months
- Hospitalization for burns: 1 Infancy 6 months
- Hospitalization for injury: 1 Infancy 6 months
- Emergency for ingestion: 1 Infancy 6 months
- Emergency for injury: 1 Toddler 24 months

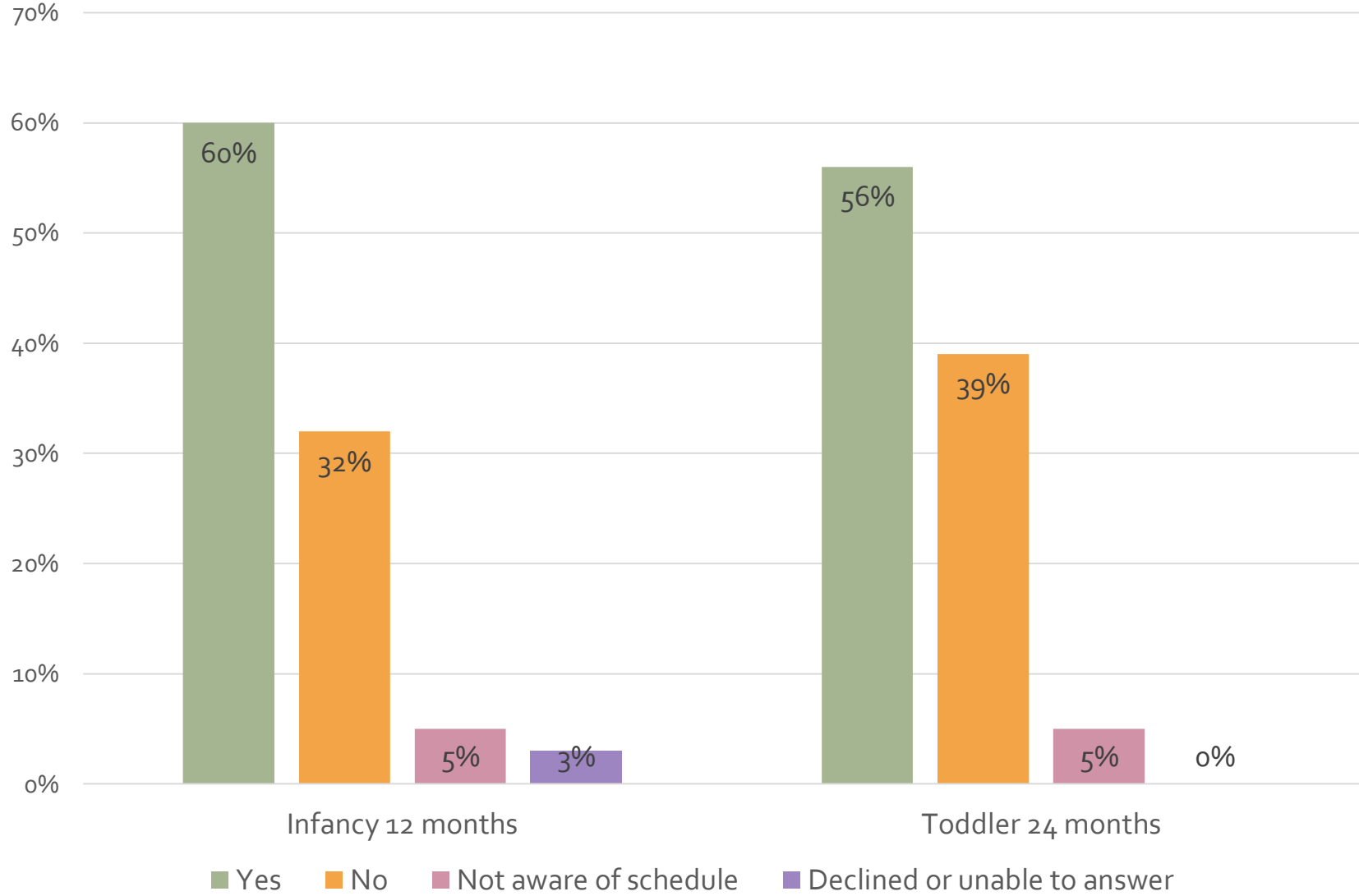
- Ambulance called without hospitalization:
 - 6 Infancy 6 months
 - 3 Infancy 12 months
 - 1 Toddler 18 months
 - 2 Toddler 24 months

