

ANNUAL DATA REPORT

NFP Bulgaria

March 2020 – February 2021





CLIENT ENROLLMENT

(2016 – 2021)

CLIENT ENROLLMENT

237 clients enrolled

66 new clients enrolled in the last year*

(*since the last Annual Data Report 02 March 2020– 08 March 2021)

192 children born within the program

62 children born within the last year

CLIENT ENROLLMENT

Sofia

- 159 enrolled clients
- 19 enrolled in the last year
- 59 active clients
- 32* left the program
- 69 graduated

*1 client left – the baby graduated with the grandmother

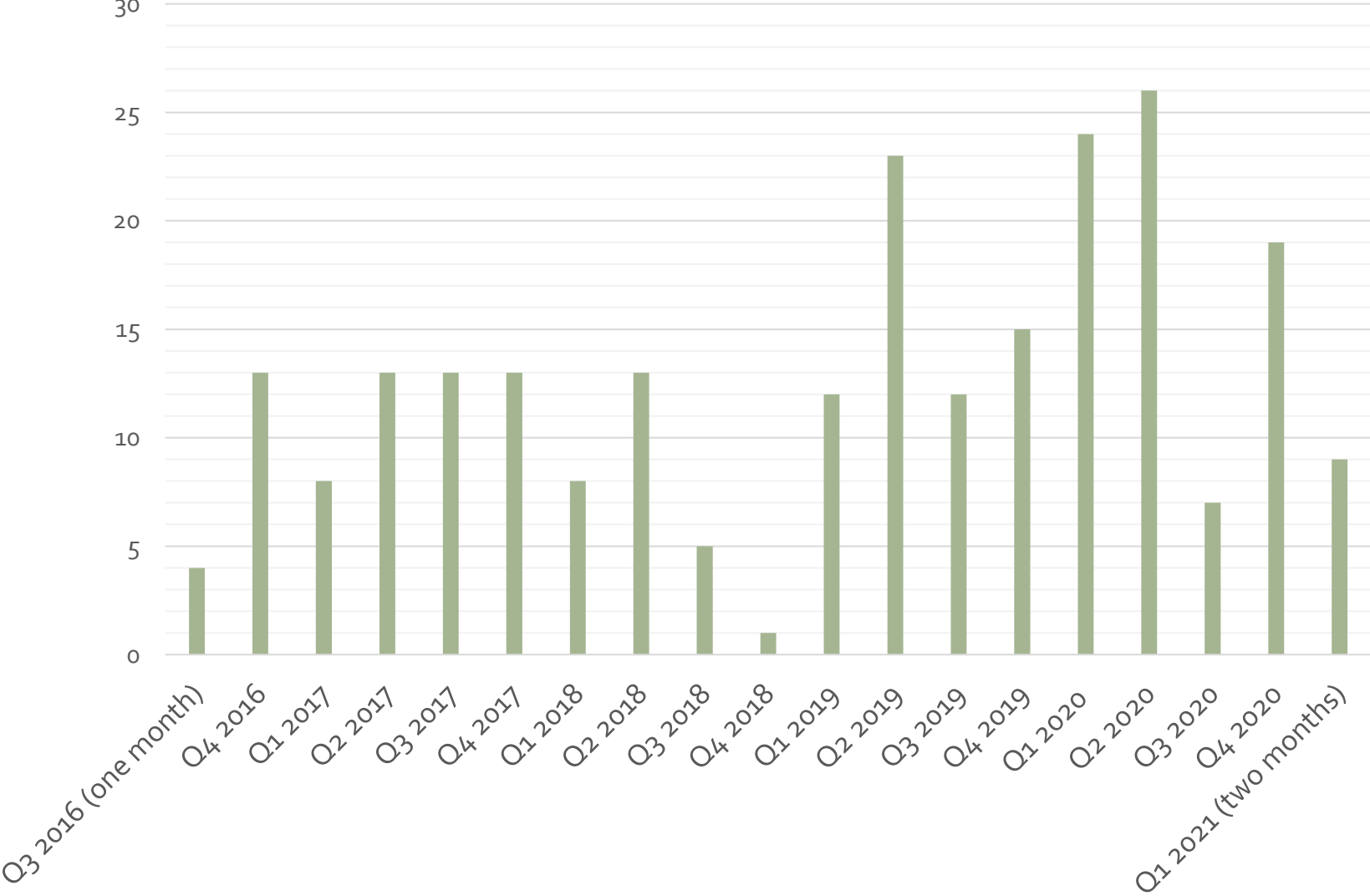
Plovdiv

- 78 enrolled clients
- 47 enrolled in the last year
- 55 active clients
- 24* left the program

*1 client left – the baby is still active with the grandmother

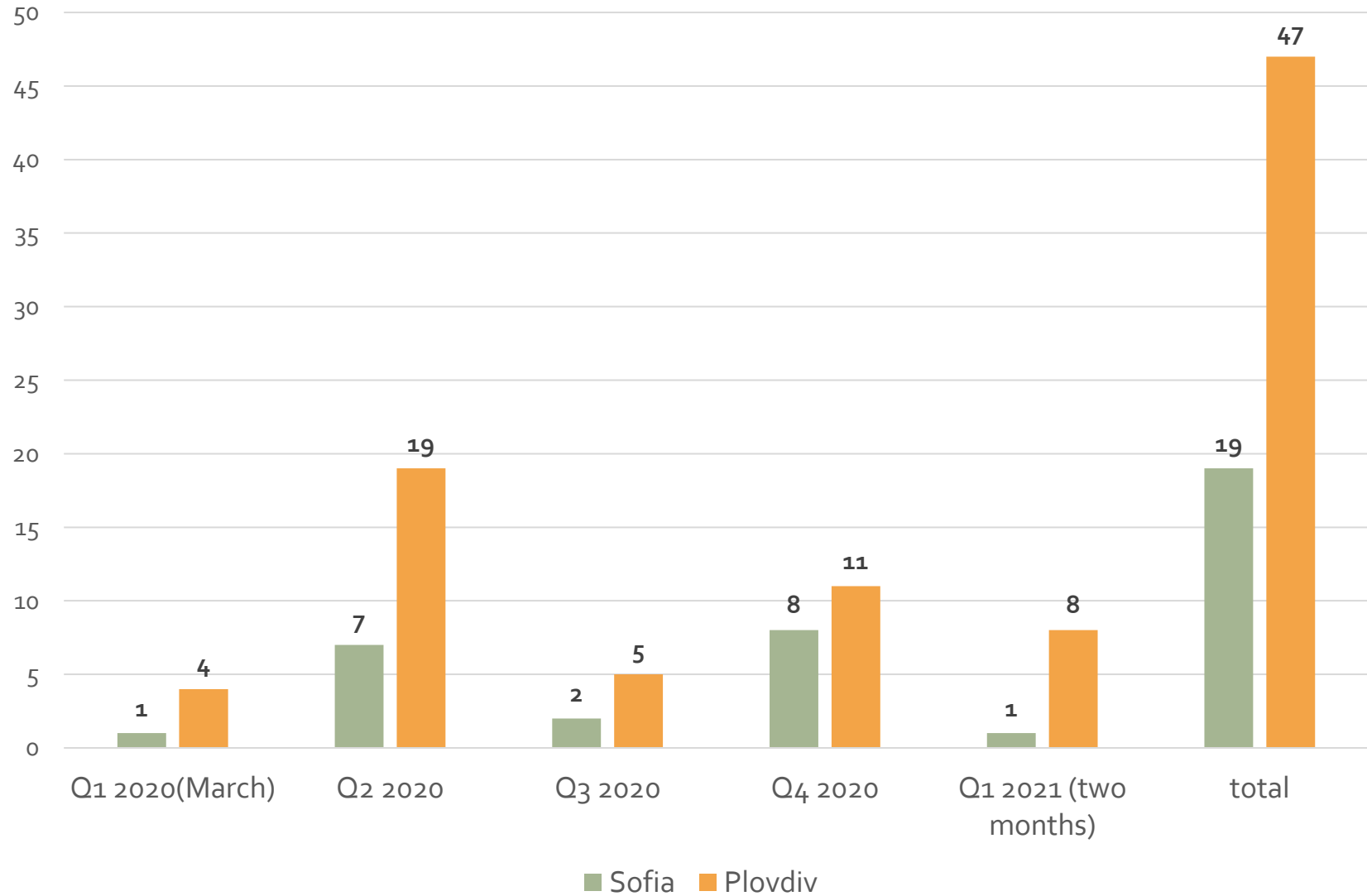
RECRUITMENT

Recruitment in Quarters



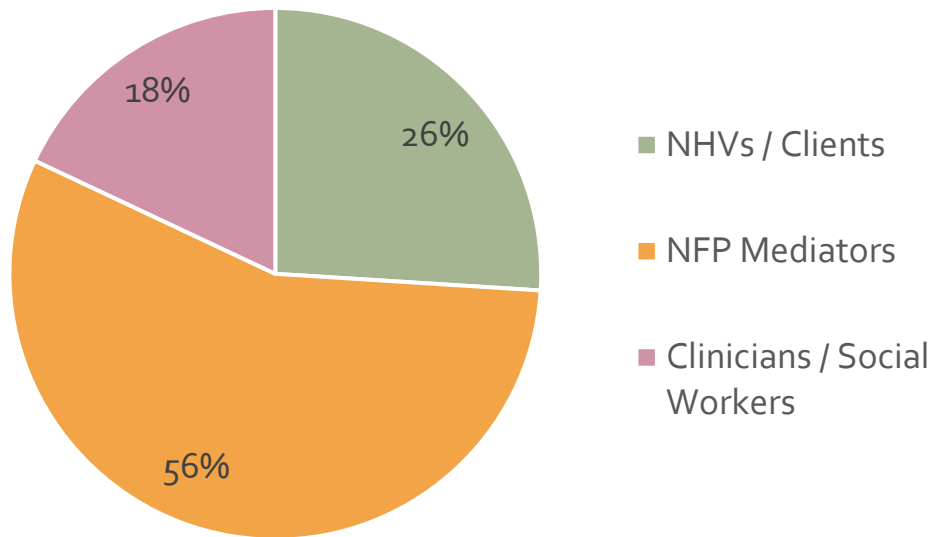
RECRUITMENT

Recruitment in Quarters in the Last Year



REFERRALS TO NFP

Client Referrals 2020



Most clients are still recruited by the Mediators of the program. About 26% 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 65% (11) 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 35% (6) of enrolled clients come from NFP Mediators recruitment efforts.

In Plovdiv nearly 26 were recruited by NFP Mediators and 10 clients came from **Clinicals/ Social workers**. Previous clients recommended the program to 4 girls and 3 of them are enrolled.

*data till the end of 2020; does not include new clients enrolled in 2021

REFERRALS TO NFP

Recruitment by NFP Mediators 70% 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%)
2020	44	35 (80%)	32 (91%)
Total	407	221(54%)	159 (72%)

Referrals by Clinicians / Social workers 9% 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%)
2020	32	30 (94%)	10(33%)
Total	65	55 (85%)	21 (38%)

Referrals by NFP clients / NHVs 21% 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%)
2020	22	22(100%)	15 (68%)
Total	60	58 (97%)	48 (83%)

*data till the end of 2020; does not include new clients enrolled in 2021

ACTIVE CLIENTS AT THE MOMENT

Sofia

Out of 59 active clients:

- 10 pregnancy phase
- 16 infancy phase
- 33 toddler phase

Plovdiv

Out of 55 active clients:

- 14 pregnancy phase
- 33 infancy phase
- 8 toddler phase

ACTIVE CHILDREN

Sofia

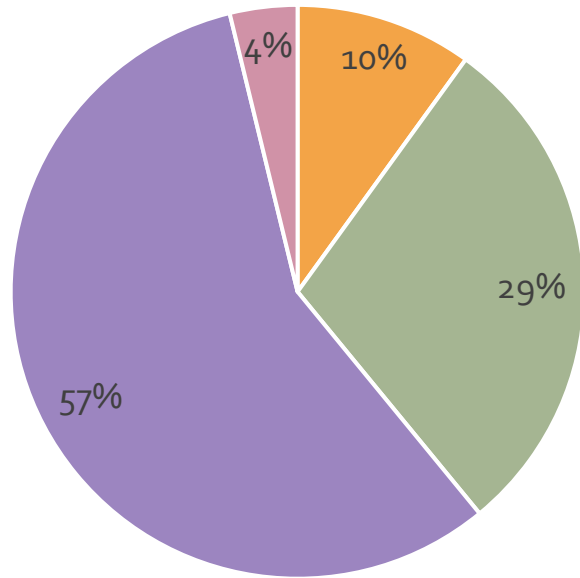
- 140 children born within the program
- 50 active
- 21 discontinued
- 69 graduated

Plovdiv

- 52 children born within the program
- 41 active
- 11 discontinued

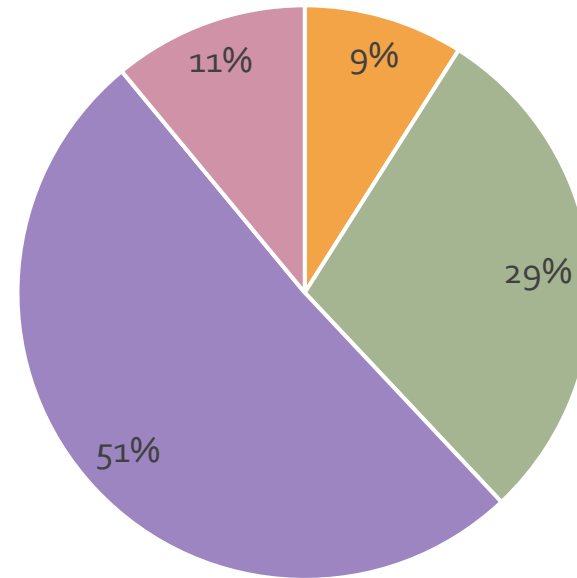
ENROLLMENT - 16TH GESTATION WEEK OR EARLIER

All clients - 39%



■ 1 - 9 ■ 10 - 16 ■ 17 - 28 ■ > 28

New clients - 38%



■ 1 - 9 ■ 10 - 16 ■ 17 - 28 ■ > 28

2016-2021 | average gestation week at enrollment 18th

RETENTION - 77% NFP BULGARIA

Sofia

- 80% retention rate
 - 94% at pregnancy
 - 85% at infancy
 - 80% at toddler

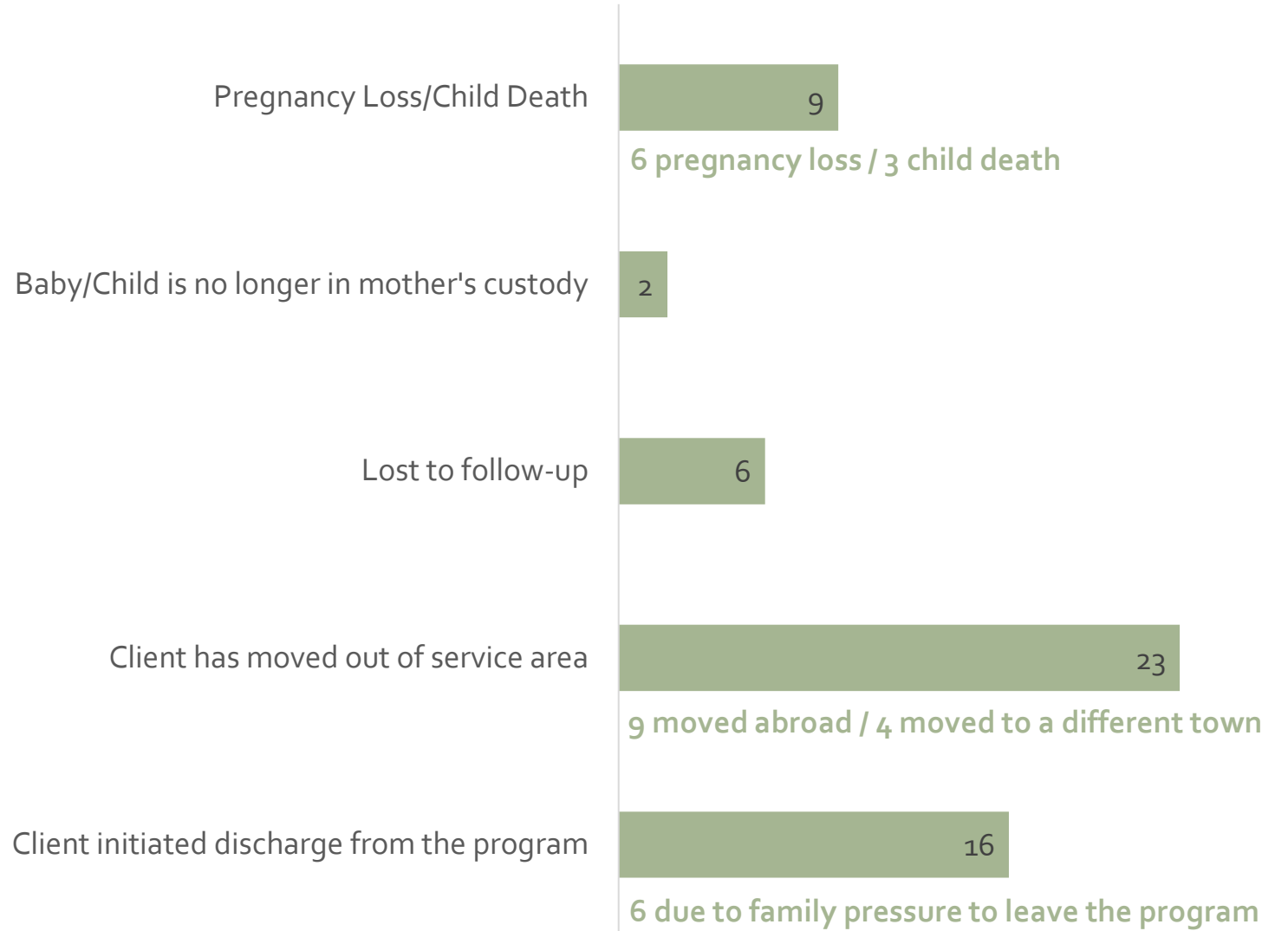
Plovdiv

- 71% retention rate
 - 85% at pregnancy
 - 73% at infancy
 - 71% at toddler

DROPOUT BY LEAVE REASONS

Leave reason	2016 - 2019	2016 - 2020
Pregnancy Loss/Child Death	6 / 19%	9 / 16%
Baby/Child is no longer in mother's custody	1 / 3%	2 / 4%
Lost to follow-up	5 / 16%	6 / 11%
Client has moved out of service area	12 / 36%	22 / 40%
Client initiated discharge from the program	8 / 26%	16 / 29%
Total clients	31 / 100%	56 / 100%

Women by type of leave reason



CASELOAD

Sofia

NHV	Active clients 57*/59	% of caseload 97%
Soo3 – nurse	2/4	50%
Noo2 – nurse	13/15	87%
Noo3 – midwife	21/20	105%
Noo6 – midwife	21/20	105%
*No11 – nurse	*2/2	100%

Plovdiv

NHV	Active clients 55/84	% of caseload 65%
Soo4 – nurse	4/4	100%
No8 – nurse	20/20	100%
No12 - nurse	22/20	110%
No13- midwife	9/20	45%
No15 - nurse	0/20	0%

*Nurse No11 became a Supervisor in Plovdiv and still has 2 clients in Sofia



HOME VISITS

8033

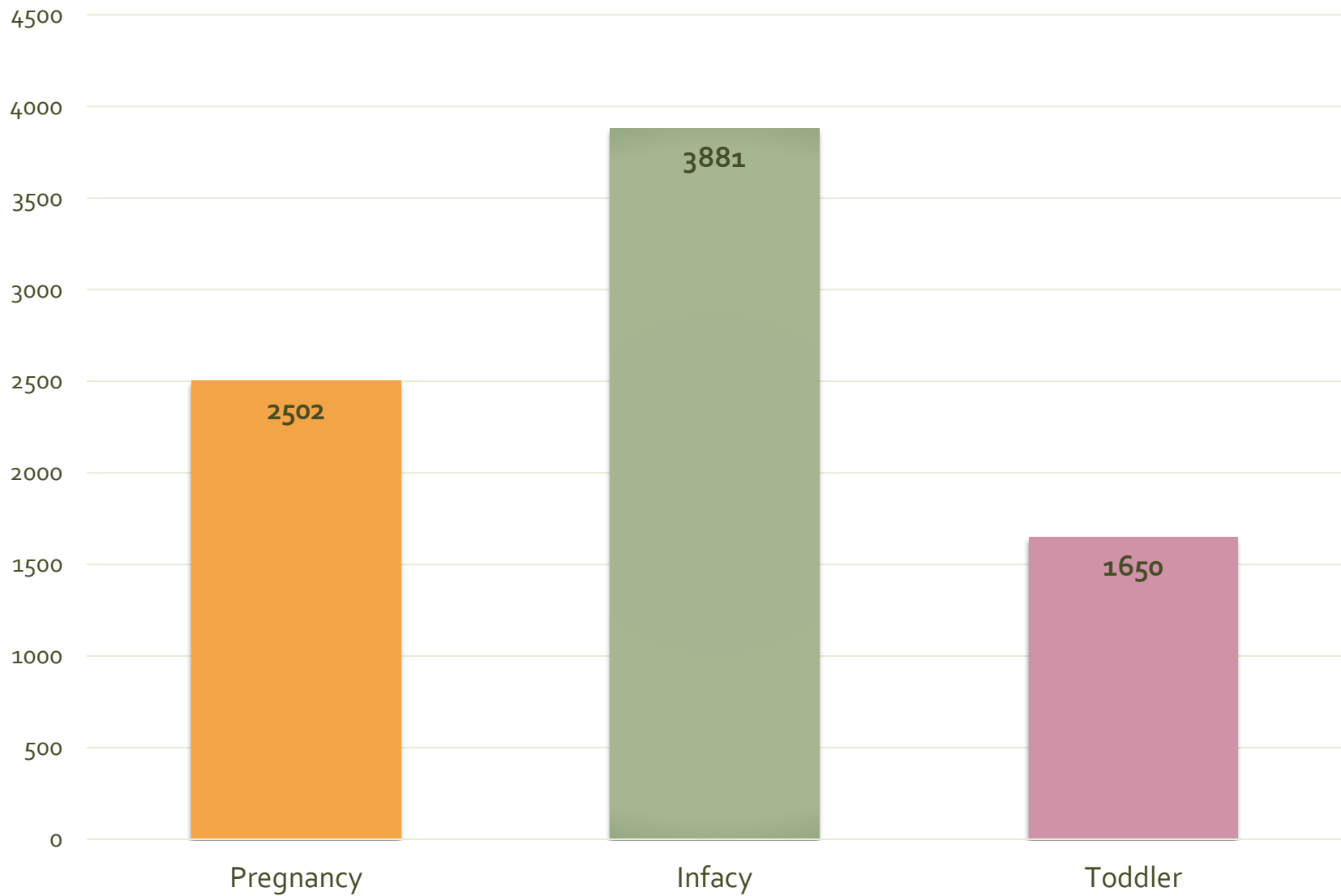
LOCATION

11 neighborhoods in Sofia

7 neighborhoods in Plovdiv

COMPLETED HOME VISITS

Finished home visits by program phase



COMPLETED HOME VISITS

Sofia – 6679 visits

Home visits - 5211

Telehealth - 1468

Plovdiv – 1354 visits

Home visits - 819

Telehealth - 535

Data on completed home visits

Sofia – 5211 | Plovdiv – 819

Average length of home visits – 68 min.

