



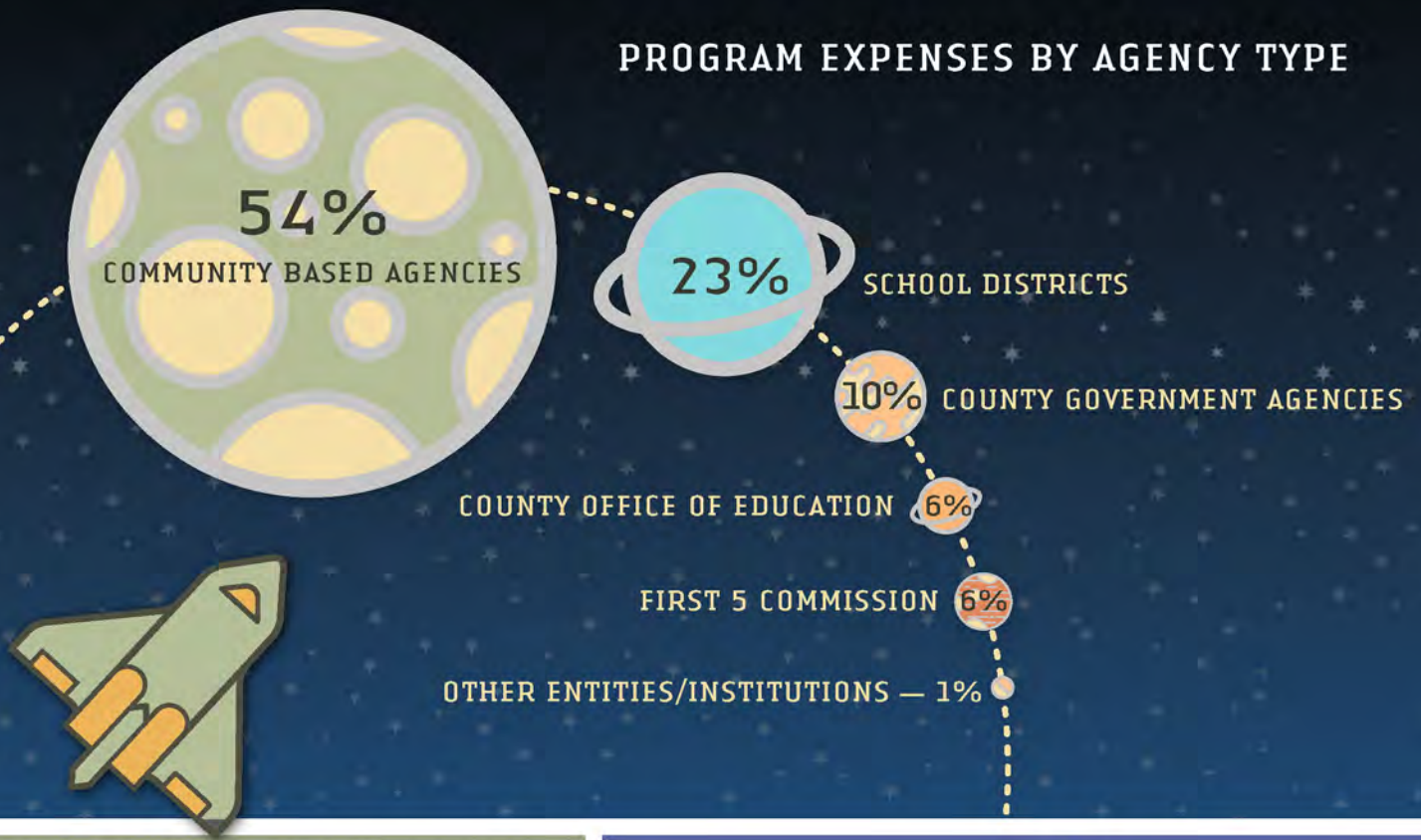
2016-17
Community Report:
A Year in Review