BIRTH WEIGHT

Mean birth weight	
Girls (67)	2946
Boys (62)	3112
Total (129)	3026

VACCINATIONS

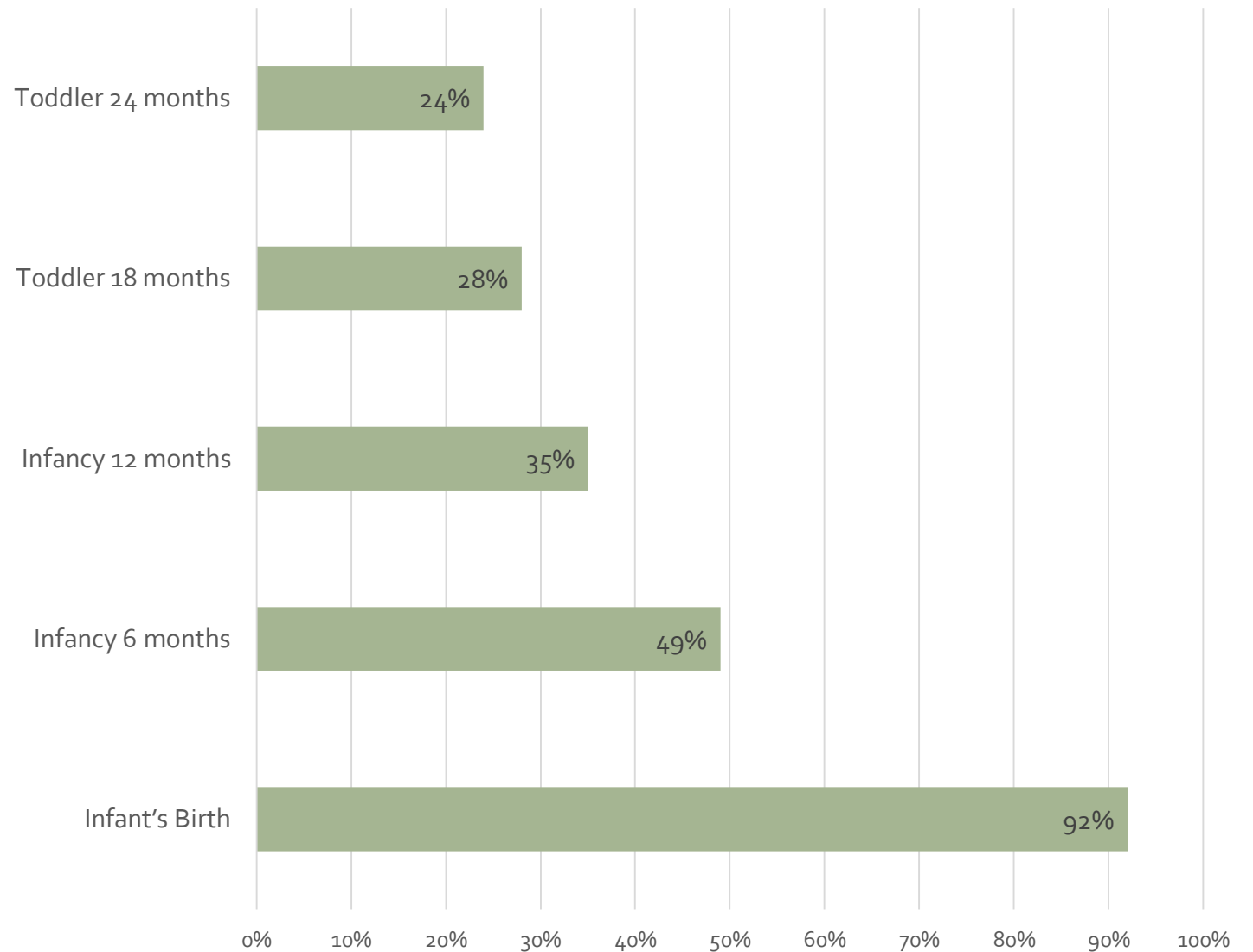
% of children with all vaccinations on time