Sofia – 68 min. | Plovdiv – 67 min.

Percent of visits 1-to-1 (only nurse and client) – 53%

Sofia – 55% | Plovdiv – 33%

Percent of visits where a health mediator is present – 5%

Sofia – 5% | Plovdiv – 6%

Percent of visits in client's home – 93%

Sofia – 92% | Plovdiv – 96%



Telehealth

Before COVID-19:

Telehealth visits - 10%;

Home visits – 90%

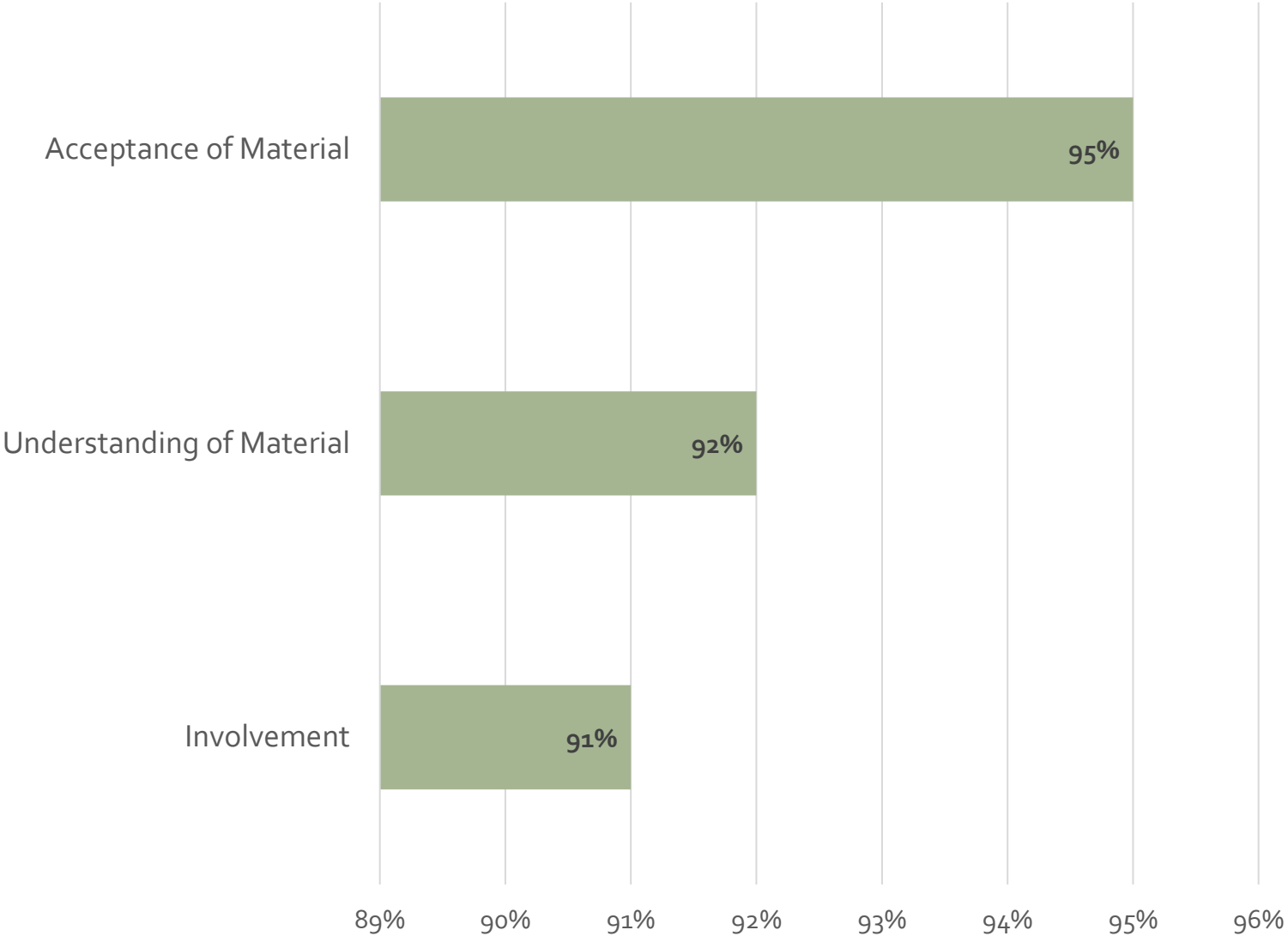
Period March 2020- March 2021:

Total number of conducted visits for the period **2940**

1495- telehealth (51%)

1445 - home visits (49%)

Client's involvement in home visits

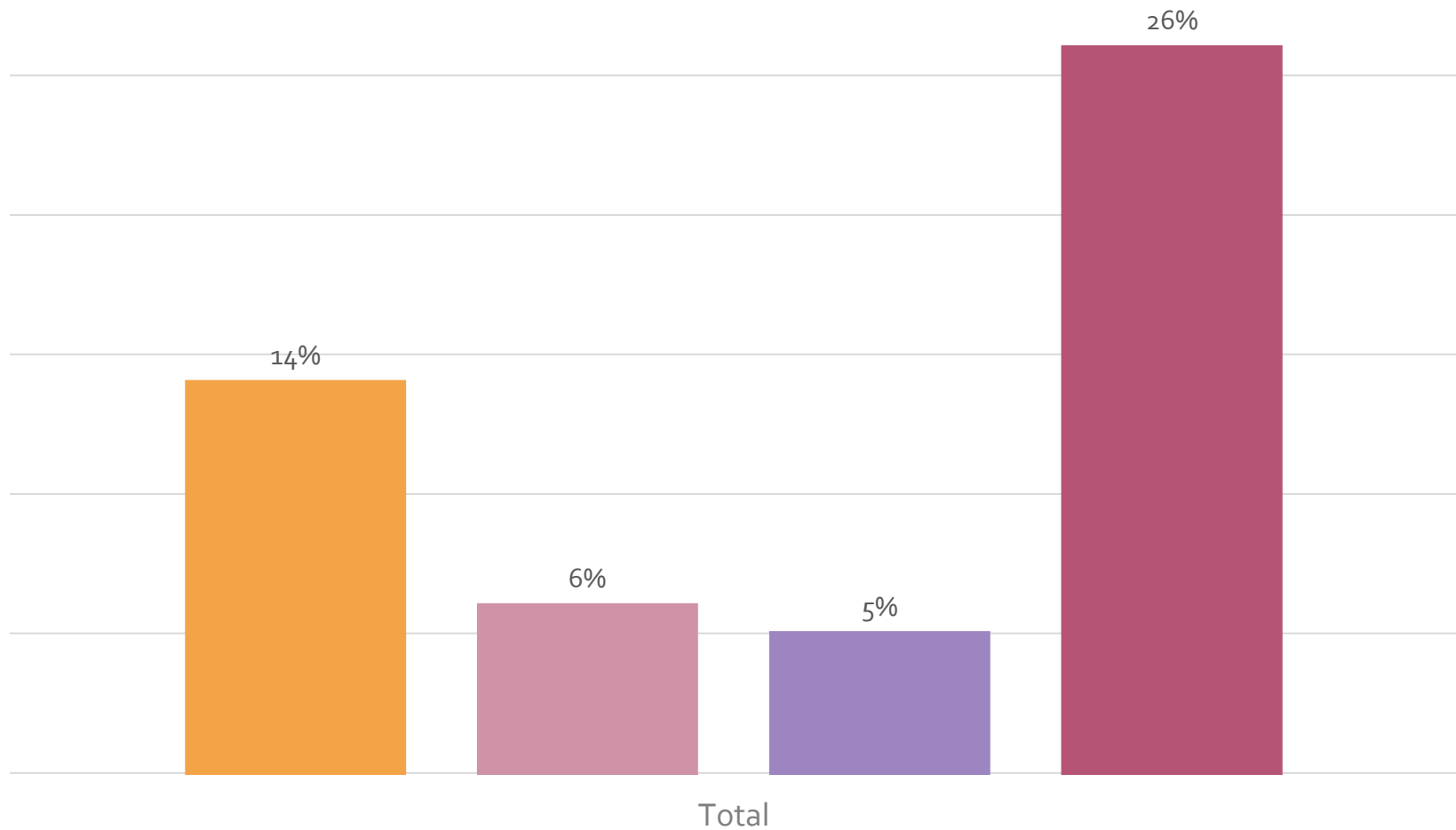


INVOLVEMENT
IN HOME VISITS

PARTICIPANTS IN HOME VISITS

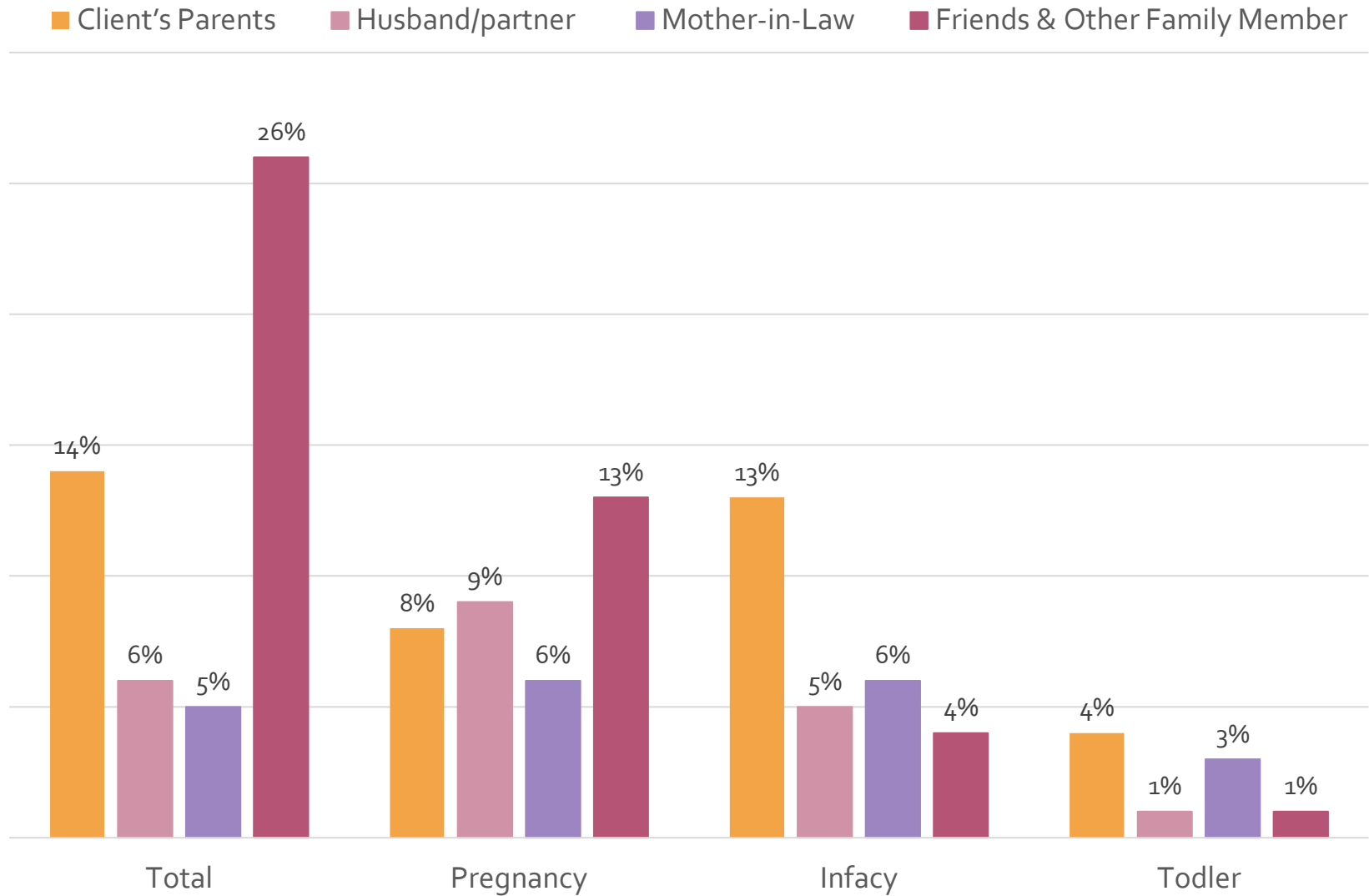
Other participants in home visits

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

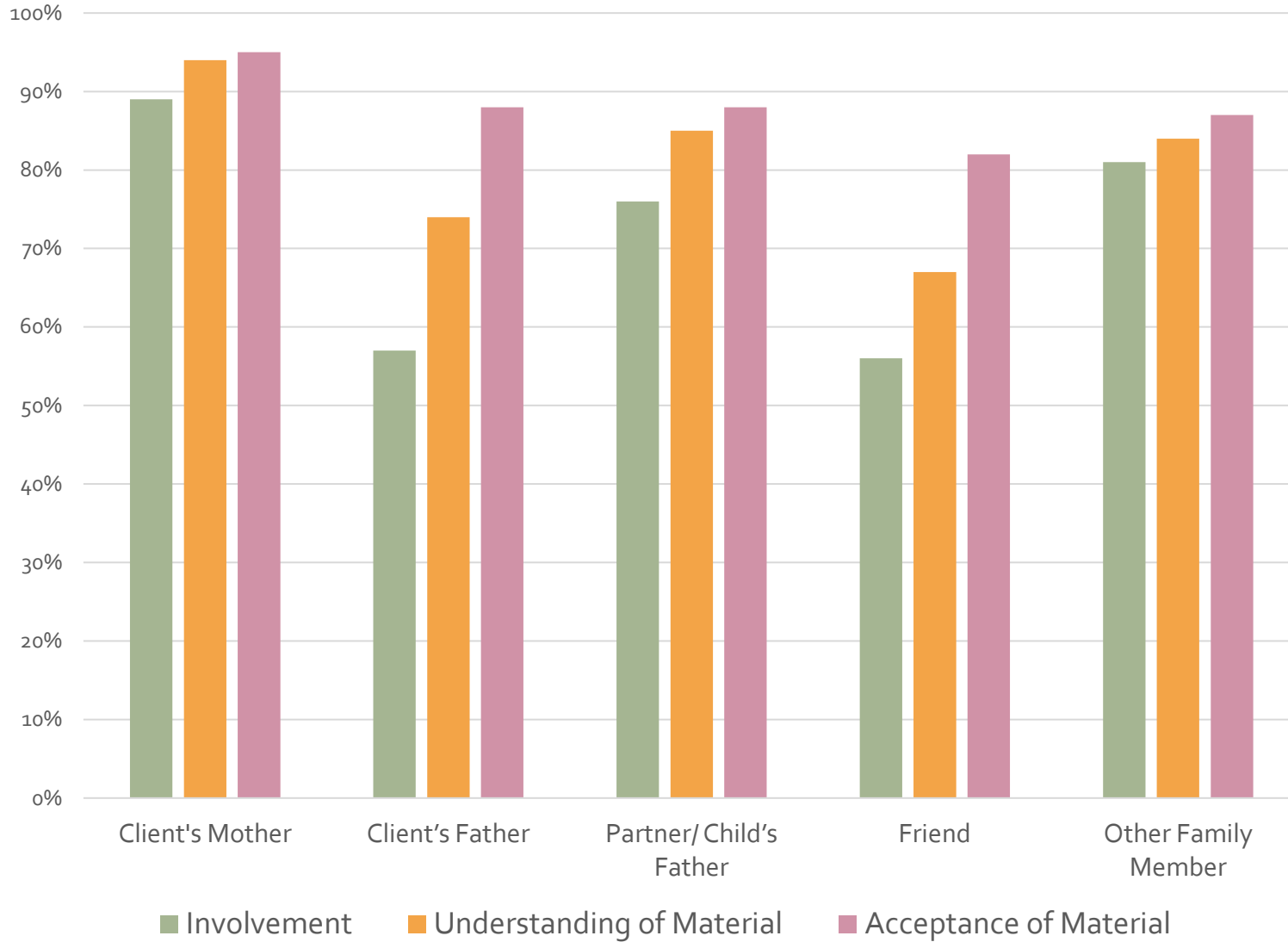


PARTICIPANTS IN HOME VISITS BY PHASE

Other participants in home visits by program phase



All participants' involvement in home visits



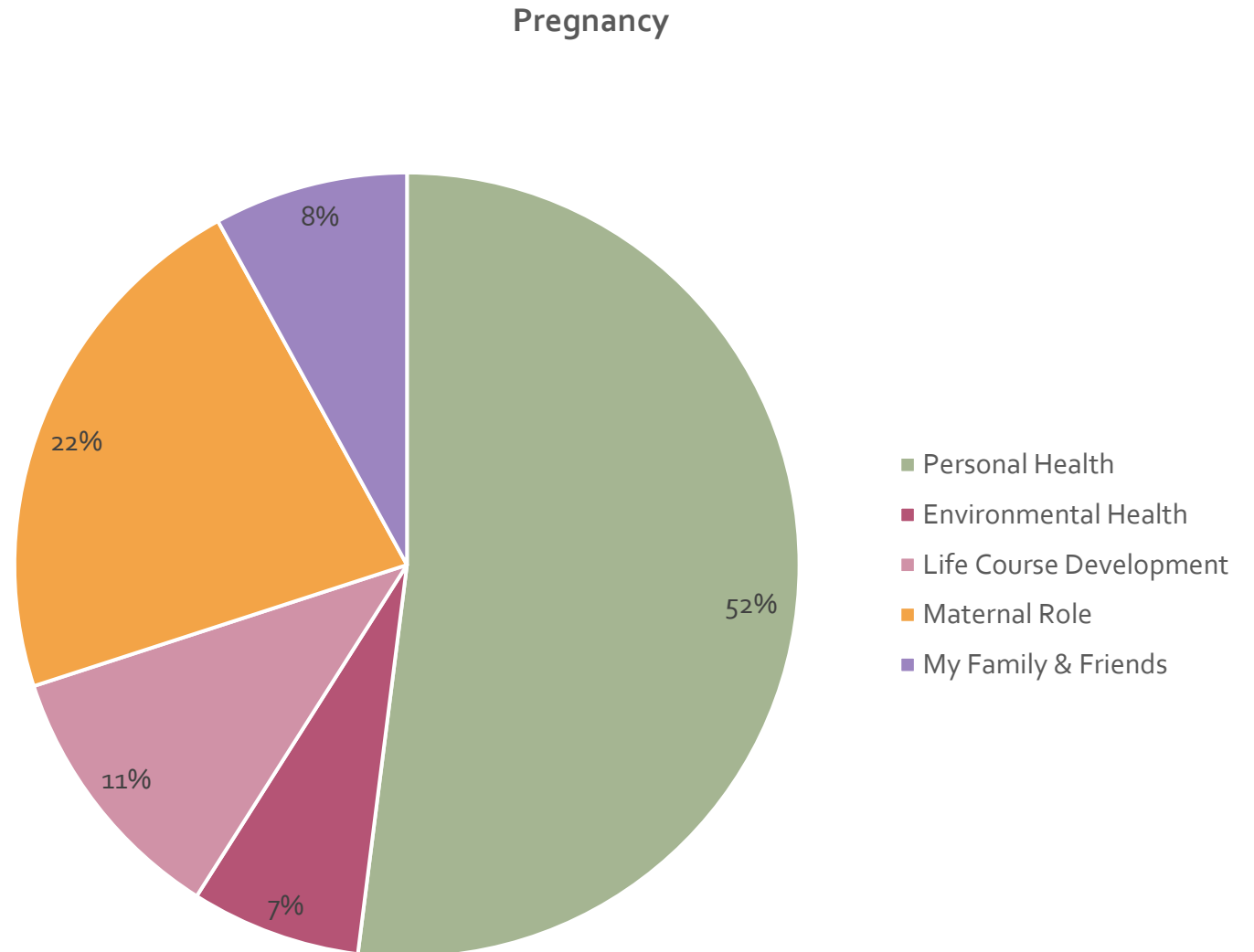
INVOLVEMENT
IN HOME VISITS

MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

PREGNANCY PHASE

Area	Bulgaria	NFP Objective
Personal Health	52% ↑	35-40%
Maternal Role	22% ↓	23-25%
Environmental Health	7% ↑	5-7%
My Family & Friends	8% ↑	10-15%
Life Course Development	11%	10-15%

