

Introduction and Methods

The Region X Home Visiting Workforce study collected data from 629 home visiting professionals in the Health Resources and Services Administration's (HRSA) Region X, which includes Alaska, Idaho, Oregon, and Washington. Researchers recruited participants from 147 home visiting organizations in the region that used an evidence-based home visiting model approved by Maternal, Infant, and Early Childhood Home Visiting grantees (MIECHV) (see <http://homvee.acf.hhs.gov> for a complete list) or work for an organization that used "promising practices" or evidence-informed models as defined by criteria determined by the states comprising Region X.

The survey focused on identifying current strengths, gaps, and unmet needs in the home visiting workforce and asked questions about respondents' personal characteristics, education background, the nature of their work, the quality of their work environment, and their health and well-being. We invited survey respondents who left their jobs within six months following completion of the survey to complete a short exit survey. Researchers also conducted telephone interviews with 20 respondents to the initial survey.

Overall Health Perception

SAMPLE

WORKFORCE SURVEY

468 home visitors, 161 home visiting supervisors (29% of whom carry a caseload)

EXIT SURVEY

21 home visitors

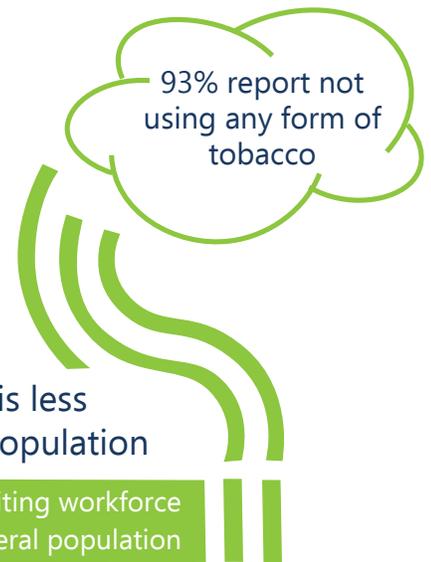
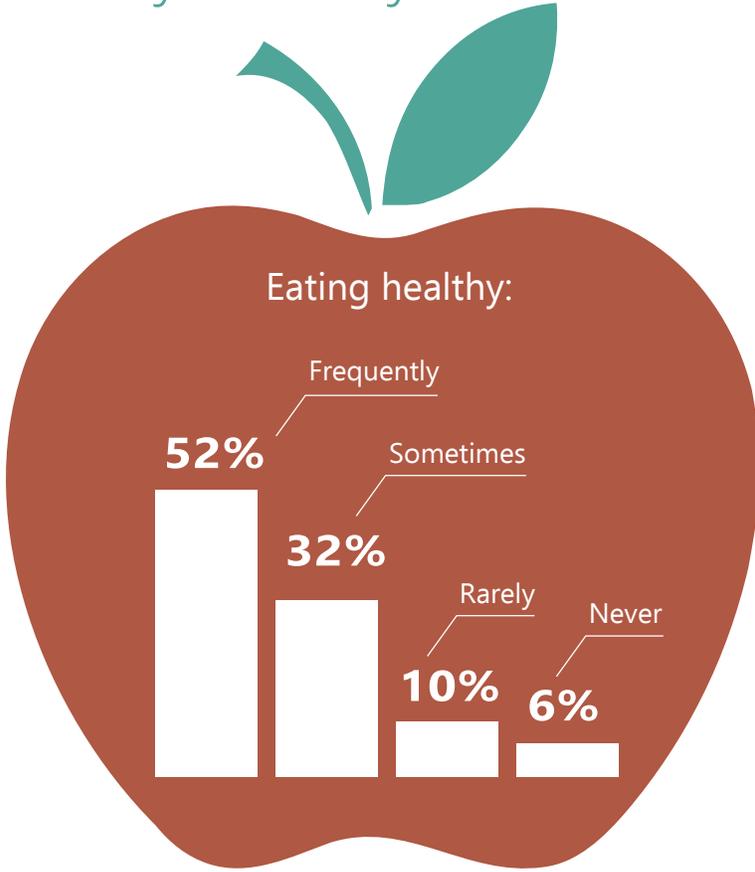
INTERVIEWS

14 home visitors, 6 supervisors

Over half of the workforce rated their health as "very good" or "excellent"



What Is the Home Visiting Workforce Doing to Stay Healthy?



Tobacco use within the home visiting workforce is less than the general population



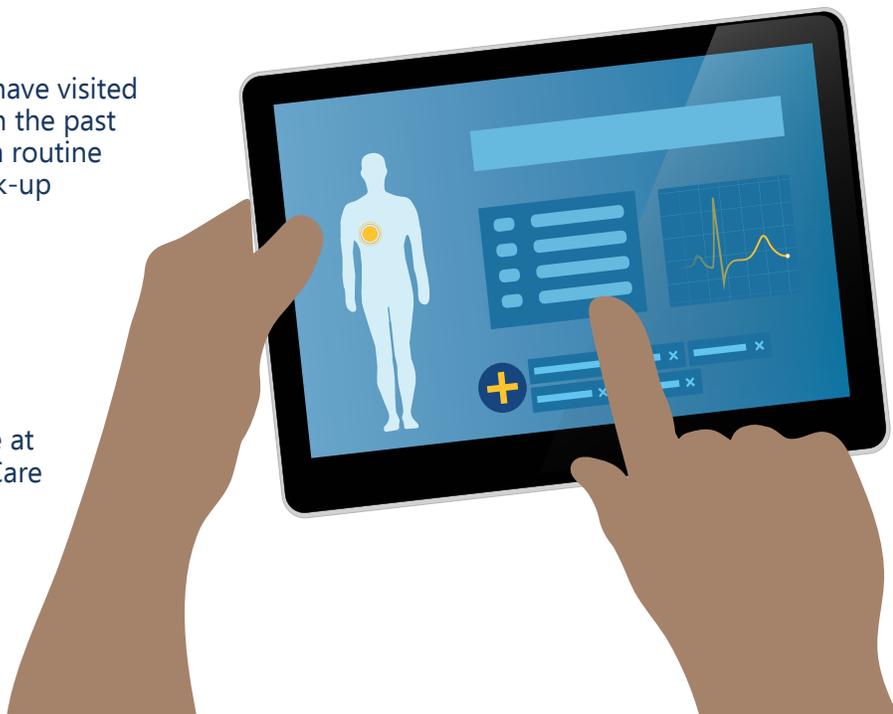
Access to Healthcare

66% have visited a doctor in the past year for a routine check-up

17% needed to see a doctor in the last year, but could not due to cost or distance

81% have at least 1 Primary Care Physician

80% reported having easy access to a Mental or Behavioral Health specialist



Commonly Identified Stress Management Strategies Include:

Reflective Supervision



Self-Care, such as:

- Exercise
- Taking time off
- Practicing mindfulness



Coworker Support



Economic Well-Being

64% report at least some difficulty paying bills in the past year

19% report "not having enough money left at the end of the month to make ends meet"



Supervisors were less likely to report these economic challenges compared to **Home Visitors**

Adverse Childhood Experiences

81% experienced at least 1 ACE

However, the workforce does not report high levels of secondary trauma (mean=1.92)

33% experienced 4 or more ACEs