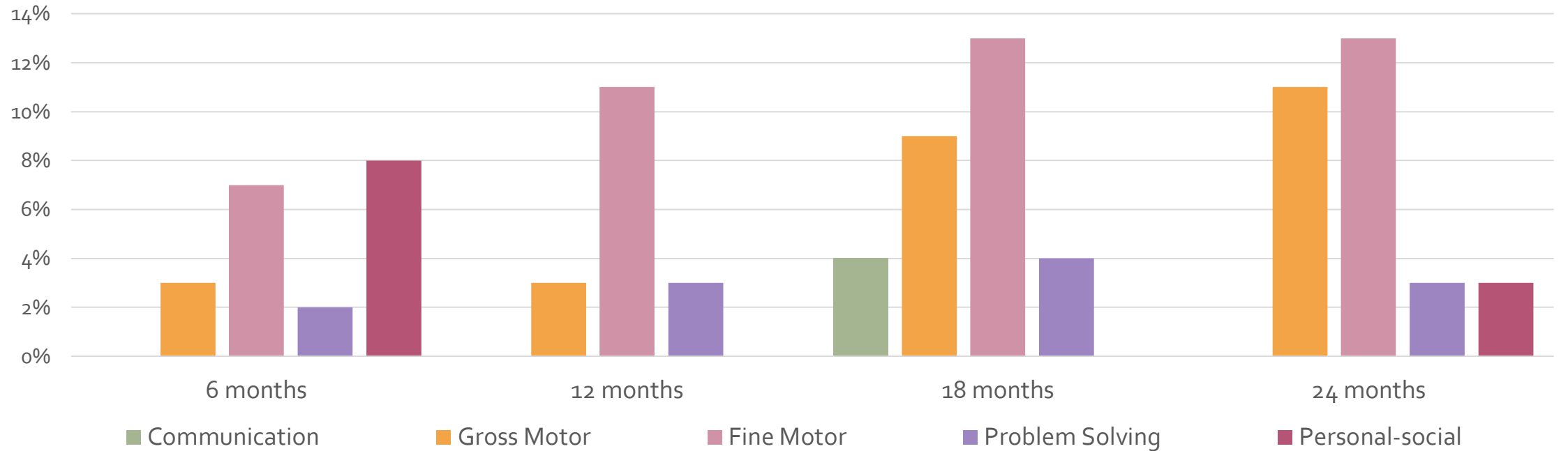
BREASTFEEDING

- 91% of women intend to breastfeed
- 62% breastfeed exclusively at birth
- by 6 months of the child only 2% breastfeed exclusively
- no clients breastfeed exclusively after that
- on average clients start introducing solid foods at around 4 months of the child

Breastfeed (exclusive or combined)