*arrows show trends against last annual report data

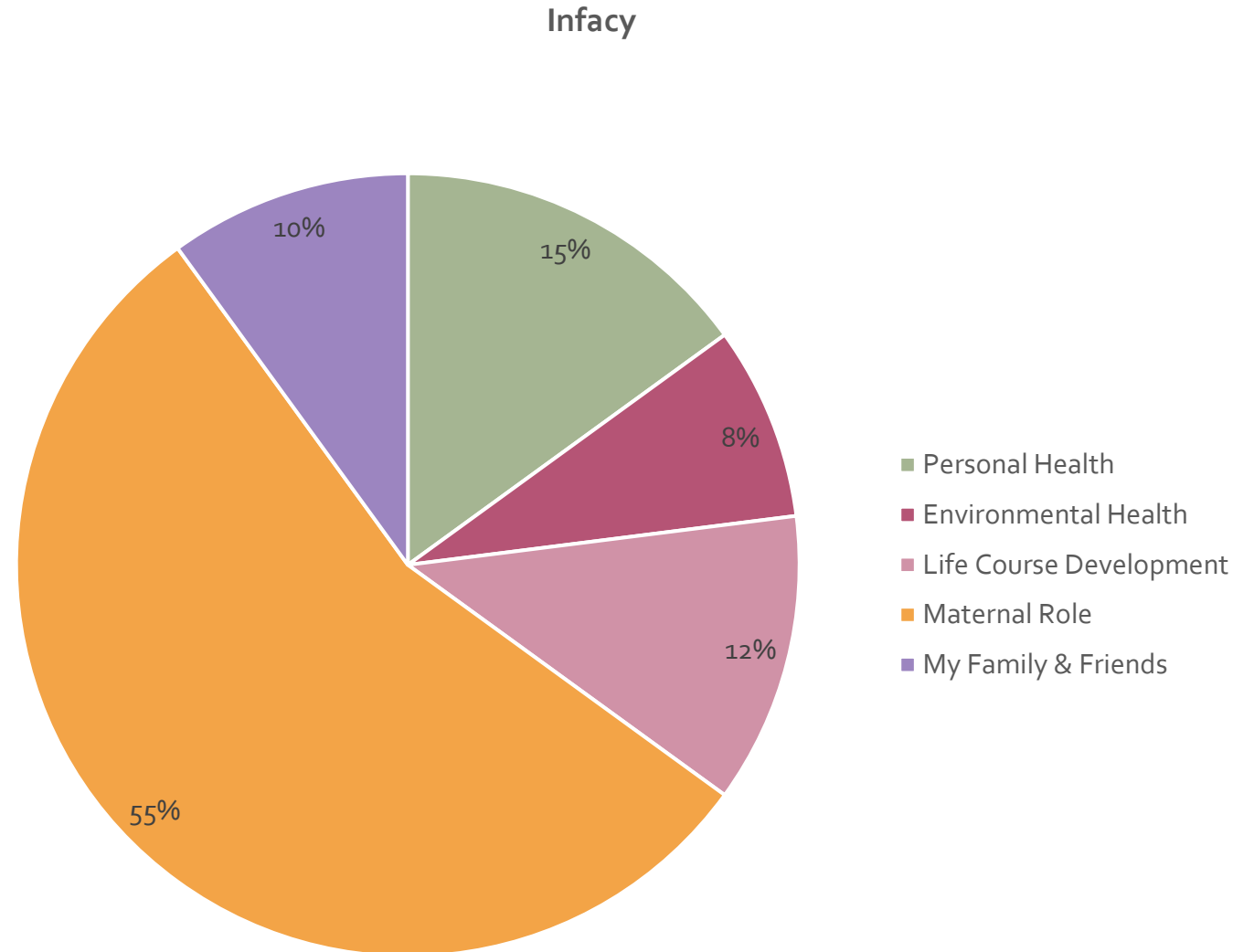


MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

INFANCY PHASE

Area	Bulgaria	NFP Objective
Personal Health	15%	14-20%
Maternal Role	55%↓	45-50%
Environmental Health	8%↑	7-10%
My Family & Friends	10% ↑	10-15%
Life Course Development	12%	10-15%

*arrows show trends against last annual report data

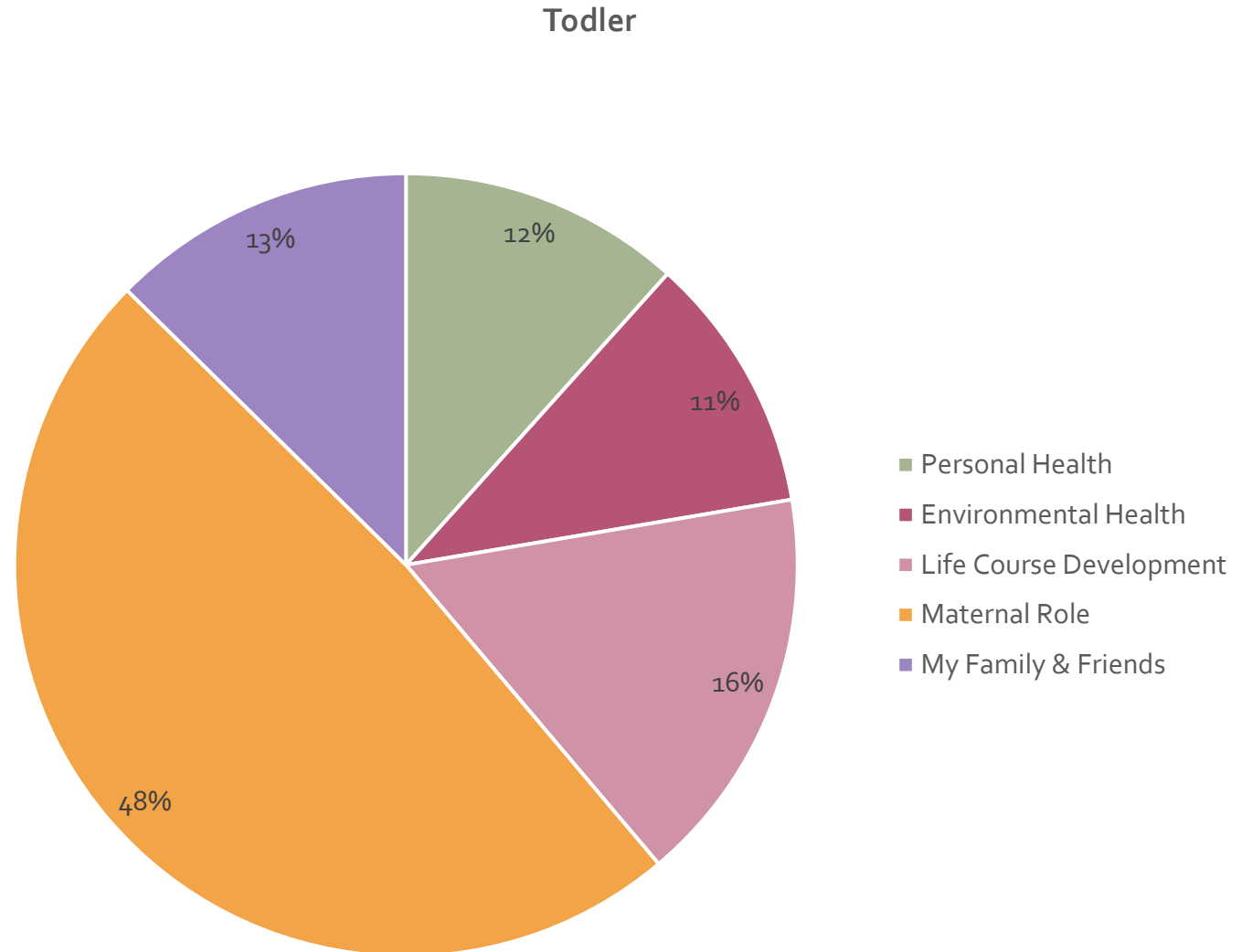


MEAN PERCENTAGE OF TIME SPENT ON EACH DOMAIN

TODDLER PHASE

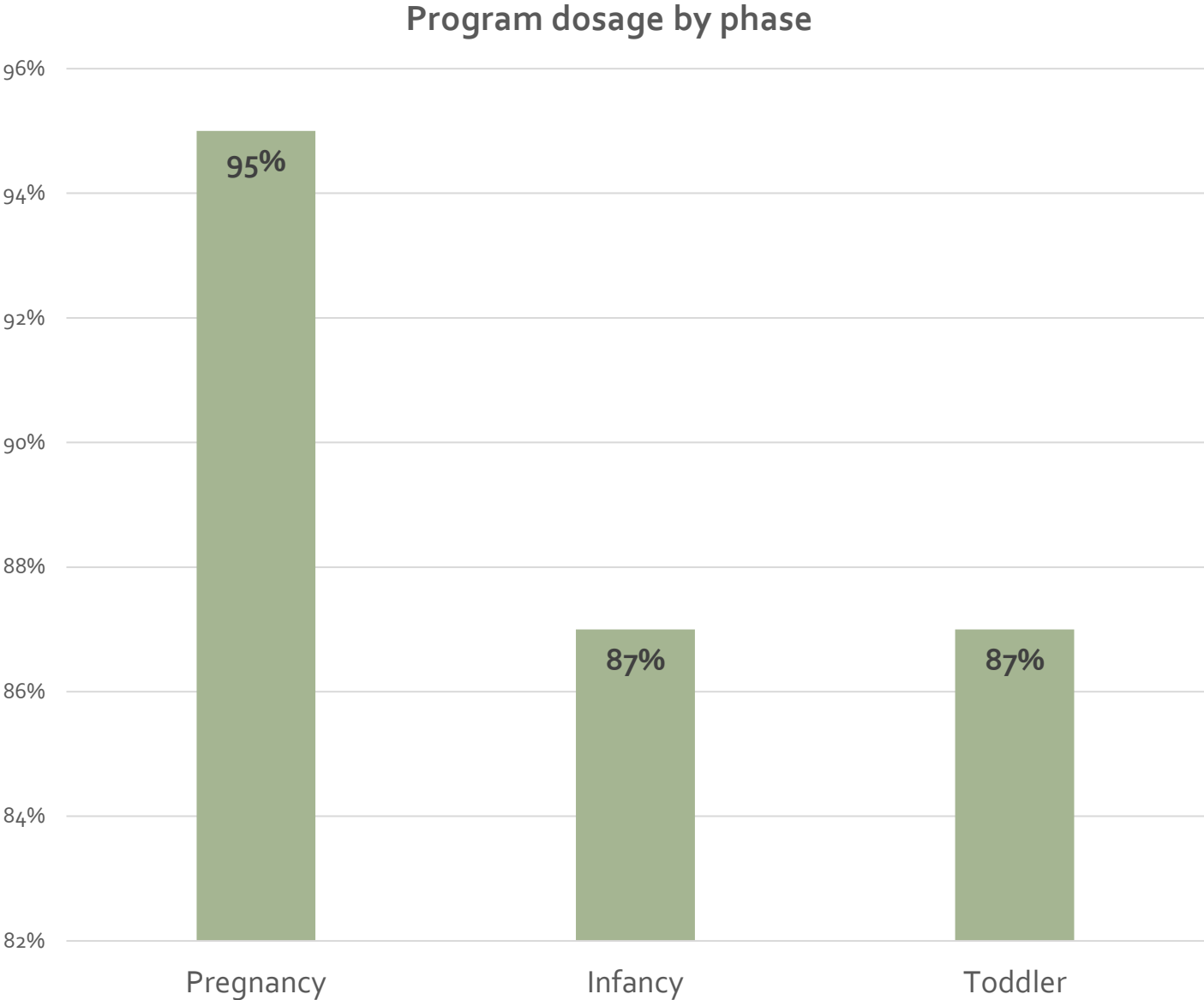
Area	Bulgaria	NFP Objective
Personal Health	12%	10-15%
Maternal Role	48%↓	40-45%
Environmental Health	11%	7-10%
My Family & Friends	13%	10-15%
Life Course Development	16%↑	18-20%

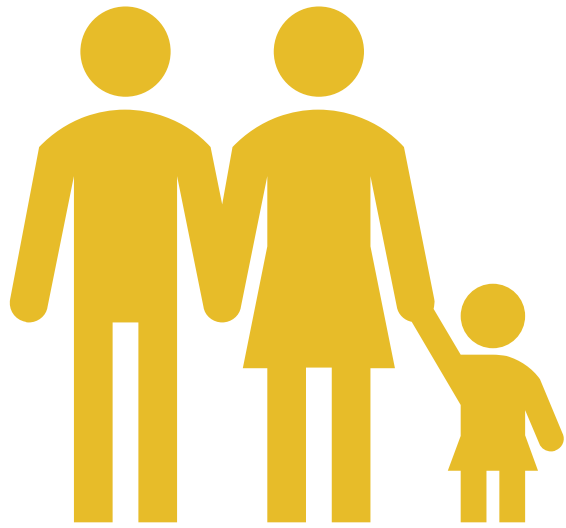
*arrows show trends against last annual report data



PROGRAM DOSAGE

Program dosage	Pregnancy 193	Infancy 121	Toddler 69
Below 60%	19 (10%)	12 (10%)	8 (12%)
100% or above	66 (34%)	20 (17%)	19 (27%)



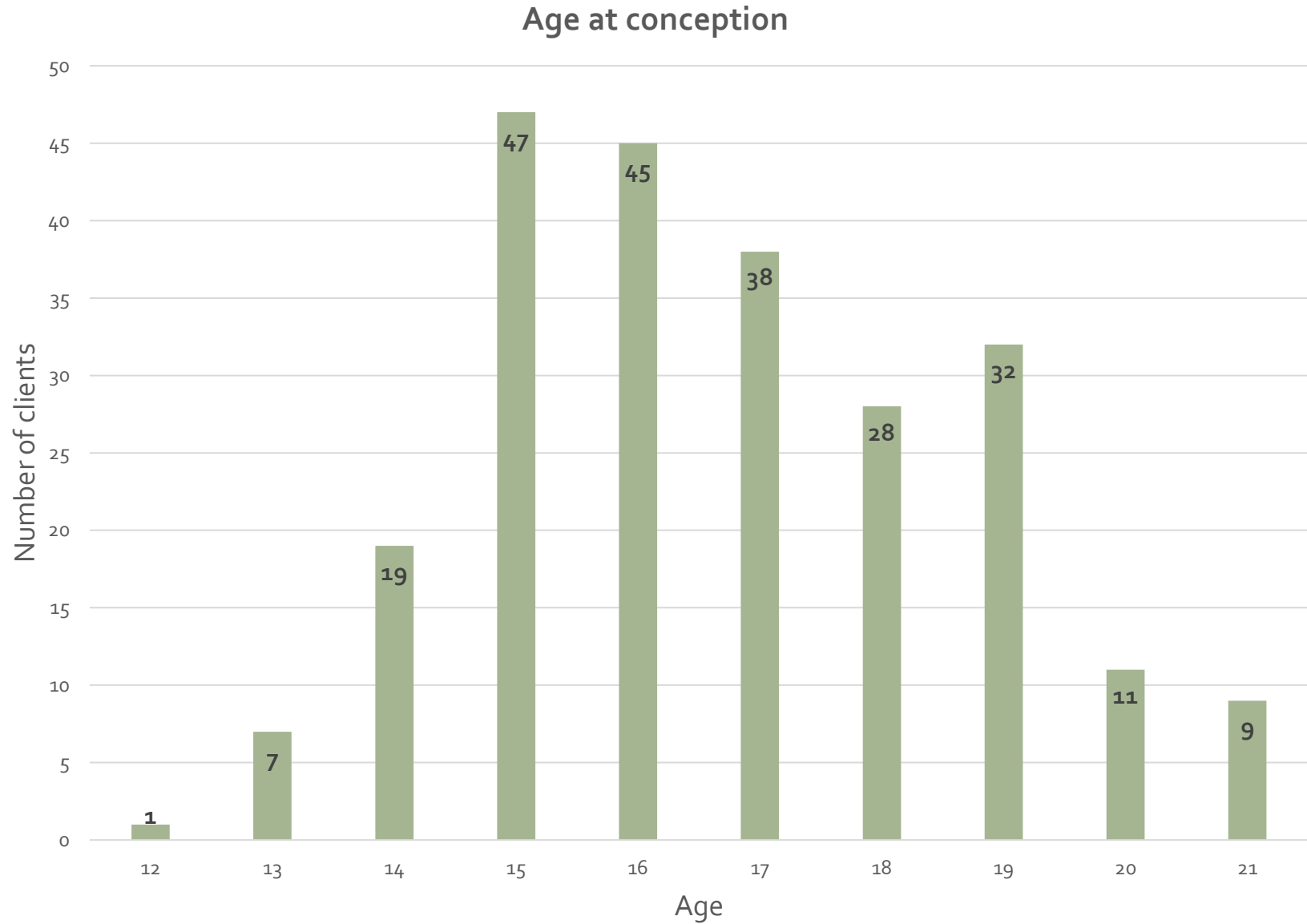


CLIENT CHARACTERISTICS

(2016 – 2021)

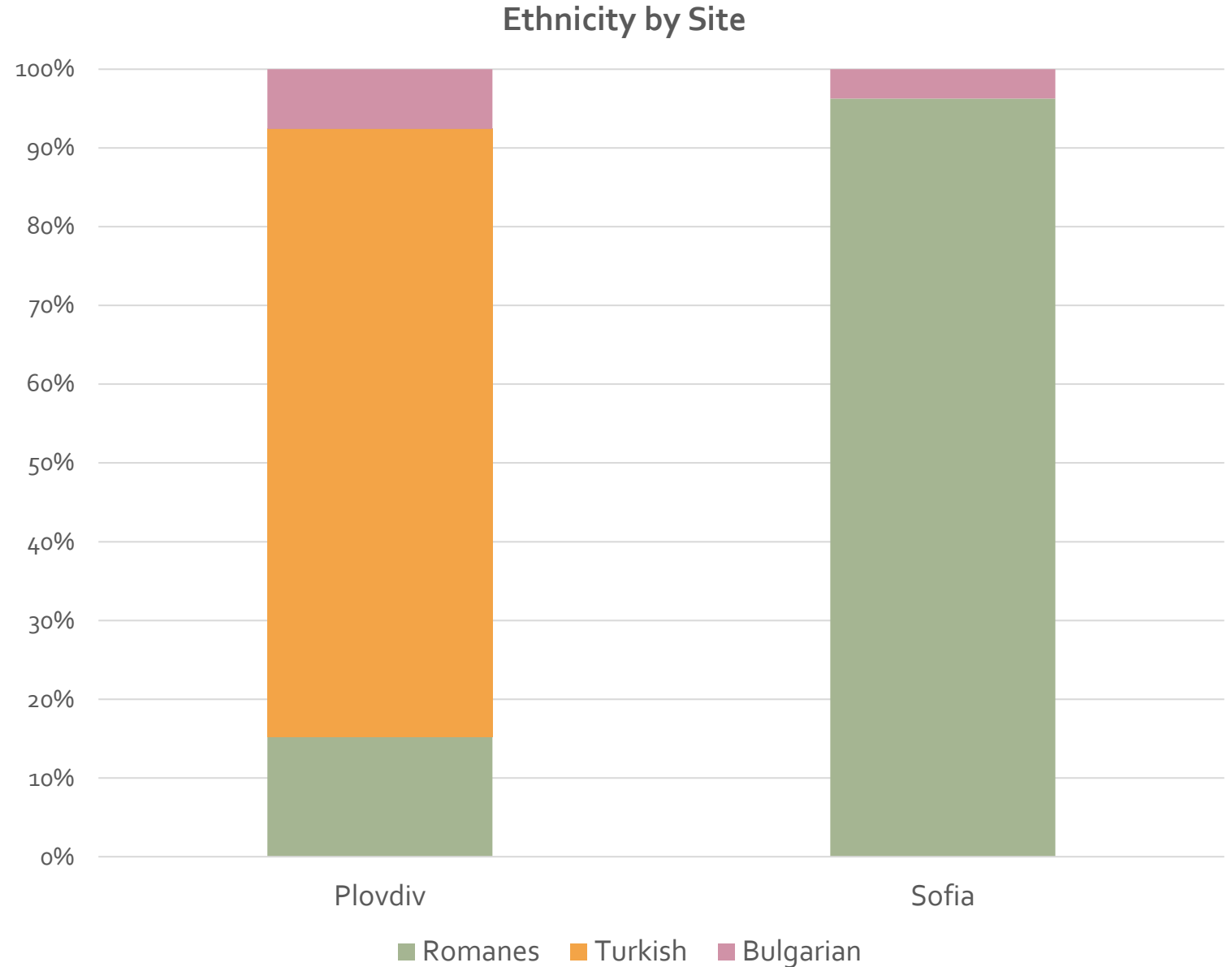
AGE AT CONCEPTION

Average age **16**

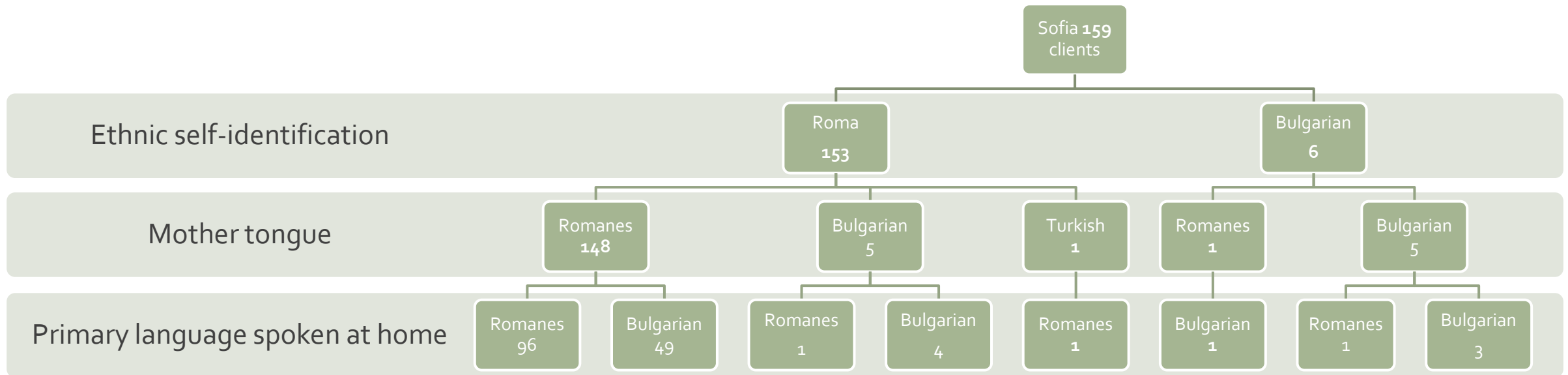


CLIENT CHARACTERISTICS

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.