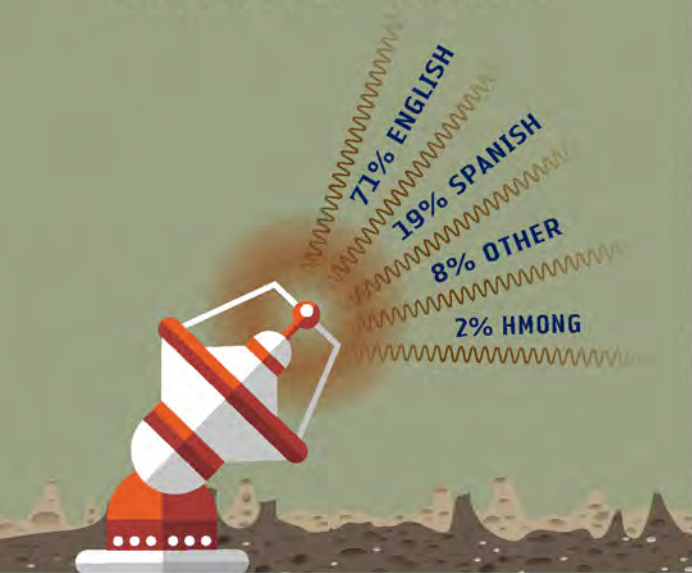
Investing in Our Youngest Children
NOW...for Success in the FUTURE