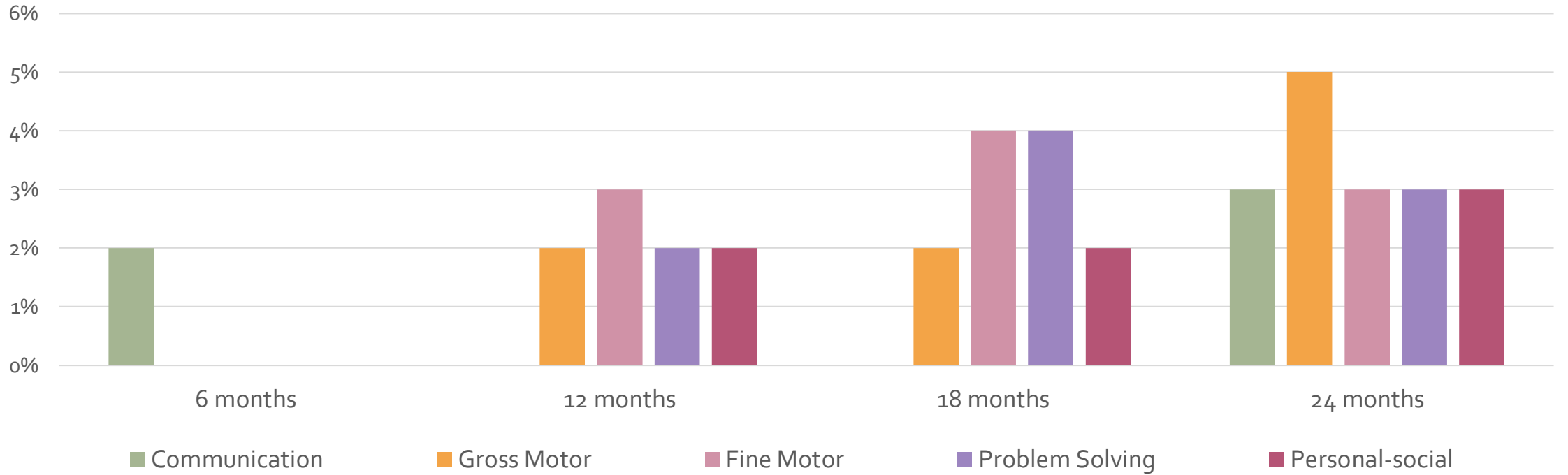
% of children in the grey area



ASQ – 3

GREY AREA

% of children in the black area



ASQ – 3

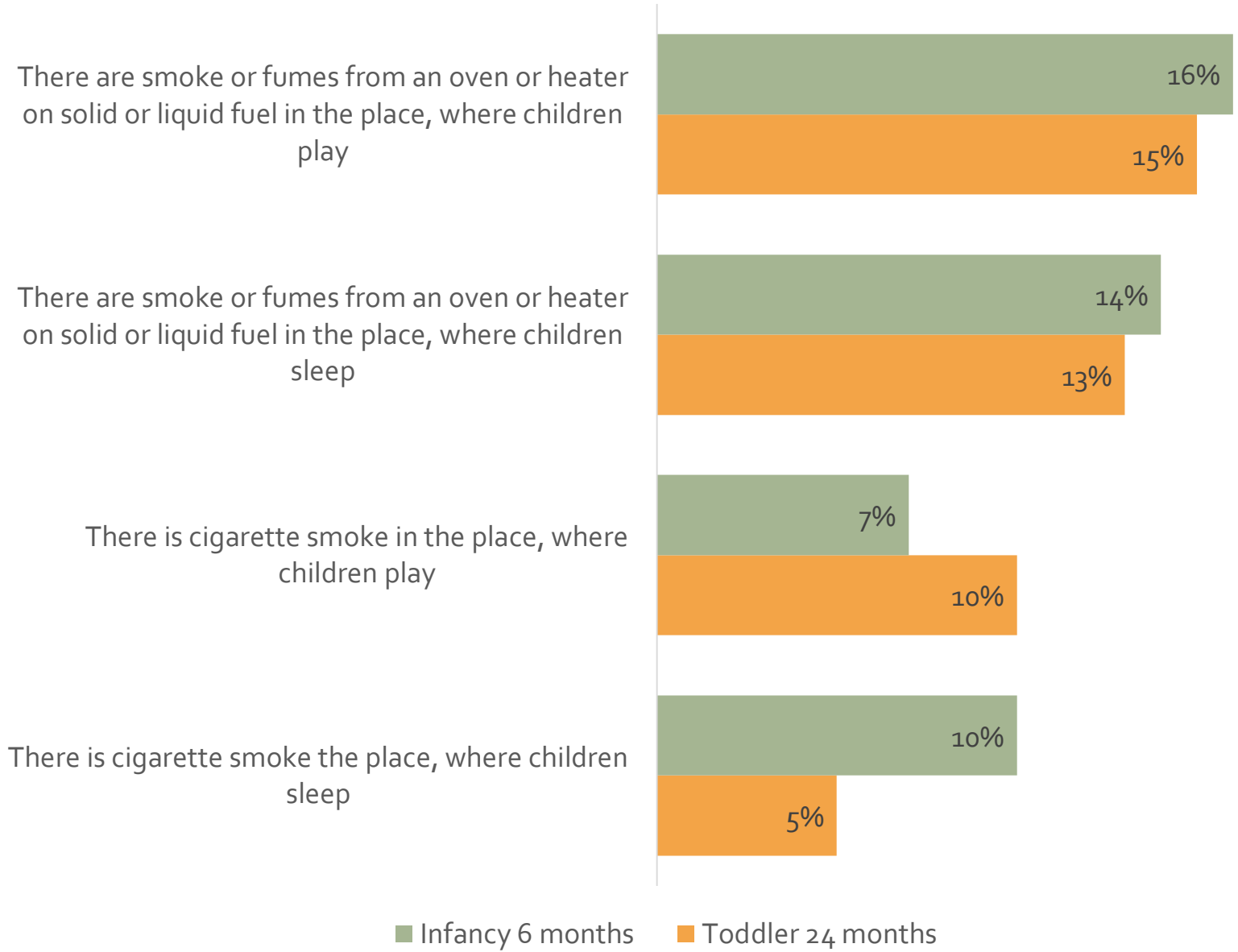
BLACK AREA

ASQ:SE	6 months > 45	12 months > 55	18 months > 70	23 months > 65
Children with results above the cutoff	0% (0 / 59)	3% (2 / 61)	0% (0 / 55)	3% (1 / 38)