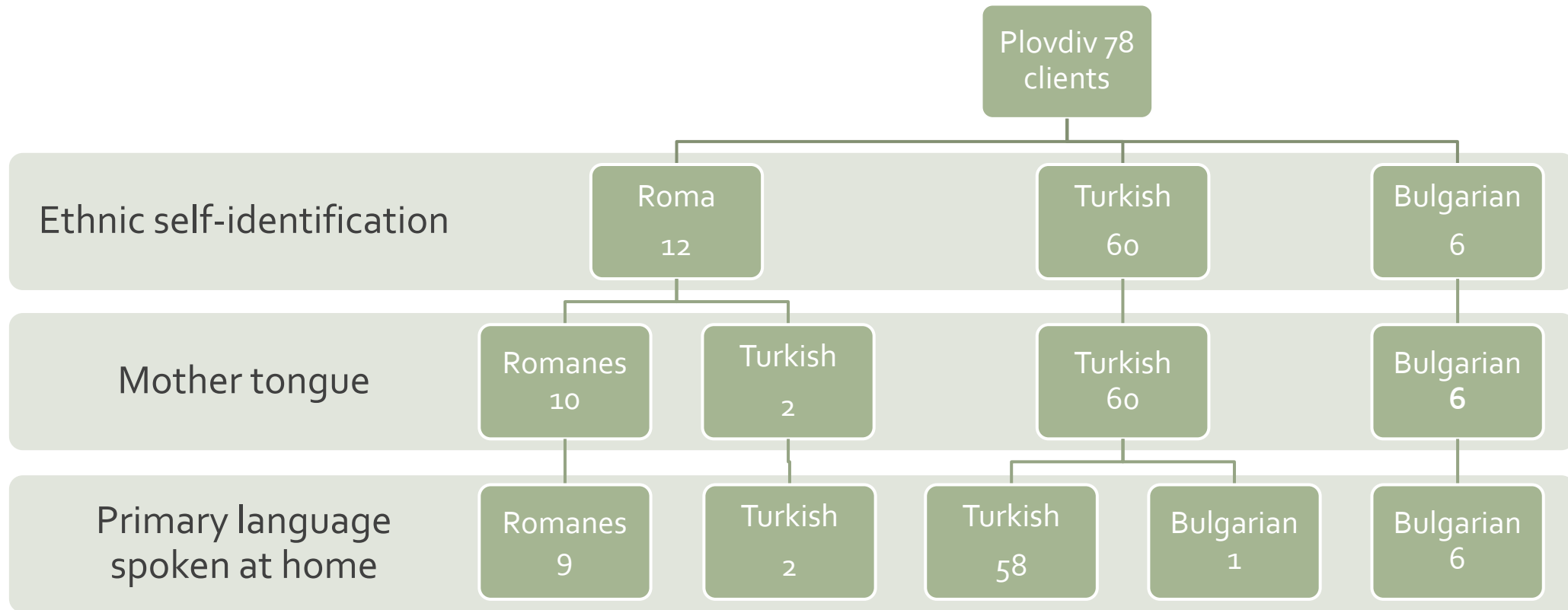


Sofia



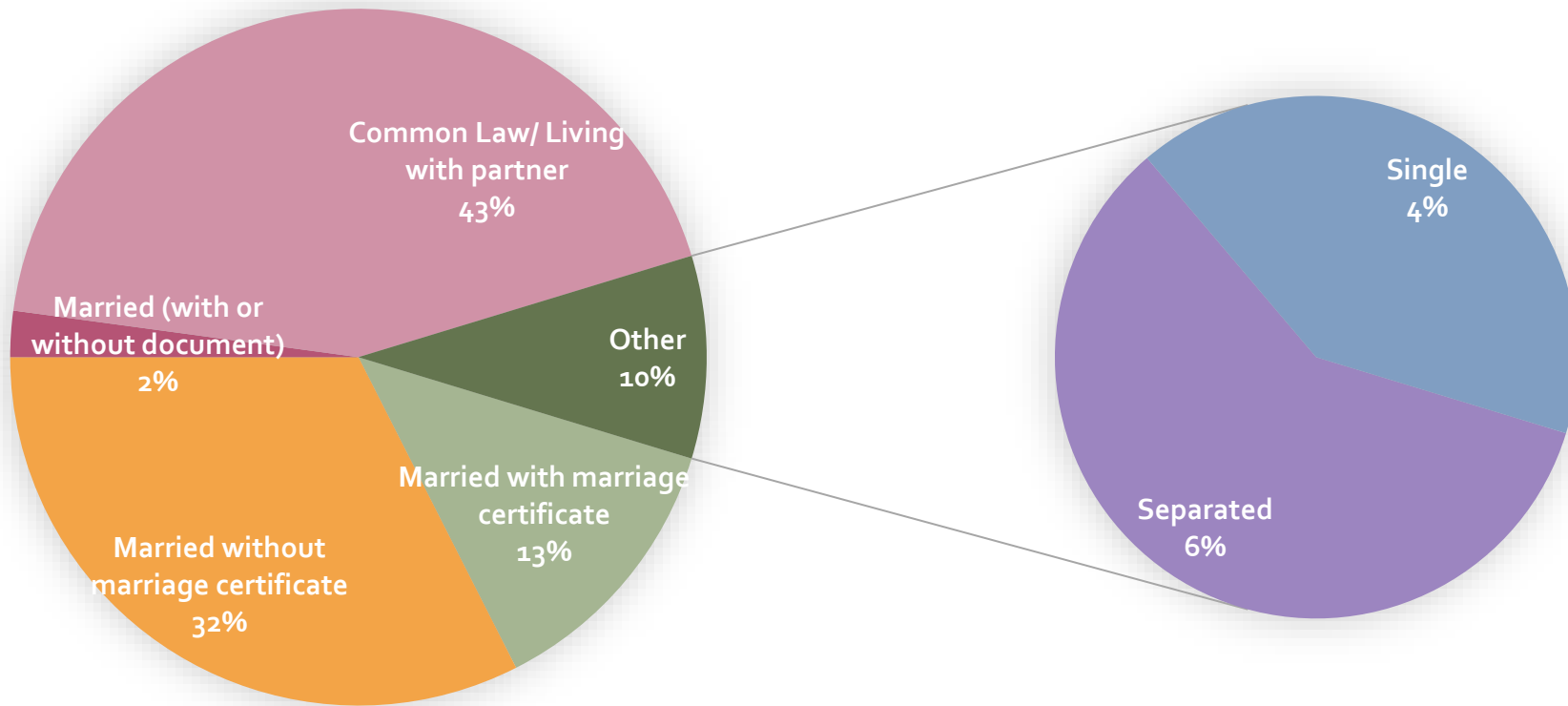
*data about primary language spoken at home is missing for 3 clients

Plovdiv



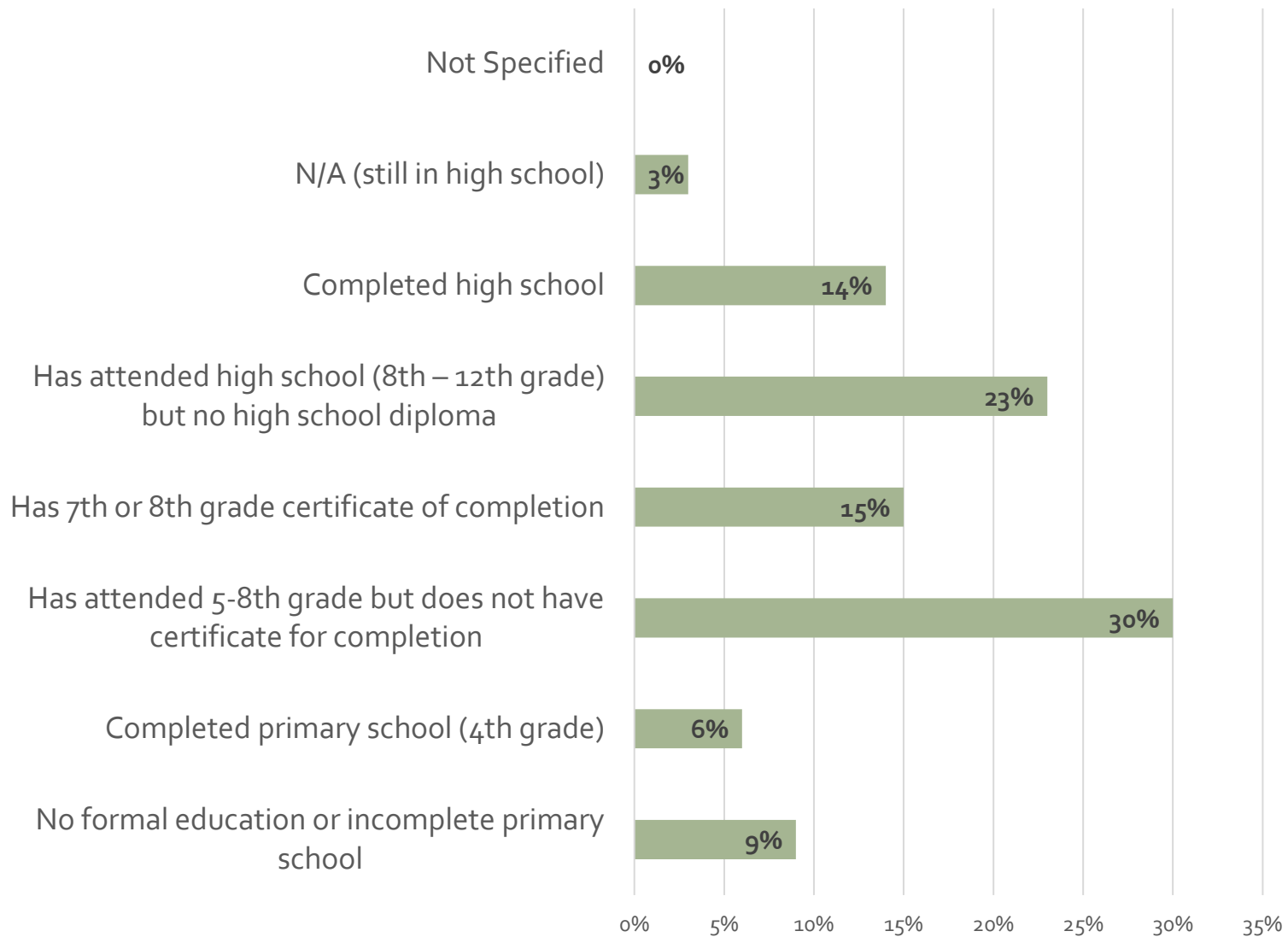
*data about primary language spoken at home is missing for 2 clients

MARITAL STATUS



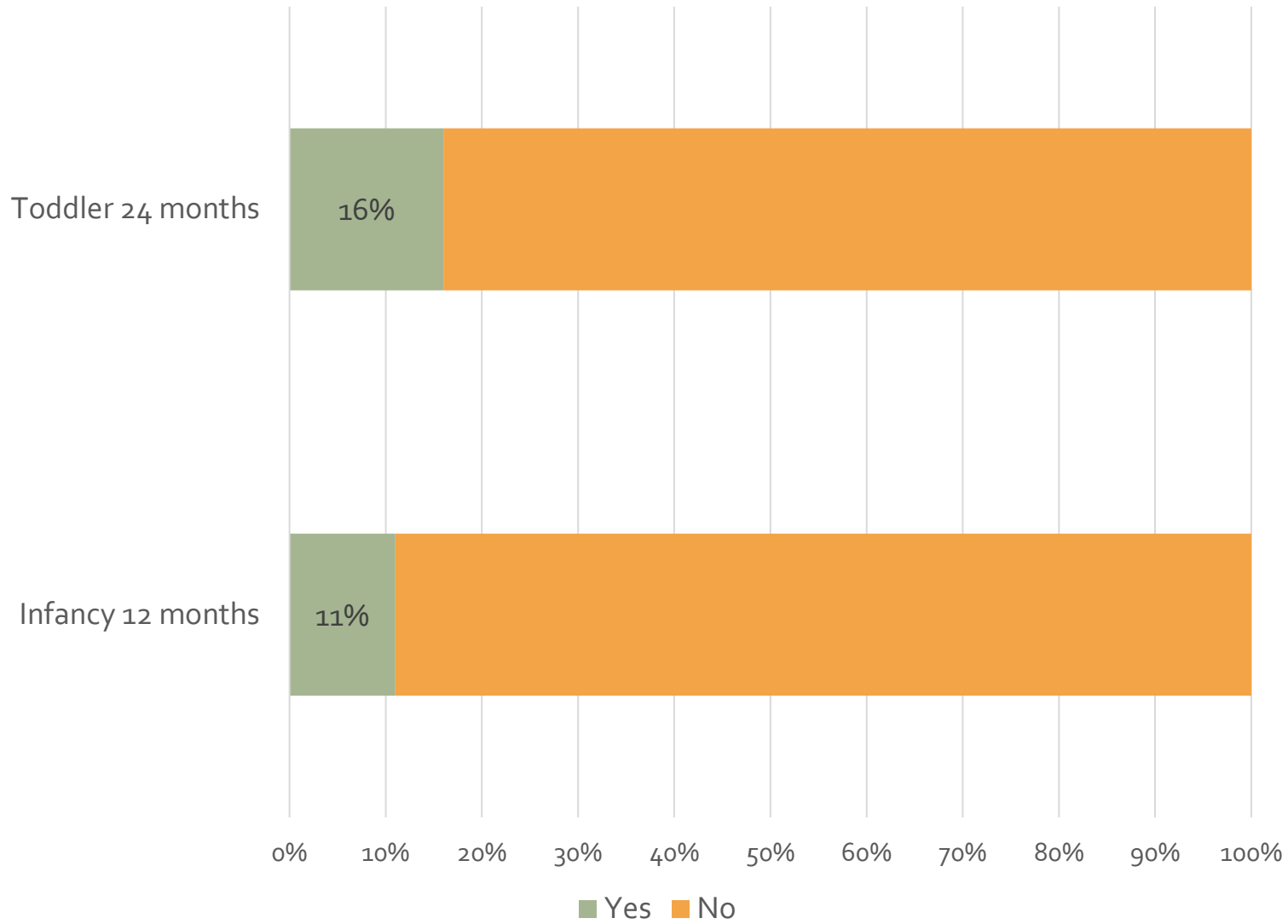
One specific in the served community is that they consider themselves married even if they do not have marriage certificate but only have undergone the community's marriage rituals. There are legal reprimands for getting married if under certain age and some of the clients do not share what their marital 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. For the last year, the married clients with certificate increased from 10% to 13% and percent of clients living with partner decreased from 51% to 43%.

Pregnancy Intake



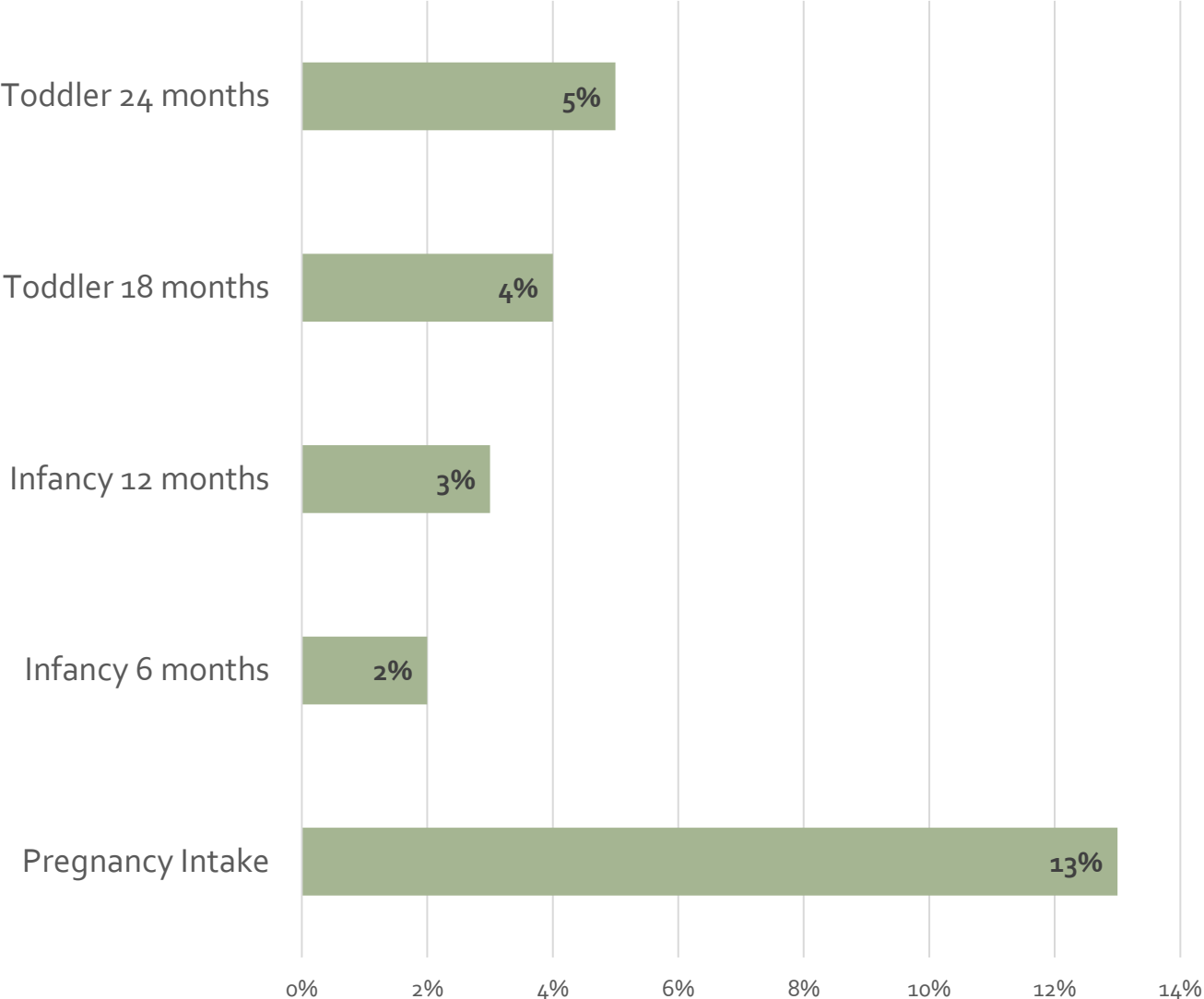
EDUCATION
LEVEL AT
INTAKE

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	2
Working women	7	1	0	4	4
Worked since gave birth	-	1	2	6	9