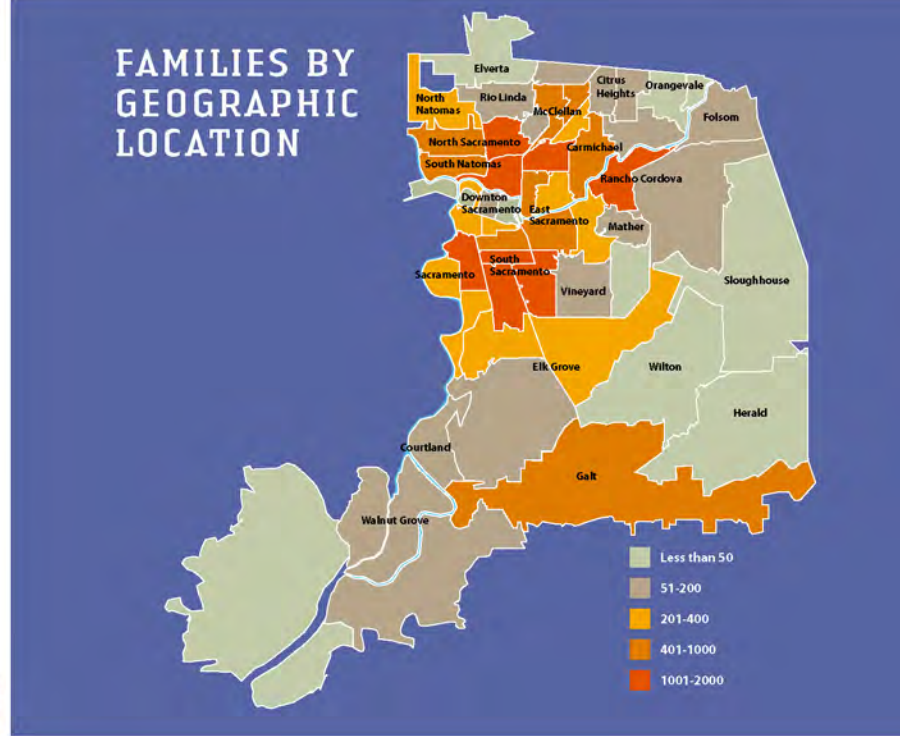
PROGRAM EXPENSES BY AGENCY TYPE



PRIMARY LANGUAGE SPOKEN BY FIRST 5 SACRAMENTO FAMILIES



FAMILIES BY GEOGRAPHIC LOCATION



NUMBER OF CLIENTS SERVED



FIRST 5 SACRAMENTO invested \$22.5 million

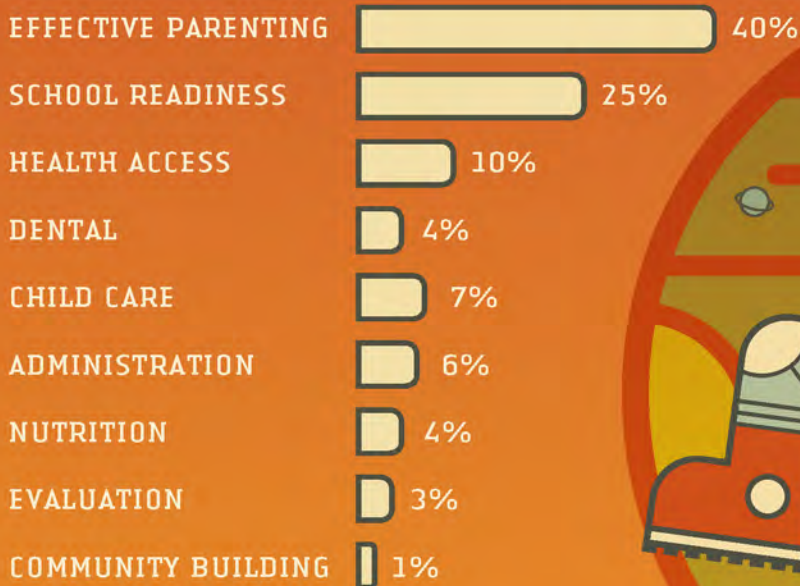
to improve the health and well-being
of children ages zero through five in
Sacramento County.



Proposition 10 funds
were allocated across
fifteen result areas
addressing: Health, Early
Care and Learning and
Effective Parenting to more
than 25 community-based
and public agencies.



PROGRAM EXPENSES



HISPANIC/LATINO
33%



AFRICAN AMERICAN
20%



WHITE
17%



ASIAN
10%



MULTI-
RACIAL
9%



HMONG
3%



OTHER
8%

ETHNICITY OF FIRST 5 SACRAMENTO FAMILIES

About First 5 Sacramento

Research shows that a child's brain develops more in the first five years than at any other time in their life. Early experiences shape how the brain grows and develops influencing emotional, physical and intellectual growth. What parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Based on research, California voters passed Proposition 10, the California Children and Families Act in 1998, adding a tax on tobacco products to support programs for children ages 0-5 and their families. First 5 Sacramento funds community agencies to deliver prevention and early intervention services aimed at improving the health and well-being of children and their families.



Mission: First 5 will support the optimal development of children ages zero through five, healthy pregnancies, the empowerment of families and the strengthening of communities.



Vision: Sacramento County will have strong communities where children are safe, healthy and reach their full potential.

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2016-17 Accomplishments



Reducing African American Child Deaths

Prenatal Care and Low Birth Weight

For 20 years, Sacramento County African American children have died at twice the rate of children of other races. In response to this disparity, First 5 Sacramento funds education campaigns and pregnancy support programs that provide outreach and information, services and support to the African American community. Our goal is to decrease low birth weight and premature births, which are linked to infant mortality.

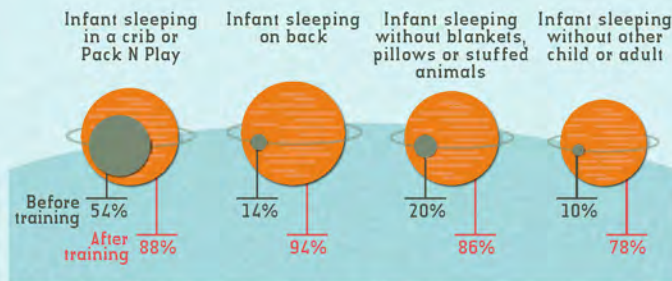
In FY 16-17, the women in our First 5 pregnancy support program gave birth to 241 babies. The percentage of births that were preterm (8%) is significantly lower than the Sacramento County rate for African-Americans (13%), and also below the Healthy People (HP) 2020 guidelines (11.4%). However, the percentage of babies born at a low birth weight was 12%, which is the same as the most recently available (2015) Sacramento County rate for African Americans, and higher than the HP2020 guidelines (7.8%).

Infant Deaths

In Sacramento County, the infant mortality rate for African American babies is 8.8 per 1,000. In the pregnancy support program, there were no infant deaths among the 241 African American babies born.

The Safe Sleep Baby Education Campaign provided training to 513 providers and reached 1,709 expecting or new parents through 1-hour safe sleep trainings. Among 81 African American parents who completed an intake and follow-up survey, there were significant increases in the percentage of parents reporting safe sleep practices as demonstrated in Table 1.

