



Chelan-Douglas Health District

200 Valley Mall Parkway, East Wenatchee, WA 98802

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Chelan-Douglas Health District's Nurse-Family Partnership Earns Highest Program Fidelity Score in Washington State

East Wenatchee, WA – Chelan-Douglas Health District (CDHD) is proud to announce that its Nurse-Family Partnership (NFP) program has received the highest program fidelity score among all 13 NFP sites in Washington State and exceeded the national average score for the first quarter of the program's fiscal year. This achievement reflects the team's exceptional commitment to delivering high-quality, evidence-based home visiting services to families in the community. CDHD's NFP Program began offering services to local families in 2019.

Nurse-Family Partnership is a nationally recognized program that pairs registered nurses with first-time parents, providing ongoing support from pregnancy through the child's second birthday. Fidelity scores measure how closely local programs adhere to the NFP model — meaning how consistently nurses deliver the program's proven methods that lead to better family outcomes. High fidelity means nurses are delivering services exactly as research has shown them to be most effective, ensuring families in our community receive the full benefit of this evidence-based program.

“Our NFP nurses inspire me every day — their dedication truly makes a difference in the lives of young families in our valley” said Cari Hammond, Community & Family Health Director. “Our high-fidelity score is a testament to their dedication, professionalism, and the trusting relationships they build with parents during one of the most important times in their lives.”

CDHD's NFP nurses build trusting relationships with families to assess needs, provide education and guidance, advocate for clients, and offer personalized support, mentoring, screening, and referrals that help parents achieve healthy pregnancies, confident parenting, and greater self-sufficiency. Through their work, they strengthen families and promote healthier communities across Chelan and Douglas counties.

“This achievement is a celebration of the passion, skill, and commitment our nurses bring every day to improving the health and well-being of our community” said Katie Young, NFP Supervisor. "Our outstanding fidelity score demonstrates excellence in key areas, including program enrollment and retention, community engagement, professional development, and continuous quality improvement".

Nurses are the heart of the Nurse-Family Partnership program. Beyond providing clinical expertise, they offer compassionate, judgment-free support to families navigating pregnancy and early parenthood. Their work requires advanced training, emotional intelligence, and a deep understanding

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of both medical and social needs — qualities that make them vital to the health of our community and deserving of strong public investment.

Since its launch in 2019, CDHD's Nurse-Family Partnership team has served 211 families in Chelan and Douglas counties, focusing on first-time parents who benefit most from consistent, skilled support. National evaluations of the Nurse-Family Partnership model have shown that nurse home visiting leads to healthier pregnancies, more confident parenting, and safer home environments — including documented reductions in preventable childhood injuries and maltreatment, stronger parent-child attachment, and improved school readiness.

Independent studies show that the Nurse-Family Partnership model creates lasting benefits for children, families, and communities — from healthier births to reduced reliance on emergency care and improved family self-sufficiency. The long-term value of this work extends far beyond early childhood, helping build a stronger foundation for lifelong health. National research has also found that for every dollar invested in the program, it generates an estimated \$5.70 in savings through reduced government costs such as Medicaid, lower rates of child abuse and neglect, decreased crime, and improved maternal and child health outcomes. These savings reflect the power of prevention — investing in nurses and families early produces healthier children, stronger parents, and more resilient local economies.

Chelan-Douglas Health District extends its gratitude to the Board of Health for its continued support of evidence-based programs like Nurse-Family Partnership, and to the community partners and families who make this work possible.



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