EMPLOYMENT

MONTHLY INCOME

For 2020 in Bulgaria

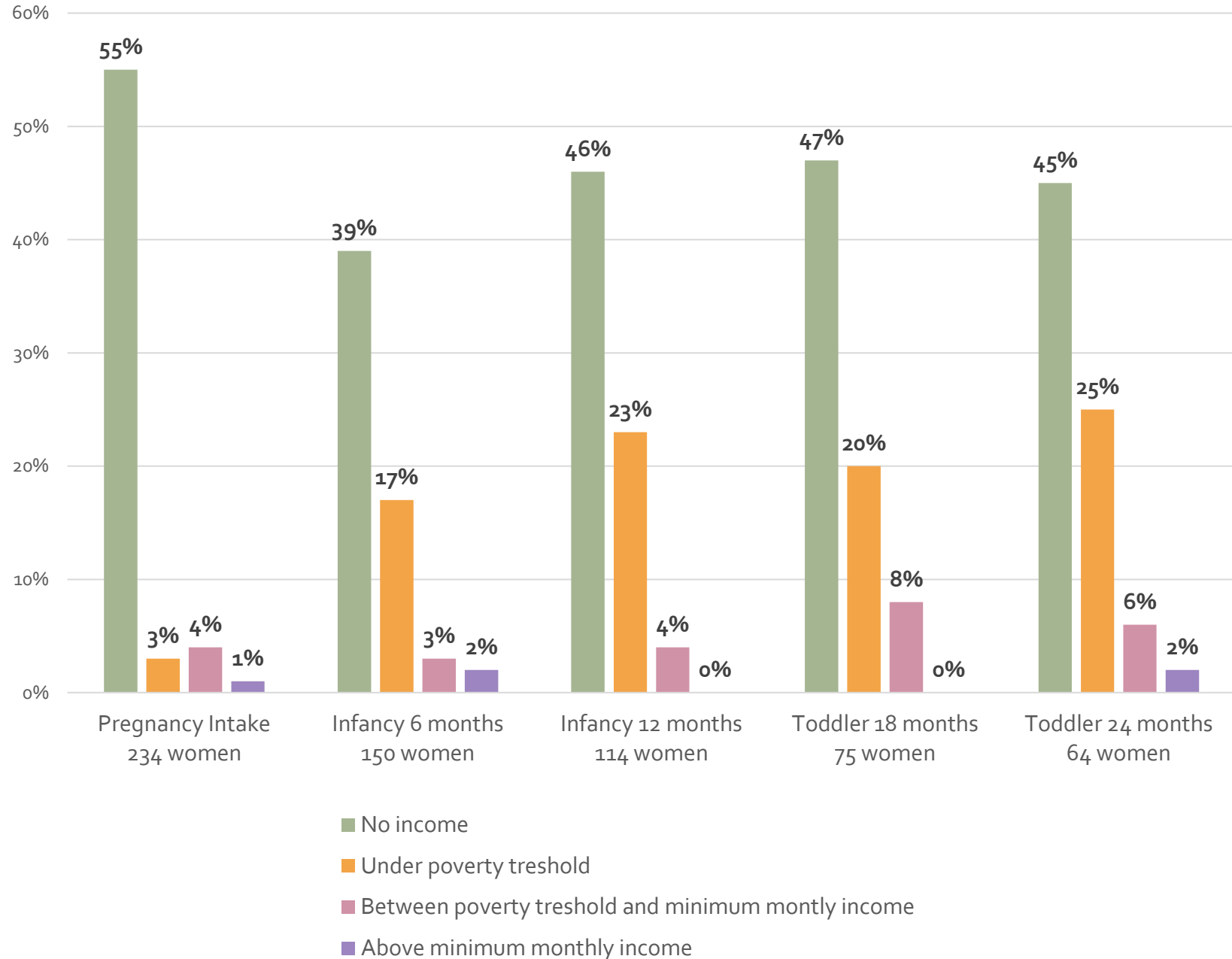
- poverty threshold is \$221 USD

- minimum monthly income is \$372 USD

- average salary is \$803 USD

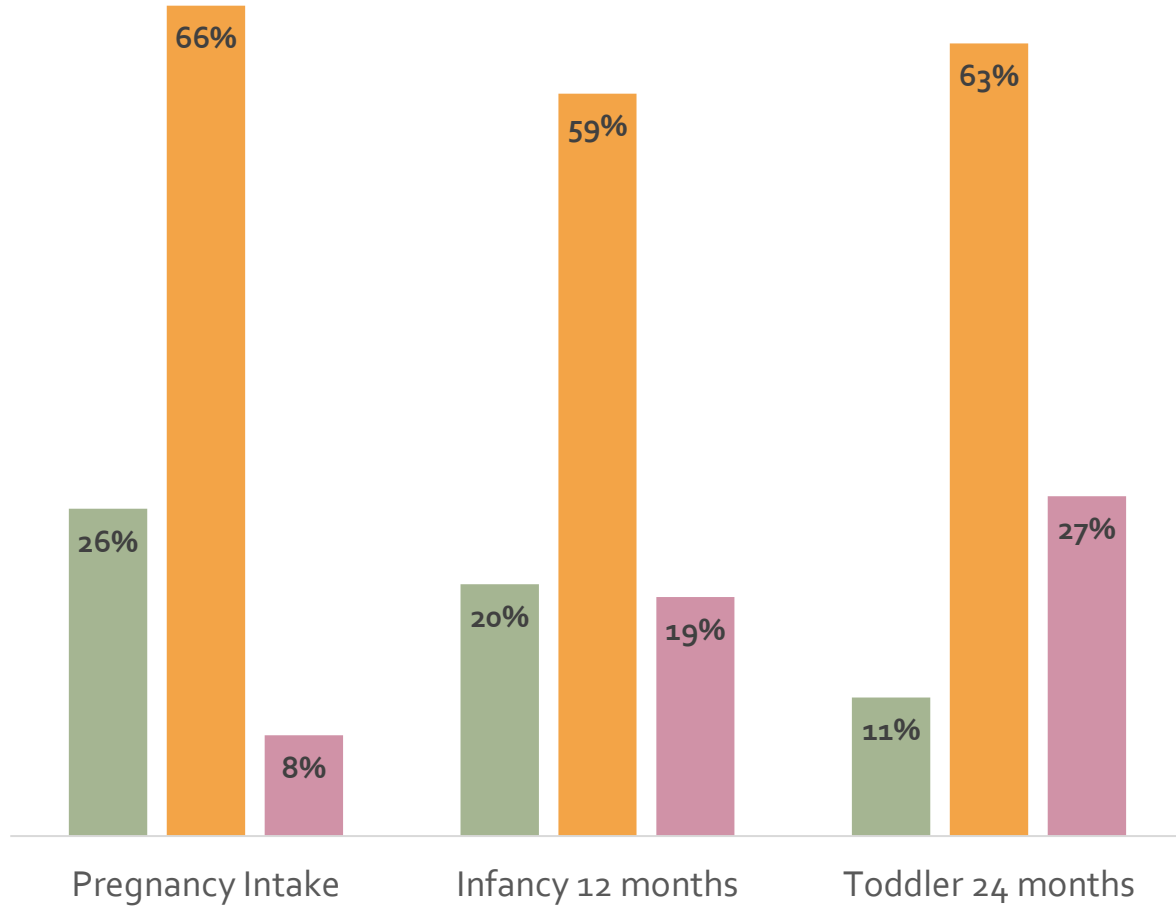
* there is an income increase infancy 12 and toddler 18

% of all women who have shared financial information



Type of housing

■ Flat apartment ■ House ■ Extension to another house



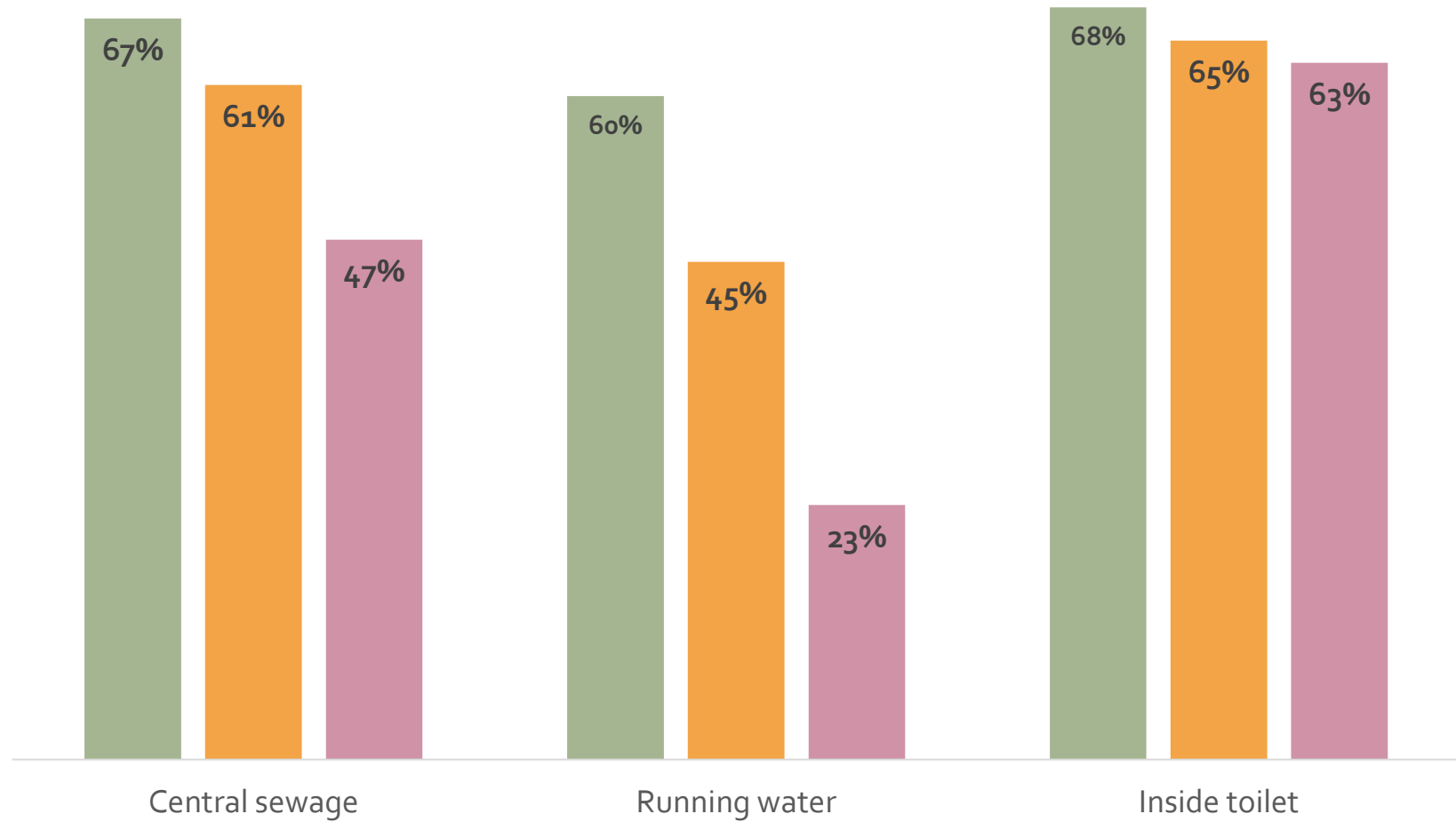
HOUSING

Average number of people living in the household is high and as expected it rises from 4.30 at Intake to 4.75 at Toddler 24 months.

HOUSING CONDITIONS

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

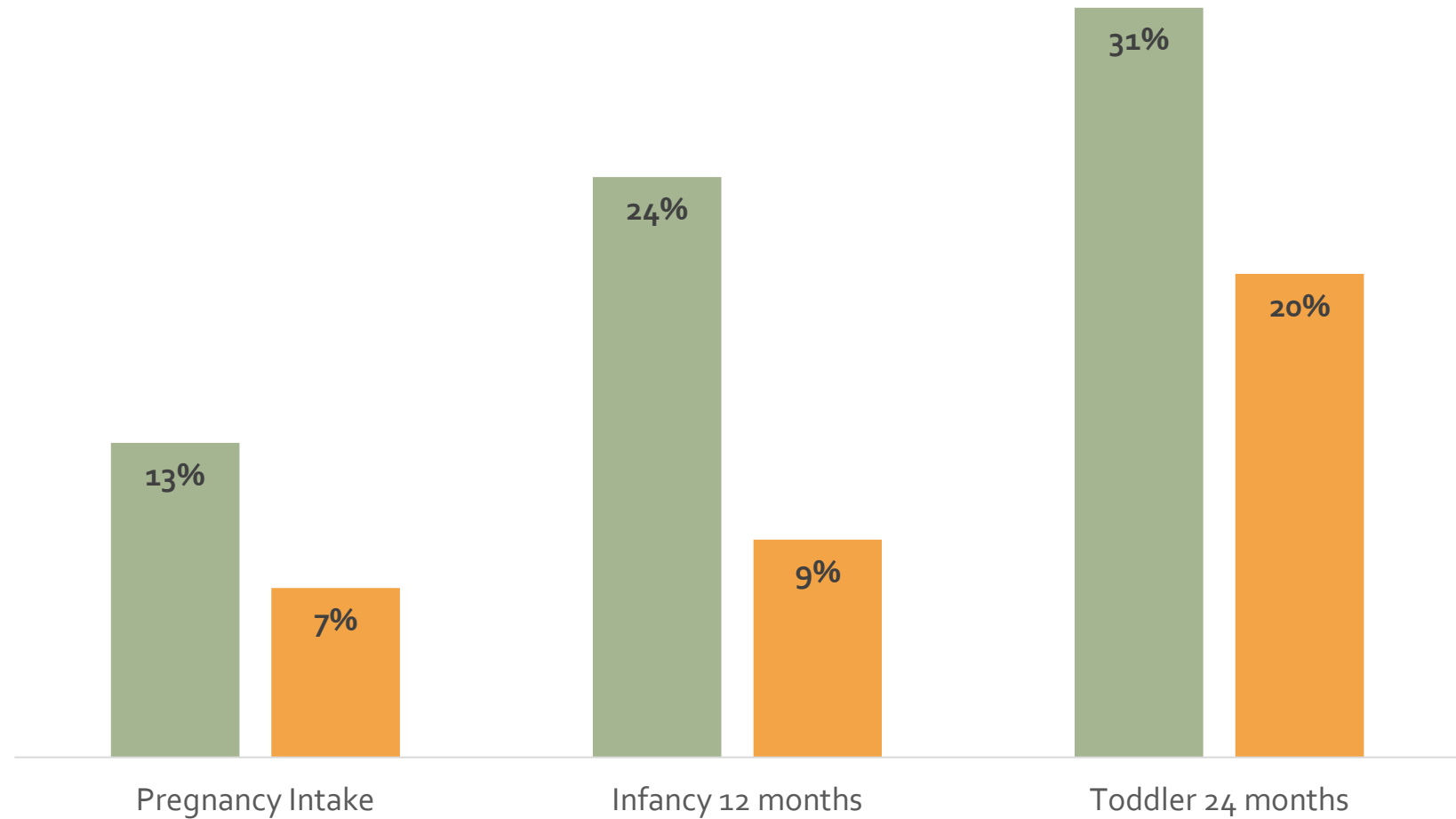
■ Pregnancy Intake ■ Infancy 12 months ■ Toddler 24 months



HOUSING CONDITIONS

Mold present in the home

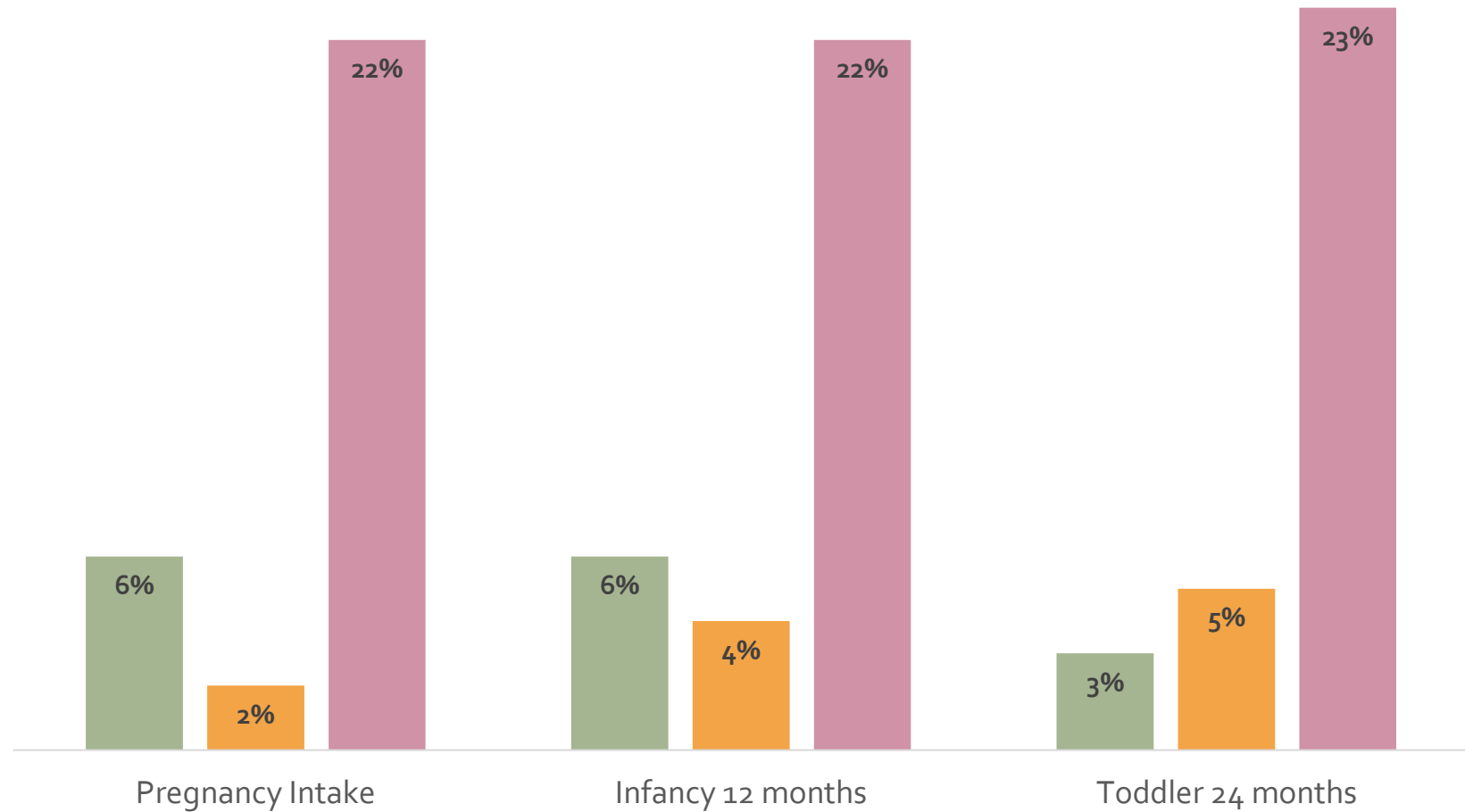
- Yes, including in the bedroom or sleeping space
- Yes, but not in the bedroom or sleeping space