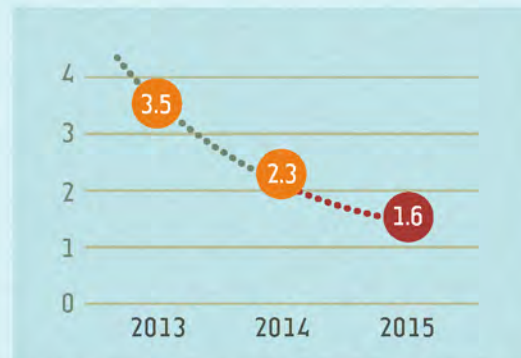
TABLE 1. SAFE SLEEP BABY EDUCATION CAMPAIGN



Source: Comparison of infant sleep location and sleep practices at intake and follow-up. (n=81)

Table 2 demonstrates the impact since inception of the campaign in the decrease in African American infant sleep related deaths over the last 3 years.

TABLE 2. AFRICAN AMERICAN INFANT SLEEP RELATED DEATHS



Source: Sacramento County Child Death Review Team & Fetal Infant Mortality Review, Annual Report 2015 (rate per 1000).

School Readiness

The Commission invested over \$5 million to ensure that children entered kindergarten ready to learn. Our School Readiness programs included preschool, infant-toddler playgroups, kindergarten transition activities, health and developmental screenings, home visiting, parent support programs, early literacy and art experiences to support school readiness.

Readiness for kindergarten

School readiness services were provided to 5,347 children and 4,883 parents/caregivers at 46 school readiness sites. 408 preschool slots were funded by First 5, 660 children attended a kindergarten transition camp and 3,177 children received health developmental screenings.

Students were identified as being ready for school using results of the Kindergarten Observation Form, administered in fall 2017. Students were assessed across three primary domains of readiness: *Social Expression, Self-Regulation, and Kindergarten Academics*. Overall readiness was determined based on the combination of readiness in each domain.



TABLE 3. PERCENT OF CHILDREN READY BY DOMAIN, FALL 2017

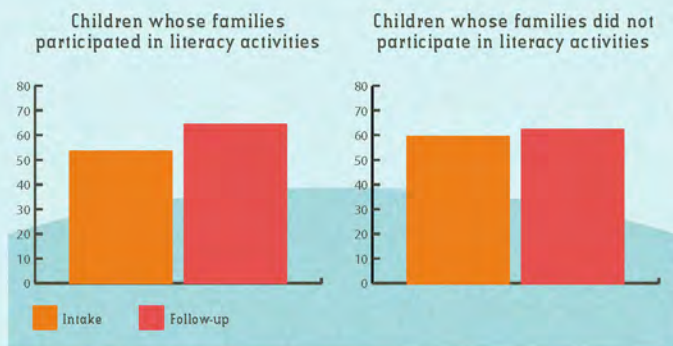


Source: Kindergarten Observation Form 2017. N=1,388-1,538.

Family Literacy

Data collected using the First 5 Sacramento Family Information Form showed that among the 740 children whose family participated in a family literacy activity and for whom intake and follow-up data were available, there was an increase in the percentage of families who read to their child(ren).

TABLE 4. PERCENTAGE OF CHILDREN WHOSE FAMILIES REPORT READING AT HOME AT LEAST FIVE DAYS PER WEEK



Sources: Family Information Forms from FY 2016-17; School districts' FY 2016-17 individual-level service data in Persimmony. N=740 (first graph) and N=787

Effective Parenting

Birth and Beyond

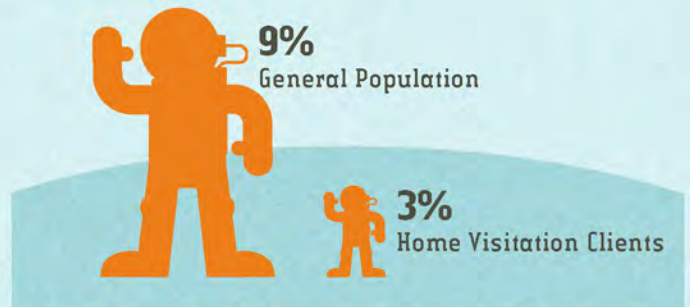
First 5 began funding the Birth and Beyond Family Resource Centers (FRCs) in 2004 to reduce child abuse and neglect and promote effective parenting. Nine FRCs provide family support services to pregnant women, children ages 0-5 and their families/caregivers. Birth and Beyond provided services to 2,132 children and 4,385 parents/caregivers through parenting education, crisis intervention and home visiting programs.