ASQ:SE

CHILD ENVIRONMENT AND SAFETY

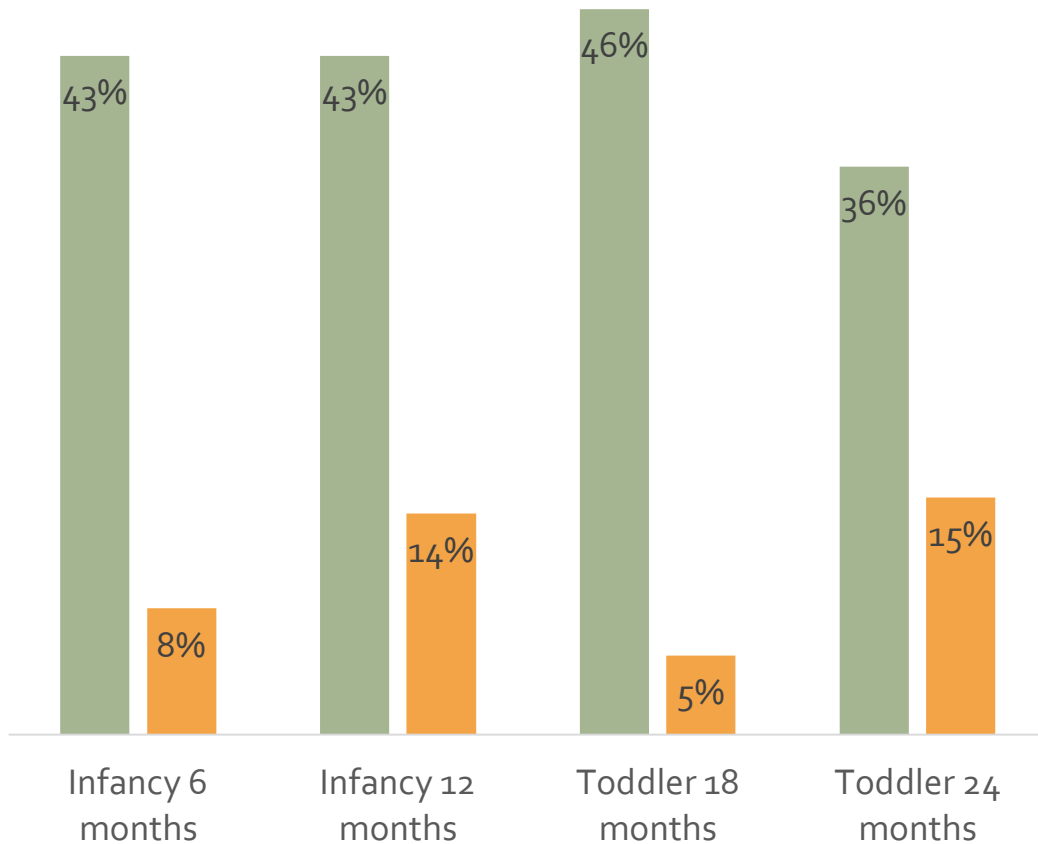
Smoke and fumes in the home



CHILD ENVIRONMENT AND SAFETY

Access to hazards in the home

- Child has access to one or more hazards in the home
- Child has access to more than two hazards in the home



There are many hazards in the home and as the child grows and learns to crawl and walk, the number of threats to child's health and safety grows as well. The list of hazards we track includes:

- uncovered or unsecured electrical outlets
- free-standing or hanging cables
- cooking oven on solid or liquid fuel (coal, wood, gasoline, benzene, naphtha, etc.)
- heater on solid or liquid fuel (coal, wood, gasoline, benzene, naphtha, etc.)
- household chemicals (washing detergents, cleaning materials, glue, etc.)
- alcohol and cigarettes
- unsecured staircases, windows, balconies, landings, etc.
- unsecured constructions nearby (in the house itself or yard)

CHILD PROTECTIVE SERVICES

1 signal to child protective services for abuse by NFP nurse

5 clients were forwarded to child protective services (by other than NFP nurses)

5 clients were referred to child protective services by NFP nurses