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

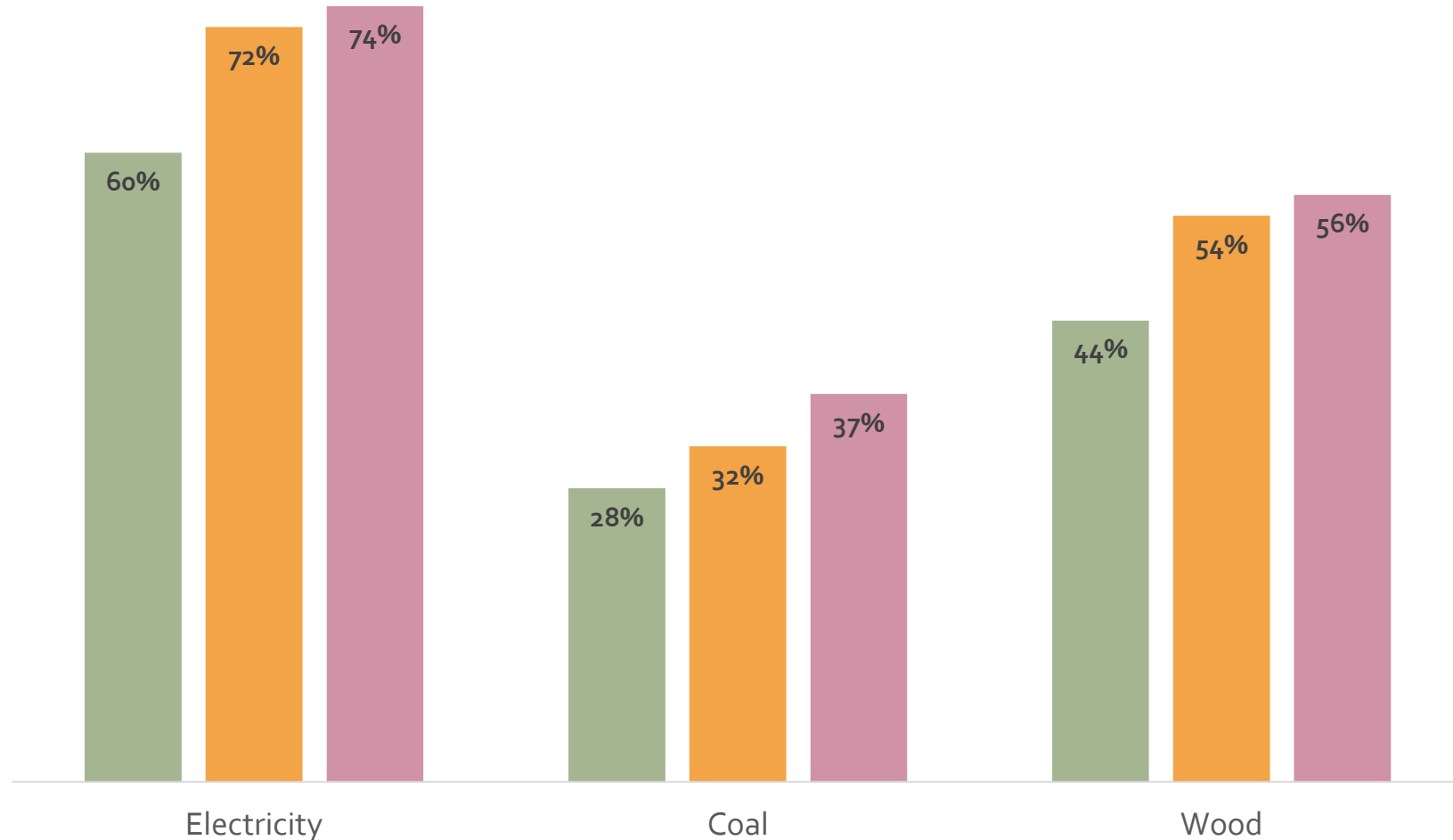


HOUSING CONDITIONS

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



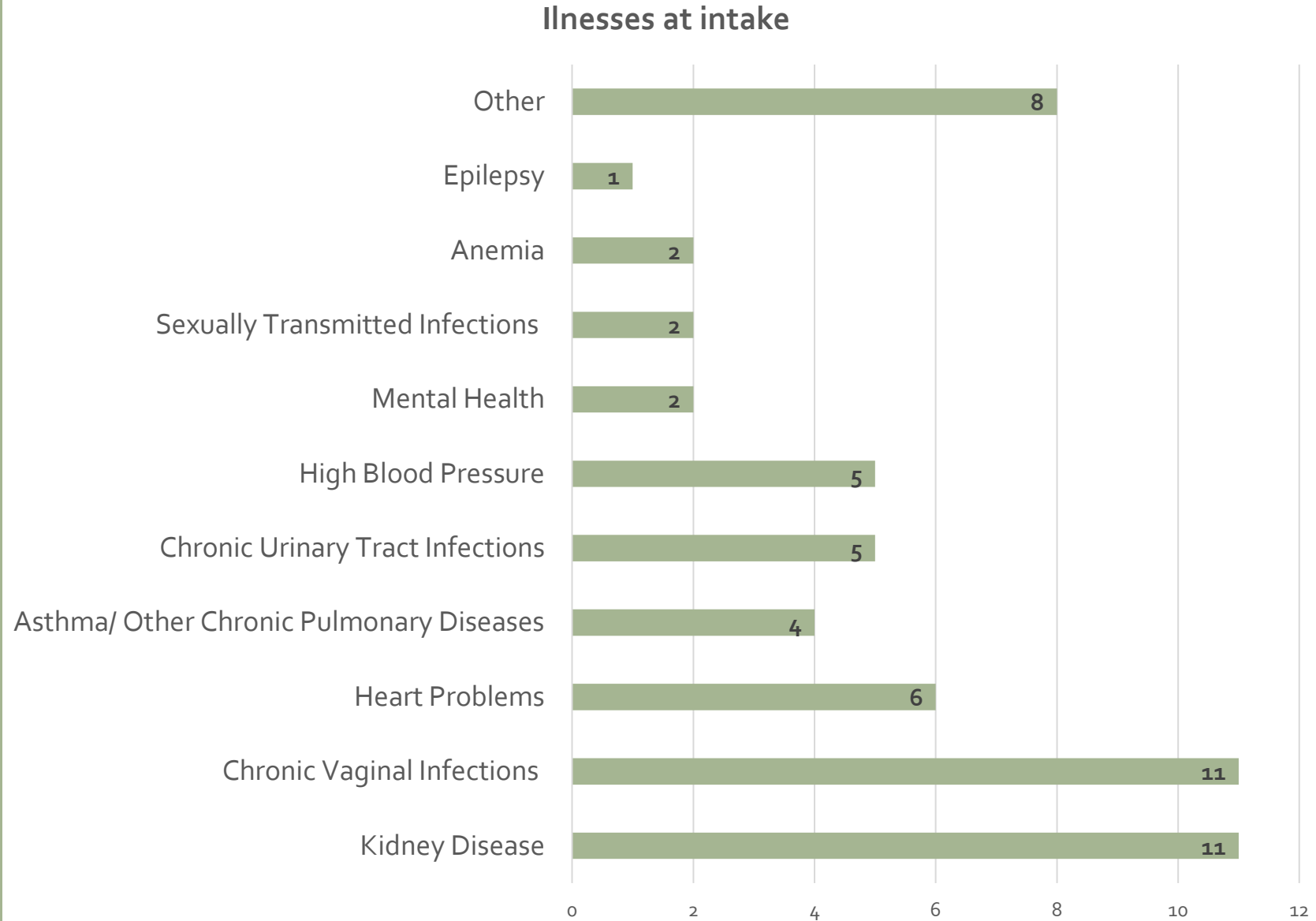


MATERNAL HEALTH AND WELL-BEING

(2016 – 2021)

MATERNAL HEALTH

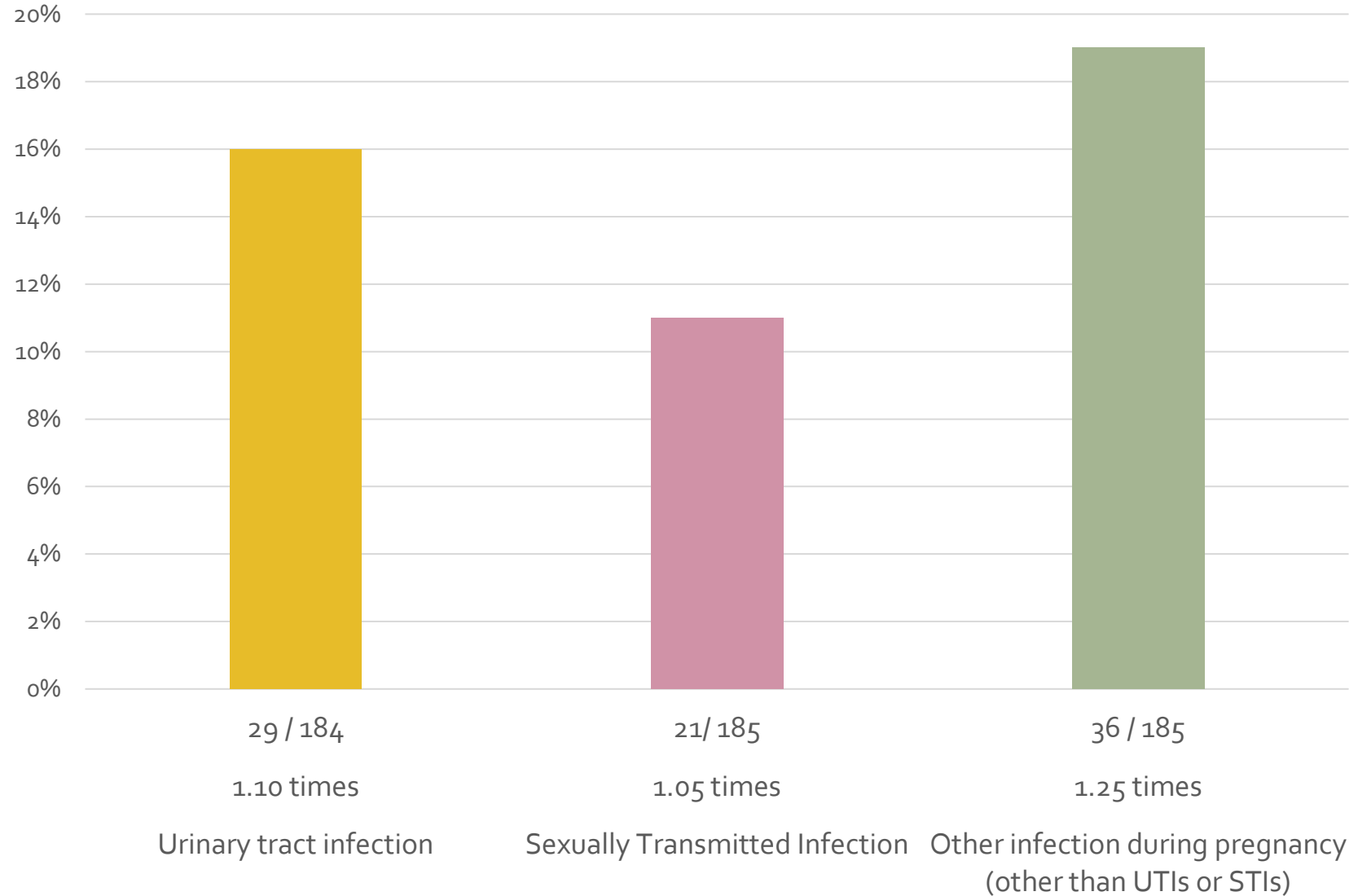
Pregnancy related complications	Number of clients
Chronic Gastrointestinal Diseases	2 / 237
Mental Health	1 / 237
High Blood Pressure	3 / 237
Urinary Tract Infections	1 / 237
Asthma/ Other Pulmonary Diseases	1 / 237
Vaginal infections	2 / 237
Kidney Disease	2 / 237



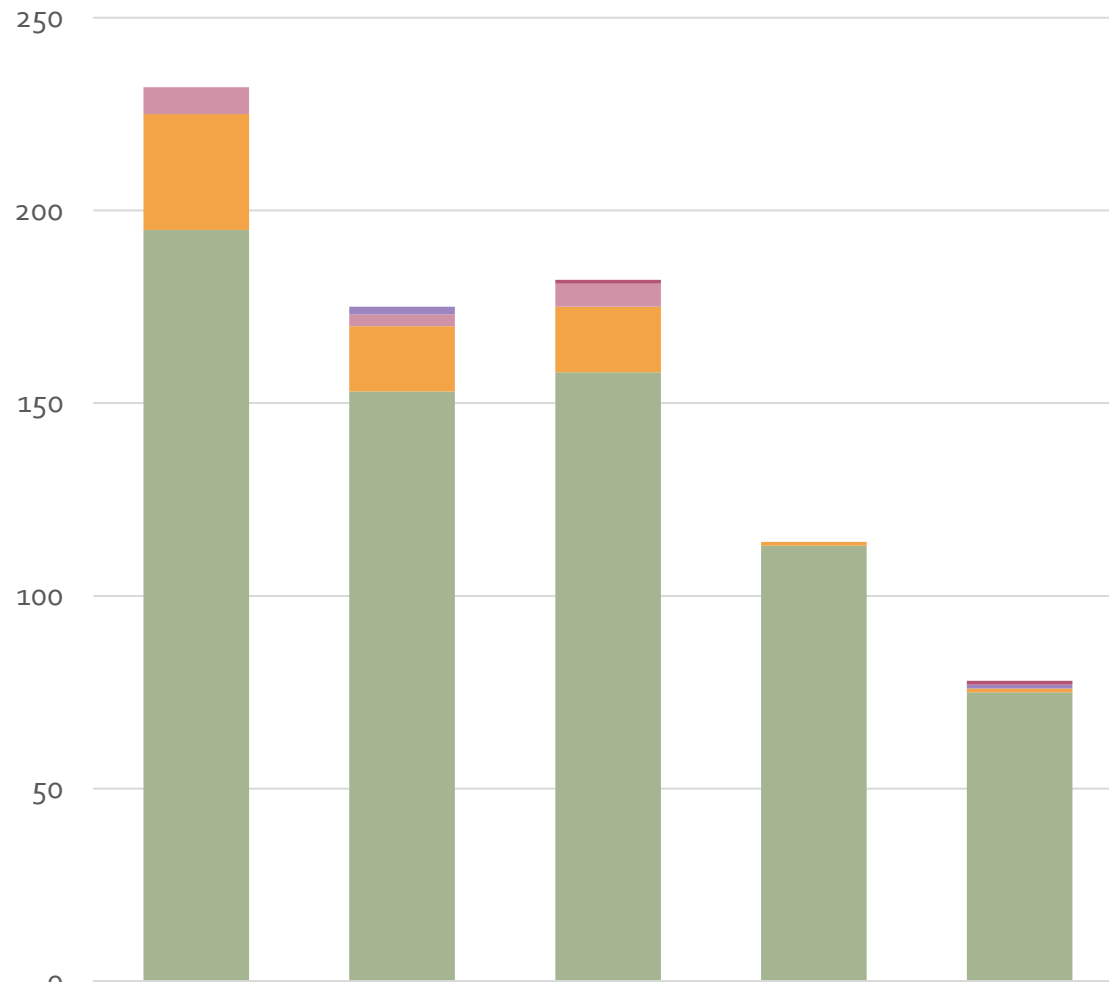
MATERNAL HEALTH

Infections during pregnancy (recorded at intake) on average – 1 time	Number of clients
Urinary tract infections	16 / 232
Sexually transmitted infections	5 / 234
Vaginal infections	29 / 234

Infections during pregnancy (recorded after delivery)

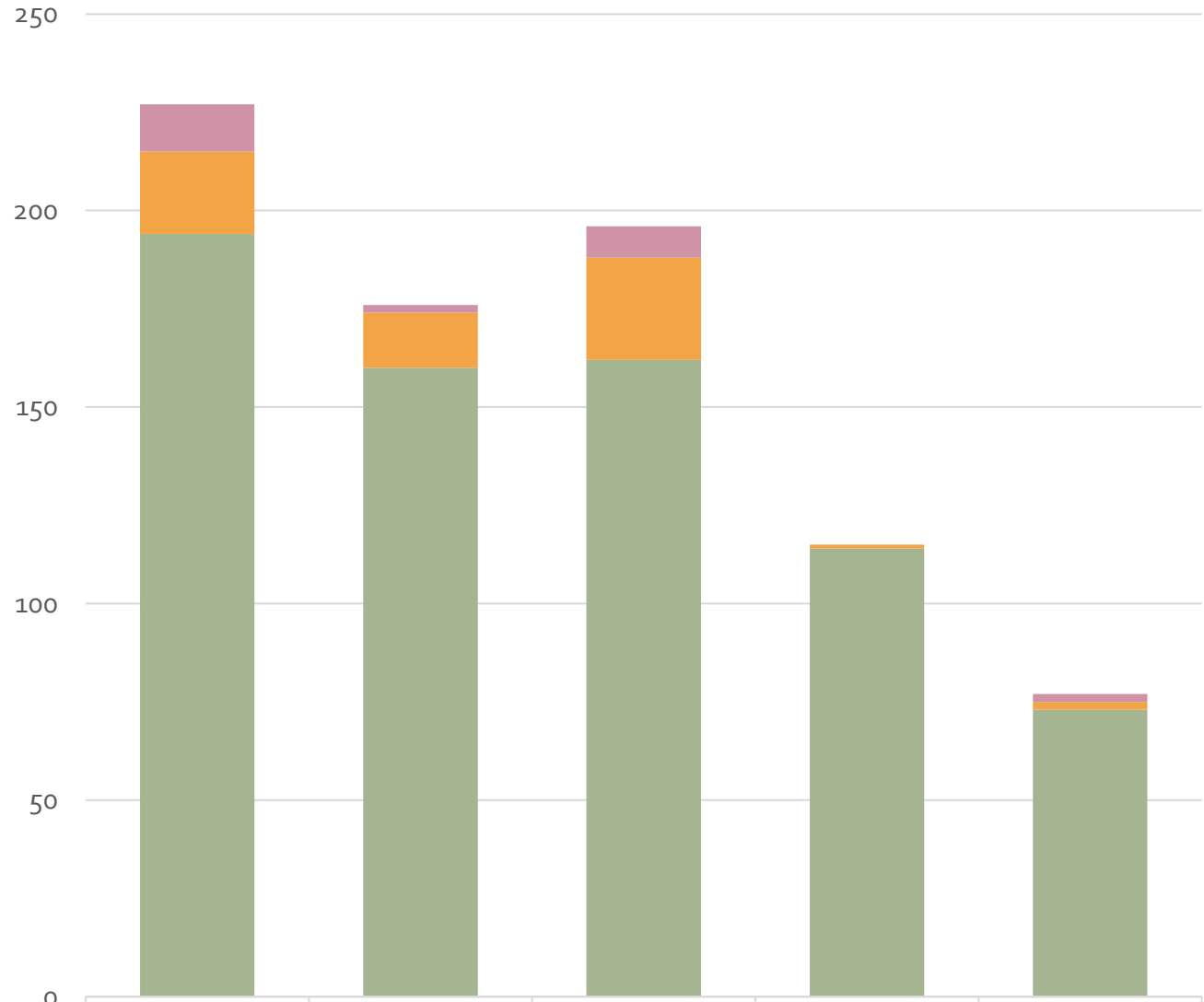


PATIENT HEALTH QUESTIONNAIRE - 9 (PHQ-9)



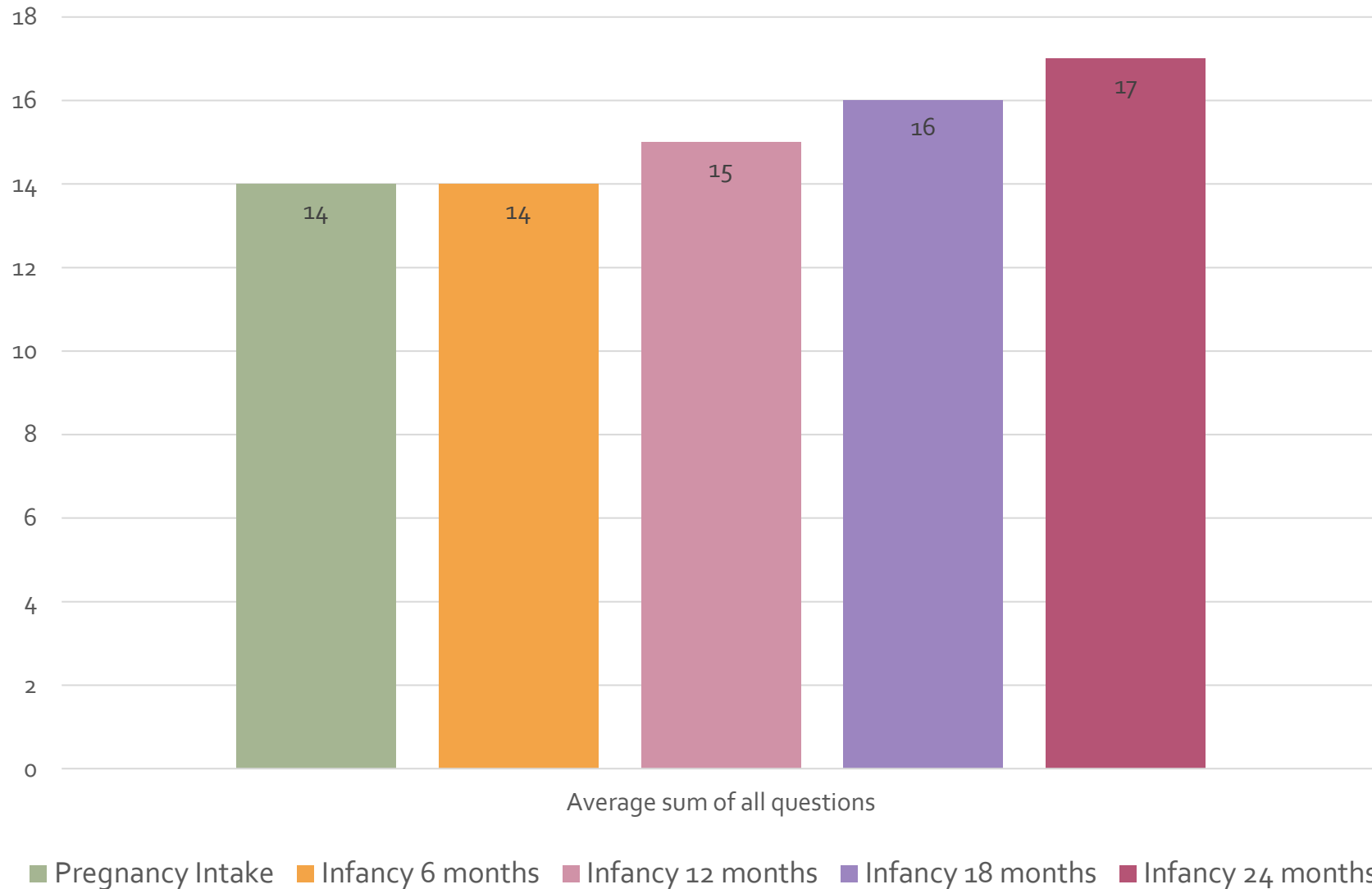
	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 1-8 weeks	Infancy 12 months	Toddler 18 months
Severe depression	0	0	1	0	1
Moderately severe depression	0	2	0	0	1
Moderate depression	7	3	6	0	0
Mild depression	30	17	17	1	1
Minimal depression	195	153	158	113	75

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	12	2	8	0	2
Mild anxiety	21	14	26	1	2
Minimal anxiety	194	160	162	114	73

CONTROL AND MASTERY



Our clients seem to be on the lower end of the scale for control and mastery with some improvement in the second year of the child – measured at 12, 18 and 24 months of the child.