Home Visiting

Home visiting for expectant and new parents has been shown to improve parenting practices, reduce child maltreatment, increase school readiness, reduce low-weight births, connect families to medical homes, and promote family self-sufficiency. Birth and Beyond provided home visiting services to 1,444 parents, delivering one-on-one parent education and family support.

Of the 300 home visitation clients with prior CPS involvement, only 3% had a substantiated recurrence of maltreatment in the year following enrollment into the program. The Sacramento County rate of recurrence is 9% for children 0-5 as seen in Table 5.

TABLE 5. RATES OF CHILD ABUSE RECURRENCE AMONG HOME VISITATION CLIENTS AND GENERAL POPULATION



Source: Birth and Beyond Annual Evaluation FY 2015/16 - FY2016-17 Retrieved from UC Berkeley, January 2018. http://cssr.berkeley.edu/ucb_childwelfare/RecurAlleg.aspx

Parenting Education

742 parents participated in evidence based parenting education, which raises awareness about positive parenting, child development and parent-child interactions.

- 95% of parents demonstrated improvements in knowledge and/or skills upon completing the class.
- Upon class completion, 91% of families agreed or strongly agreed that they had confidence in their ability to parent and take care of their children.

Enhanced Core Services

8,627 parents participated in enhance core services (ECS), which encourages the development of relationships between parents, as well as opportunities for parents to connect with their community. ECS



classes, activities and events often serve as a gateway to introduce new families to their neighborhood FRC.

- 8,627 parents participated in a total of 497 classes.
- 83.6% of parents reported a decrease in stress.

Crisis Nurseries

The Sacramento Crisis Nursery provided 504 children in 332 families with services including case management, respite care, emergency child care and overnight stays. There were 2,500 emergency child care stays and 1,290 overnight stays. Out of the parents who reported their stress level at intake and exit, 66% indicated reduced stress levels after receiving services.

Other Accomplishments

Health Care Access and Utilization

The HEARTS for Kids program provided health screenings to 437 children who were in protective custody with Child Protection Services. Of these children, 420 (96%) were assessed for health insurance coverage and 373 (85%) of those children were provided a medical clearance exam. Of those examined, four (<1%) children had a physical abuse finding and none had a sexual abuse finding. Additionally, 373 children received a dental screening, with 88% referred for further dental care, which is significantly higher than referral rates in all other First 5 funded programs. Of the 309 children who received a developmental screening, 50% were found to have a developmental concern and were referred to a service to address those needs, which is much higher than the national flag rate of 15%.

Exclusive Breastfeeding

Through the WIC program (Women, Infant, and Children) and its subcontractor Community Resource Project, Inc. ("CRP -WIC"), 4,839 women received drop-in support, access to a helpline, one-on-one lactation consultation and other services with a certified breastfeeding expert. Across the program, 24% of infants whose mothers received First 5-funded breastfeeding services were exclusively breastfed for at least six months, which surpasses the national average of 16% and the state average of 20%. Similarly, the rate for any amount of breastfeeding was 45% among those who received a First 5-funded breastfeeding service and only 39% for the state.

Dental

Smile Keepers provided dental screenings and fluoride varnish to 8,021 children at preschools, WIC centers, and community events. Approximately 37% of the children screened through the Smile Keepers mobile dental program had untreated tooth decay and needed follow-up dental services. Of those who had both fall and spring screenings, there were 442 children identified who had non-urgent or urgent needs at the first screening who subsequently had no dental health needs at the second screening. An additional 29 children improved from urgent to non-urgent needs.

Early Care

131 child care providers serving 2,568 children increased the quality of their classrooms by participating in the Preschool Bridging Model Plus program. 78 Classroom Assessment Scoring System (CLASS) pre and post-assessments were conducted and the average CLASS scores increased from pre to post in each of the three domains the tool measures: Emotional Support, Classroom Organization and Instructional Support.

Connections to Community Resources

2-1-1 Sacramento received 12,013 calls from caretakers of children 0-5. The top five requests were: housing, clothing, personal, household needs, legal, consumer and legal support, utility assistance and family and community support. 33.5% of the calls received were from African American parents.





First 5 Sacramento invested nearly **\$22.5 million** from July 2016 through June 2017 in prevention and early intervention programs for children ages 0-5 and parents.



Community Impact: Proposition 10 Dollars at Work