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# Health and Developmental Status of Early Head Start Children: Baby FACES

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on Head Start Research and Evaluation

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# What is Baby FACES?

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- **Nationally representative sample of 89 Early Head Start programs**
- **Children in 2 cohorts enrolled in spring 2009**
  - Pregnant women/Newborns < 9 weeks old (N=194)
  - 1-year-olds (10-15 months) (N=782)
- **Longitudinal design, children followed until age 3 or they leave the program**
- **Information based on parent and staff reports**

# EHS Children's Health & Development

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- **Children are generally healthy with access to health care:**
  - 79% of children are in very good to excellent health
  - 92% have “up-to-date” immunizations
  - 3% have had a disability diagnosis
- **General Development is lagging (on ASQ-3)**
  - More than 1/3 are at risk in at least one developmental domain
  - 14% at risk in fine motor development
  - 21% at risk in problem solving

# Staff /Family Health and Mental Health

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## Teachers/Home Visitors

- Few report moderate/severe depressive symptoms
  - 7% for teachers
  - 10% for home visitors

## Families

- 18% of mothers report moderate-severe depressive symptoms
  - 32% in the EHSREP
- High rates of health insurance (93%), mainly public
- Low rates of smoking/drinking in pregnancy

# Health/MH Differences by Cultural Group

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## Hispanic Families

- ↓ Insurance coverage
- ↓ Substance use problems
- ↓ Depressive symptoms
- ↑ Parenting stress
- ↓ Parental health

## Hispanic Children

- ↑ Low birth weight & poorer overall health
- ↓ Social/emotional development (parent report)
- ↑ Score 1-2 std deviations below the mean in one or more development domains

# BMI at Age 2 and Early Feeding Practices

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## BMI at age 2:

- 33% are overweight (16%) or obese (17%)
- No differences in overweight/obesity by racial/ethnic group

## Early Feeding Practices:

- Poor practices start early
  - 40% milk < 12 months
  - 12% solid foods < 4 months
  - 19% have candy daily
- Some good practices
  - 74% have milk daily
  - ~10% have fruits or vegetables 4x daily
- African American children most likely to have daily junk food, least likely to have milk

# For More Information

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- Visit the OPRE website for our first report, information on the measures used at each time point, and the instruments themselves

**Learning as We Go: A First Snapshot of Early Head Start Programs, Staff, Families and Children.**

[http://www.acf.hhs.gov/programs/opre/ehs/descriptive\\_study/index.html](http://www.acf.hhs.gov/programs/opre/ehs/descriptive_study/index.html)

- Data will be available for public use at the end of the study in 2013.