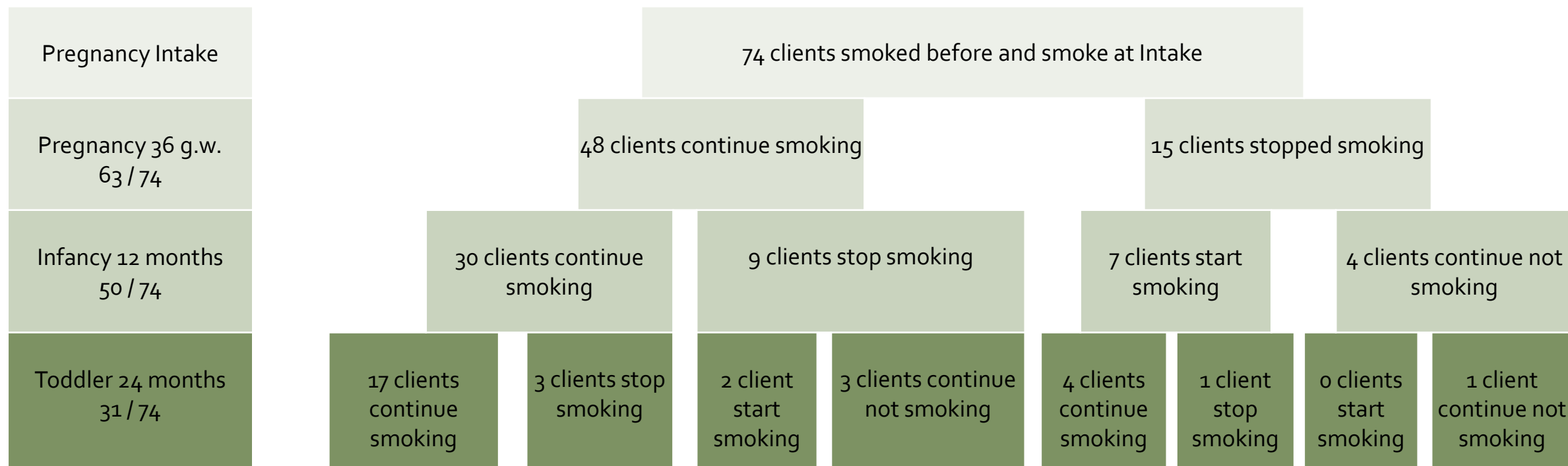
SMOKING	Before pregnancy	Pregnancy Intake	Pregnancy 36 Weeks	Infancy 12 months	Toddler 24 months
% women that smoke	35 % (82 / 233)	32 % (75 / 233)	30 % (52 / 172)	43 % (48 / 112)	38 % (25 / 66)
Average cigarettes per day (only based on smokers)	9	3	2	3	3

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

Only 6 out of 78 clients in **Plovdiv** have smoked before the pregnancy and still smoke at intake, which is about 8% 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, 48% of the clients have smoked before the pregnancy and 42% continue to smoke at intake. There is a drop of 11% 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 % (8 / 233)	0 % (0 / 172)	3 % (3 / 112)	5 % (3 / 66)
Number of days on which alcohol was consumed over the past 14 days	0	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 / 233)	1 % (1 / 172)	1 % (1 / 112)	0 % (0 / 66)
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

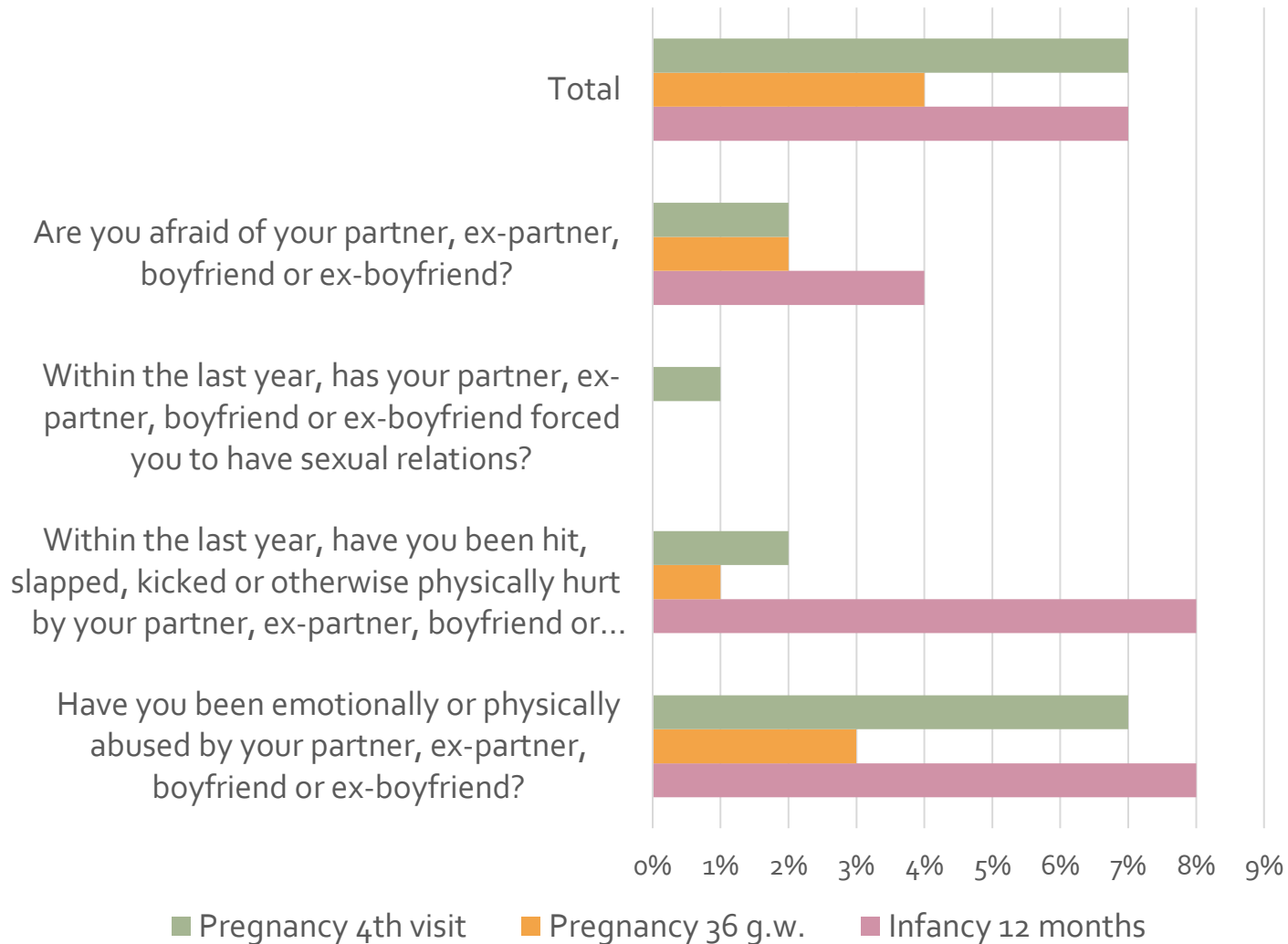
SUBSEQUENT PREGNANCIES

- **23 graduated** women with **24** subsequent pregnancies (33% of all graduated)
- on average - **14** months after the birth of the first child
 - **7** live births
 - **5** miscarriages
 - **3** abortions
 - **1** still birth
 - **7** still pregnant at graduation

* Data based on graduated women

IPV 2016 - 2020

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

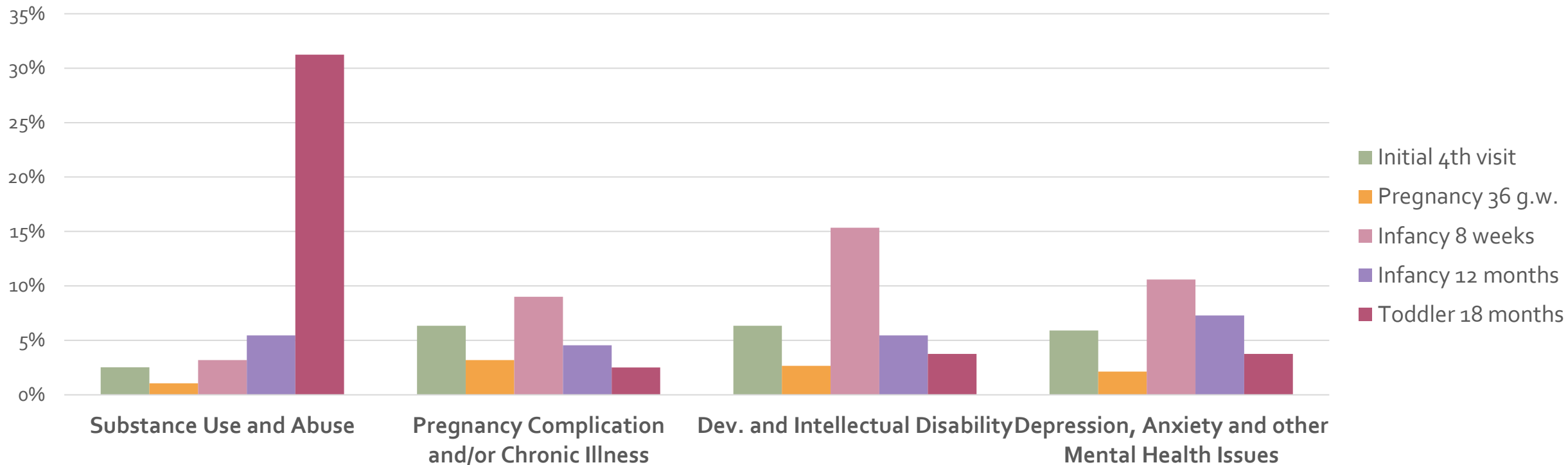


The percentage of women who have reported IPV has risen by 1% in Pregnancy 4th visit and by 2% in Infancy 12 gestation week. However, the number of women who have reported IPV in Pregnancy 4th visit has increased significantly since last year and in Infancy 12 months they have doubled, as shown in the 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)
Total 2016 - 2020	8% (16/208)	4% (7/169)	9% (10/110)

There is 1 client, who has report sexual violence.

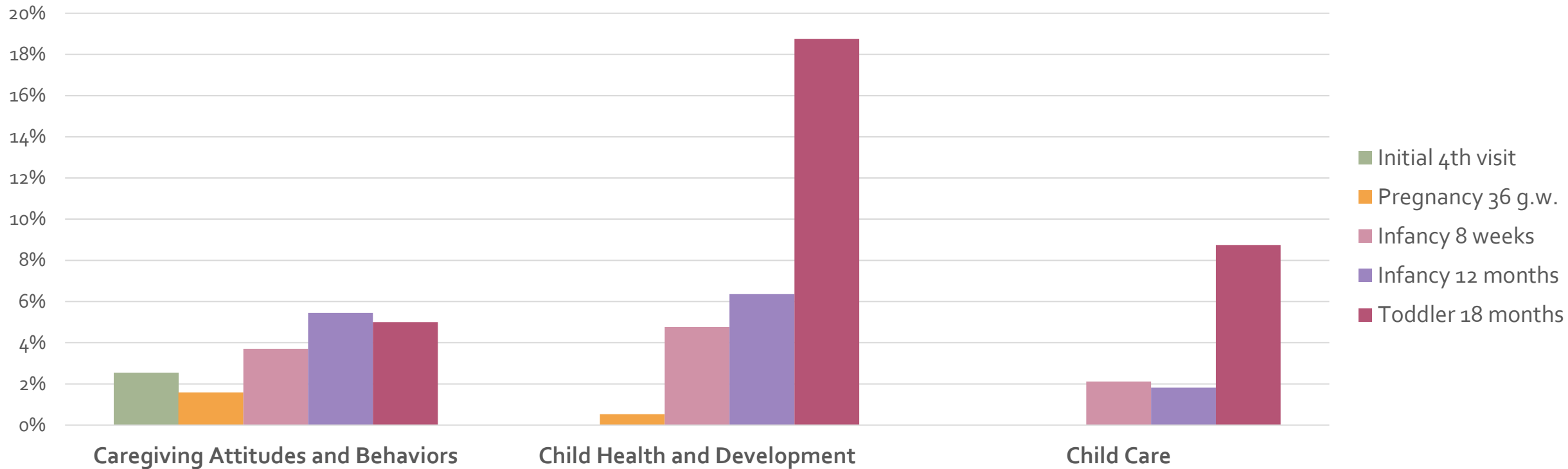
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

PERSONAL HEALTH

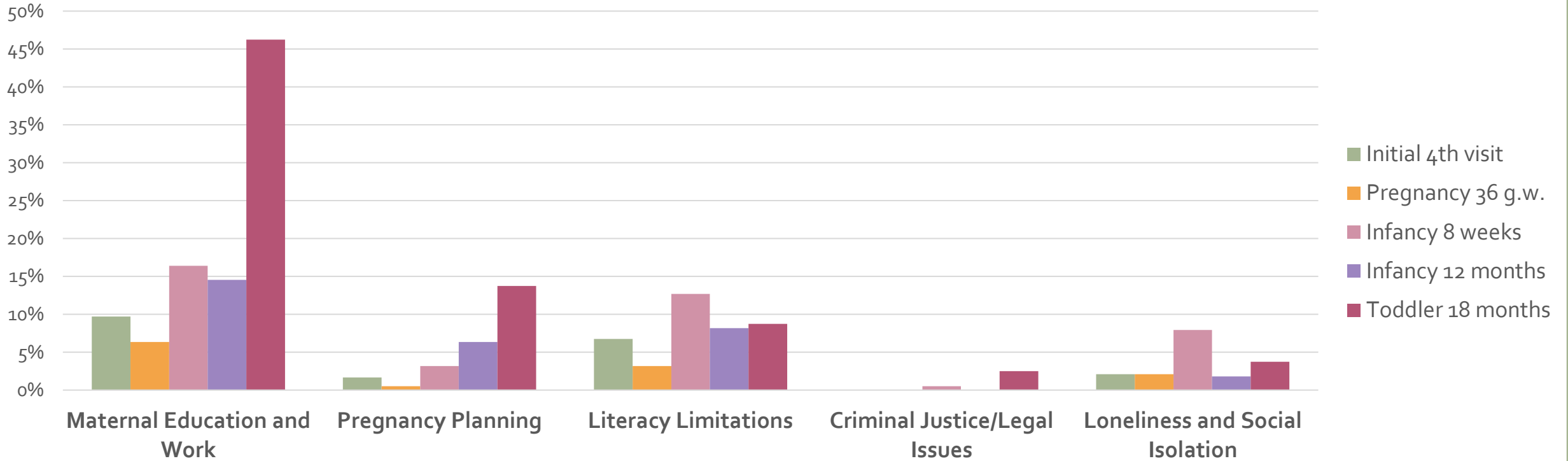
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MATERNAL ROLE

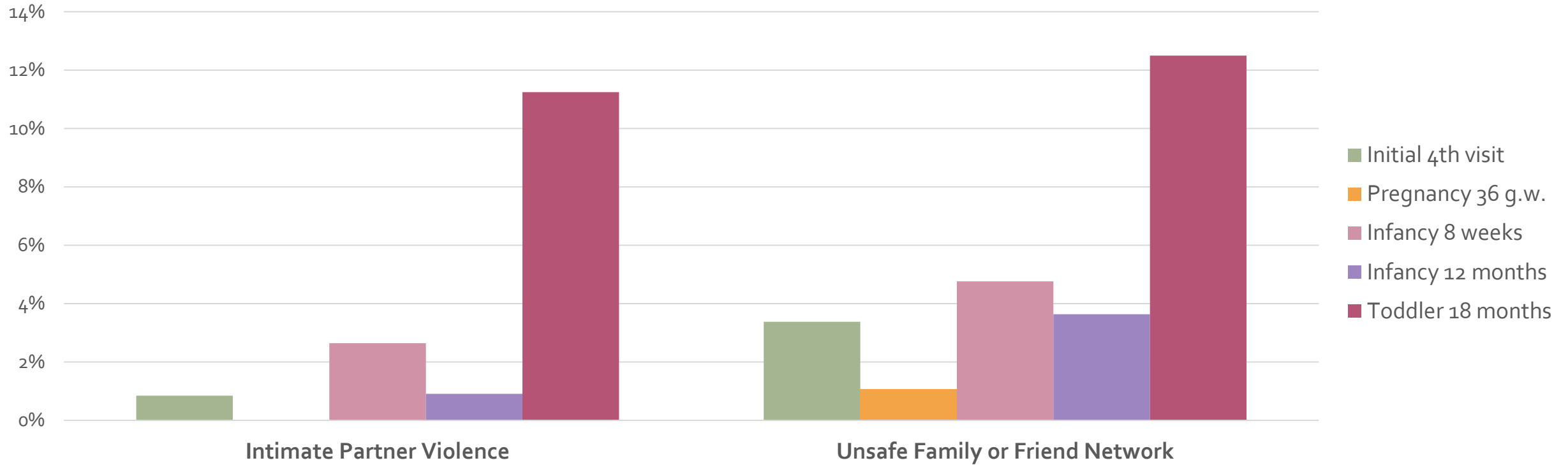
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

ENVIRONMENTAL HEALTH

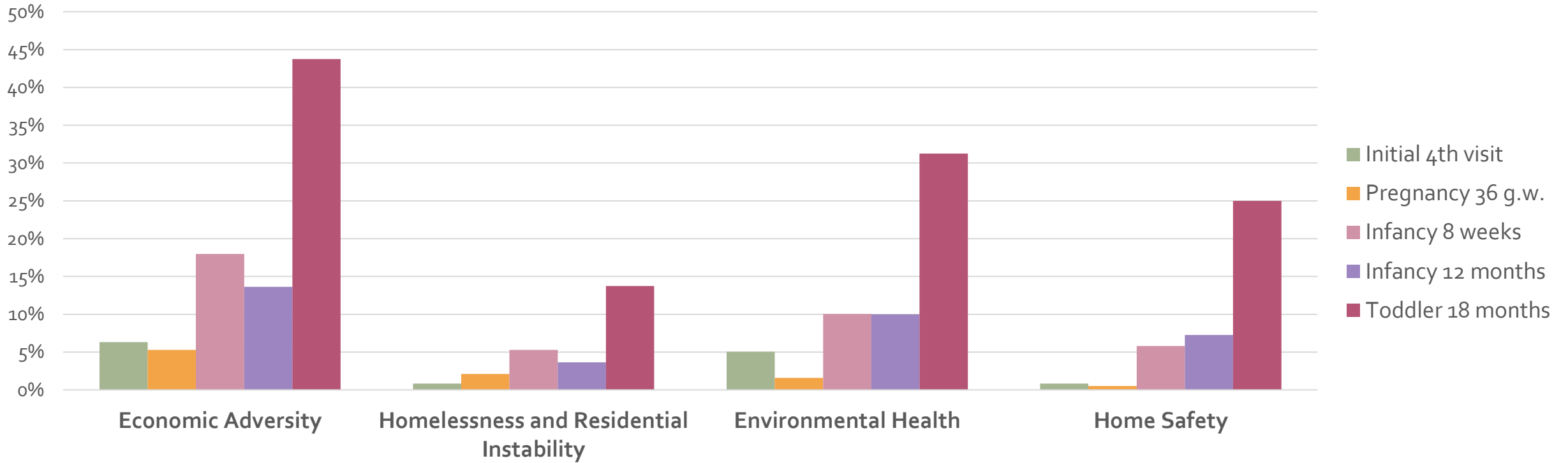
% of women with high and moderate risk of all assessed



STAR FRAMEWORK ASSESSMENT

MY FAMILY & FRIENDS

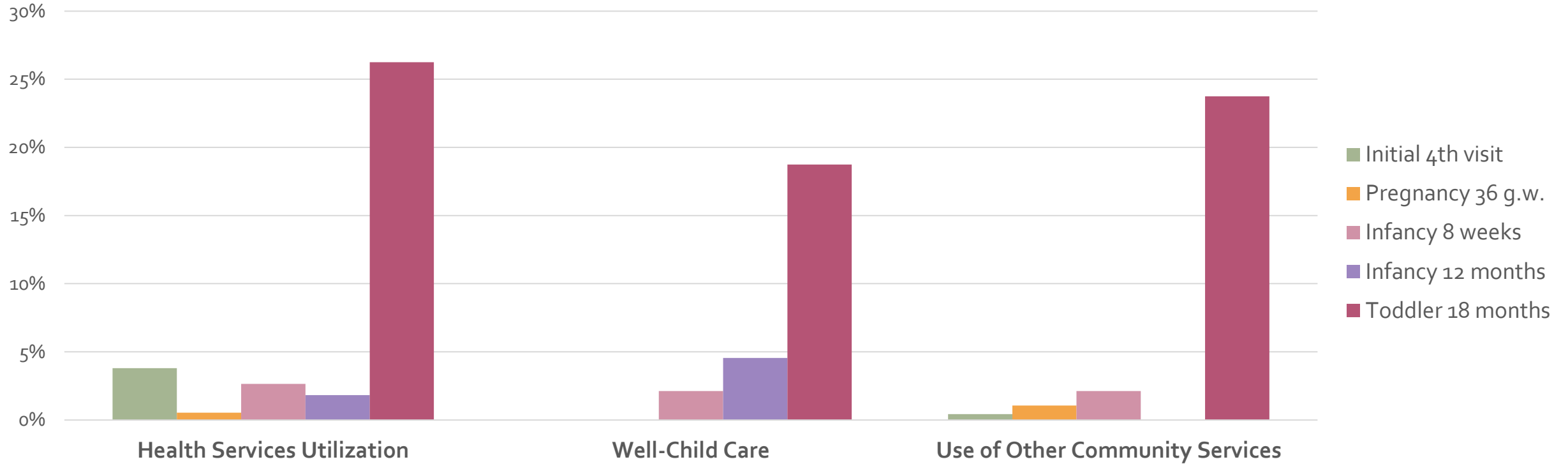
% of women with high and moderate risk of all assessed



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	16	0	5	1	1
Pregnancy and Parenting Programs	18	1	1	0	0
Mental Health/ Crisis Intervention	2	1	0	0	0
Substance Use and Harm Reduction	0	0	0	0	0
Health Care	117	6	73	3	0
Children's Services	15	0	0	0	0
Child Welfare	2	1	0	0	0
Shelter and Housing	5	0	1	1	0
Education and job services	5	0	1	1	0
Other Community Programs and Services	8	0	0	1	1
Total	188	9	81	1	2

REFERRALS TO OTHER SERVICES



CHILD HEALTH AND WELLBEING

(2016 – 2021)

BIRTH OUTCOMES

- 26% of children (50) are born before 38 gestation week
 - extremely preterm (less than 28 weeks) – 1 child
 - very preterm (28 to 32 weeks) – 2 children
 - moderate to late preterm (32 to 37 weeks) – 47 children
- 17% of children (33) have low birthweight (less than 2500 grams) – 21 of them are born preterm
- 33 (17%) infants spent on average 10 days in an NICU
- 6 pregnancy losses
 - 5 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

INJURIES

There have been only 2 hospitalizations - due to injury and burns, both before 6 months of the children, and 1 hospitalization for ingestion 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.

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

- Clinic for burns: 1 Infancy 6 months
- Clinic for ingestion: 1 Toddler 18 months
- Emergency for ingestion: 1 Infancy 6 months
- Emergency for injury: 1 Toddler 24 months

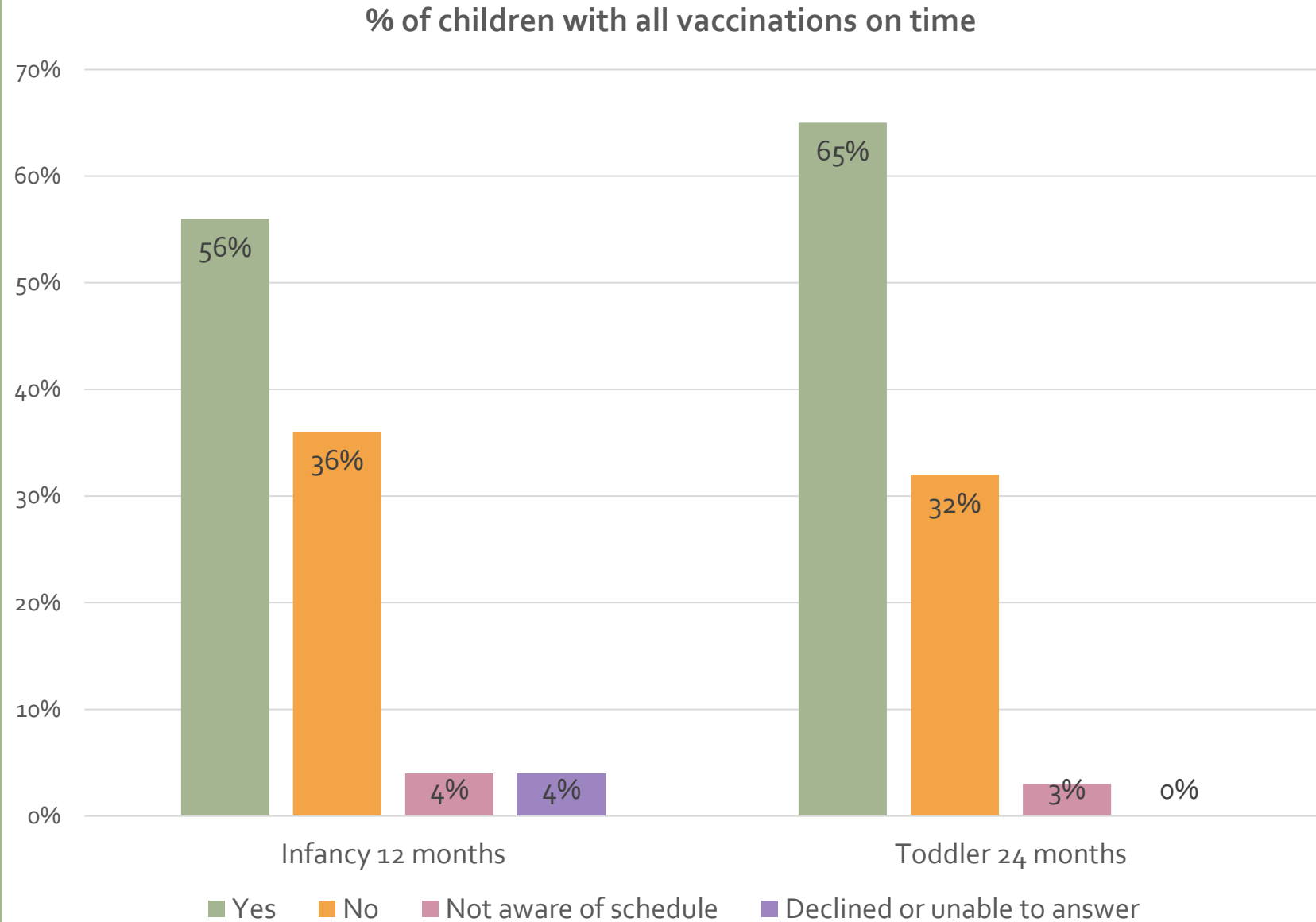
- Ambulance called without hospitalization:
 - 13 Infancy 6 months
 - 4 Infancy 12 months
 - 2 Toddler 18 months
 - 3 Toddler 24 months

BIRTH WEIGHT

Mean birth weight	
Girls (93)	2959
Boys (99)	3063
Total (192)	3014

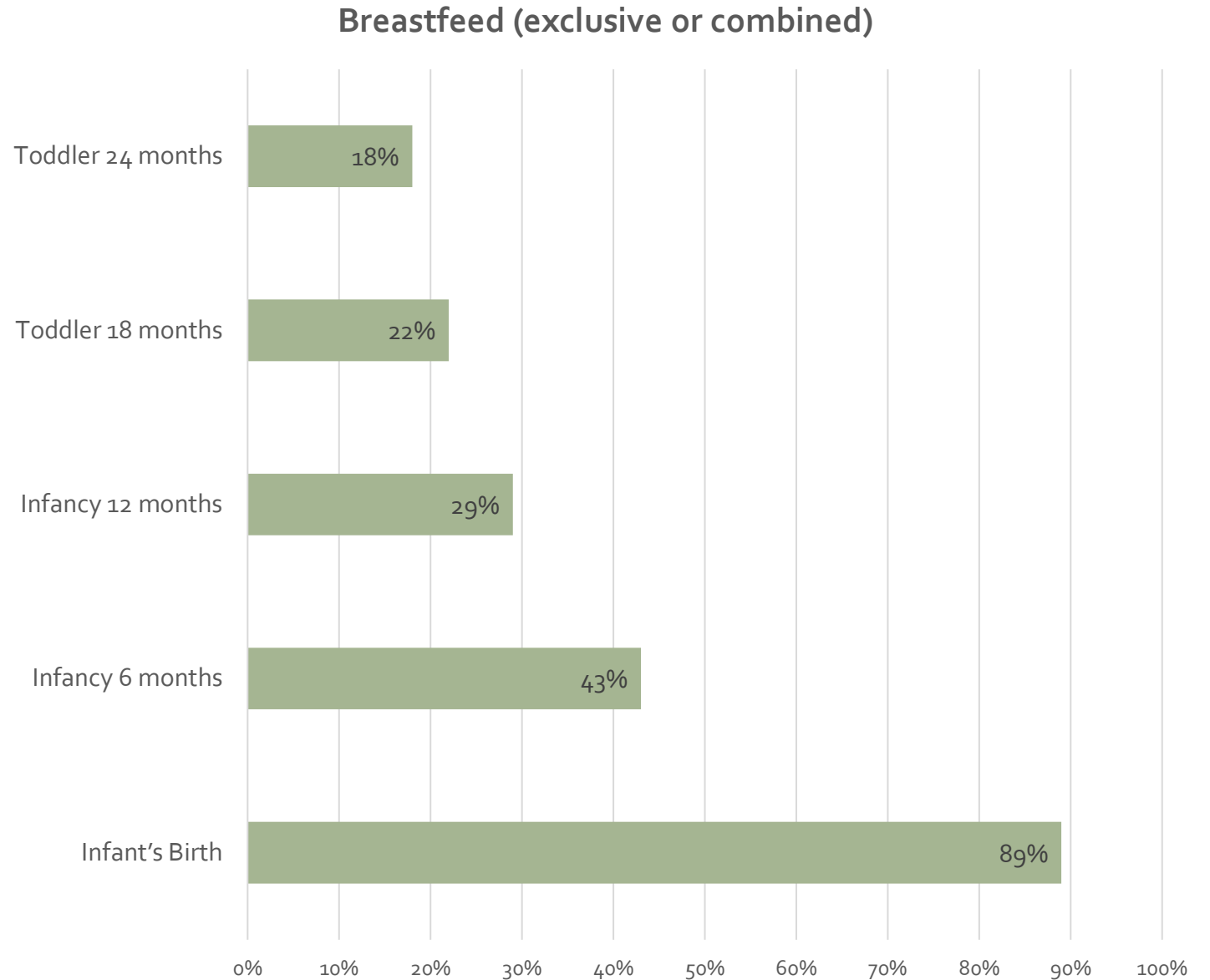
VACCINATIONS

There is a decrease in vaccination rates for Infancy 12 months by 4% and an increase of 9% for Toddler 24 months.

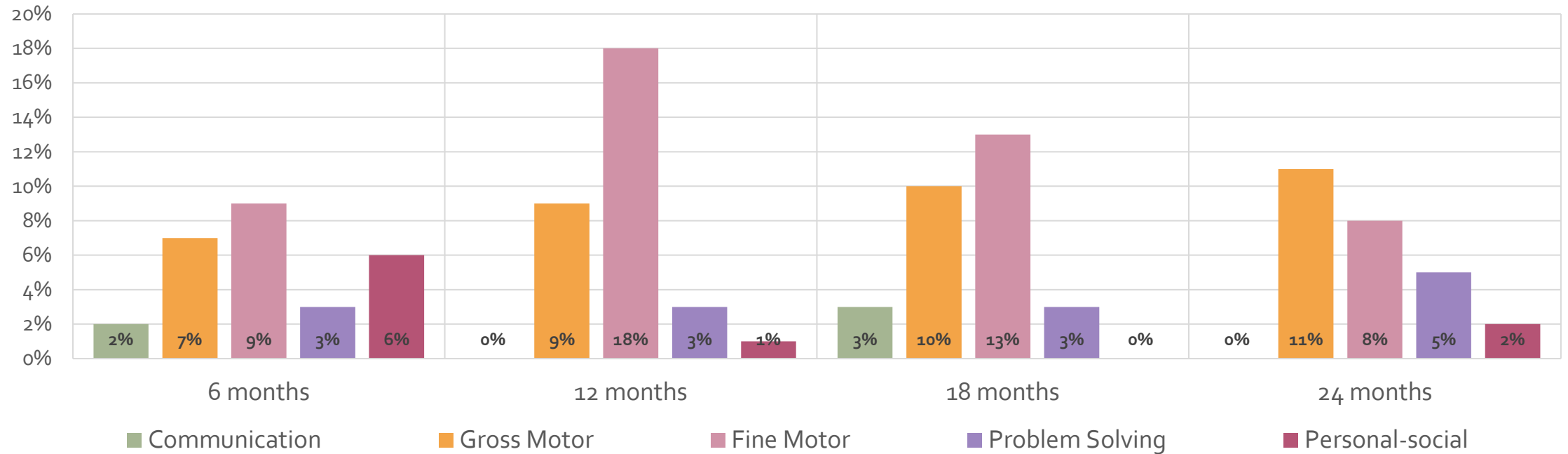


BREASTFEEDING

- 91% of women intend to breastfeed
- 64% breastfeed exclusively at birth
- by 6 months of the child only 3% breastfeed exclusively
- on average clients start introducing solid foods at around 4 months of the child



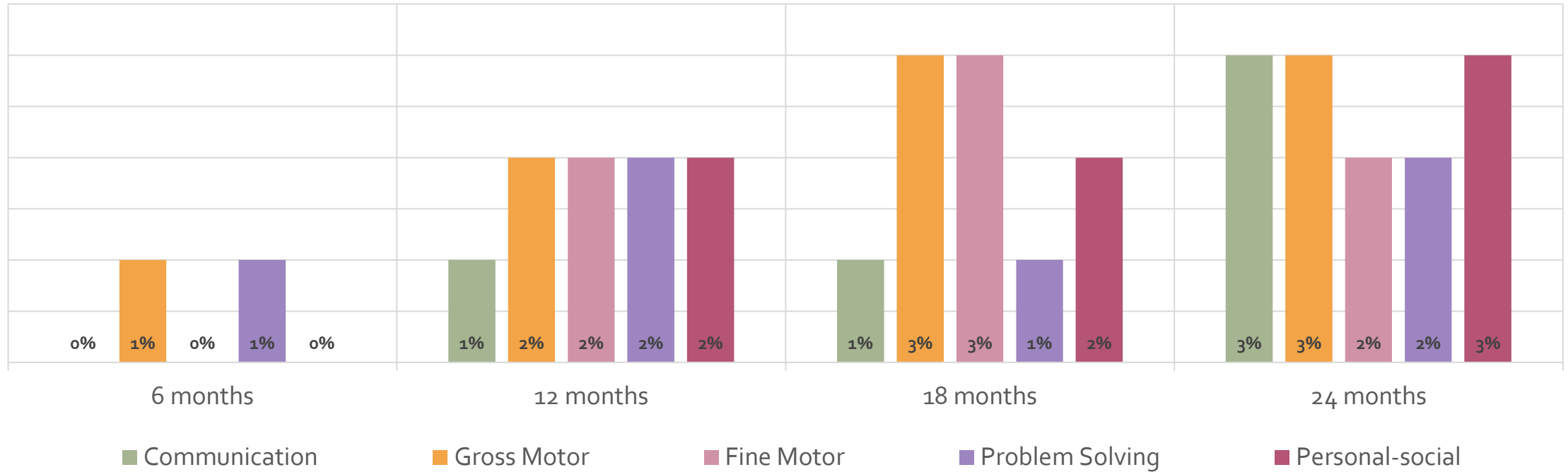
% of children in the grey area



ASQ – 3

GREY AREA

% of children in the black area



ASQ-3

BLACK AREA

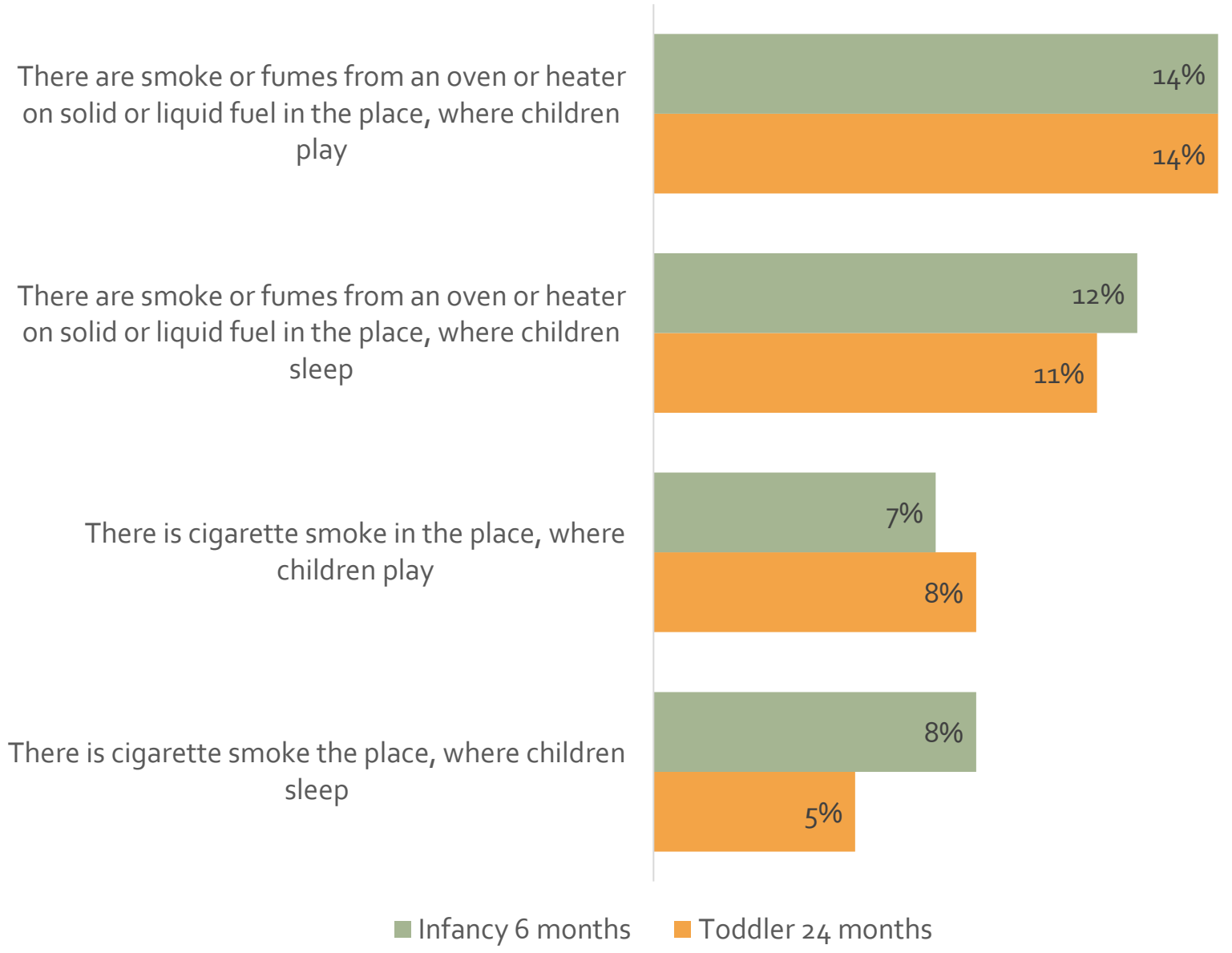
ASQ:SE	6 months > 45	12 months > 55	18 months > 70	23 months > 65
Children with results above the cutoff	0 % (0 / 127)	3 % (2 / 112)	0 % (0 / 77)	3 % (1 / 66)

ASQ:SE

CHILD ENVIRONMENT AND SAFETY

There is a decrease in all categories compared to the data from the last report

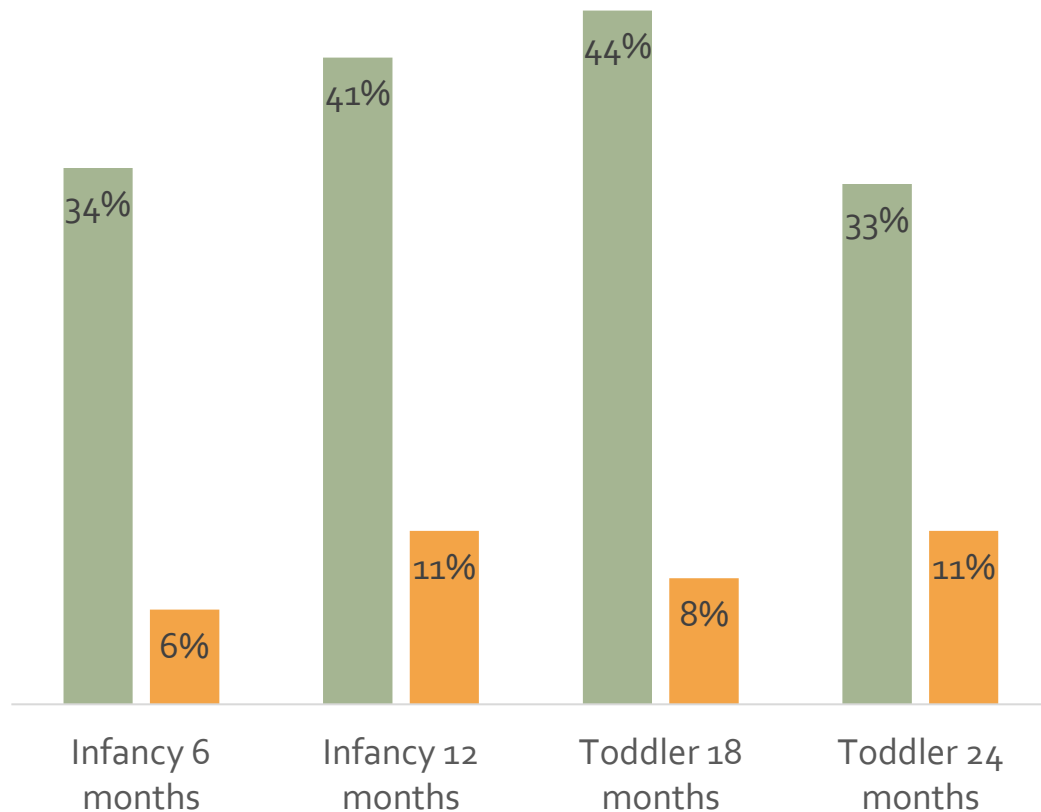
Smoke and fumes in the home



CHILD ENVIRONMENT AND SAFETY

Access to hazards in the home

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



- Infancy 6 months :
 - 9% decrease in access to at least one hazards
 - 2% decrease in access to more than two hazards
- Infancy 12 months :
 - 2% decrease in access to at least one hazards
 - 3% decrease in access to more than two hazards
- Toddler 18 months :
 - 2% decrease in access to at least one hazards
 - 3% increase in access to more than two hazards
- Toddler 24 months :
 - 3% decrease in access to at least one hazards
 - 4% decrease in access to more than two hazards

* Data compared to last report

CHILD PROTECTIVE SERVICES

1 signal to child protective services for abuse (by NFP nurse)

3 signal to child protective services for abuse (by other than NFP nurse)

7 clients were referred to child protective services (by NFP nurse)

8 clients were referred to child protective services (by other than NFP nurse)