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2023 Roadmap Snapshot: The Impact of a Growing Evidence Base on the Roadmap

Since its inception in 2019, the mission of the Prenatal-to-3 Policy Impact Center has been to empower states with rigorous evidence to implement effective and equitable policies that ensure all children thrive from the start. Our team of researchers conduct comprehensive, systematic reviews of the most rigorous research to determine the effectiveness of state policies and strategies to improve a variety of outcomes for young children and their families.

New research is reviewed each year so that the Center can provide states with the most up-to-date information about what is known about the effectiveness of state policies on improving outcomes for children, sometimes leading to shifts in, or additions to, the [Prenatal-to-3 State Policy Roadmap](#).

Paid Family Leave: Now Linked to Positive Birth Outcomes

This year, new research on statewide paid family leave policies demonstrated positive impacts of these policies on healthy and equitable birth outcomes. A 2022 study found that California's paid family leave policy reduced the postneonatal infant mortality rate by 8 percent. This new finding reinforced the findings from earlier research that found California's paid leave policy reduced postneonatal infant mortality by 12 percent, relative to states without the policy, shifting the weight of the evidence within the healthy and equitable births policy goal to mostly positive.

Comprehensive Screening and Connection Programs: New Evidence for Parental Wellbeing

Additionally, the Policy Impact Center's ongoing review of the evidence on comprehensive screening and connection programs revealed positive impacts on improving parental health and emotional wellbeing. Two earlier studies found mixed effects of the Family Connects program with positive effects on maternal anxiety and null effects on maternal depression, substance use, and emergency department visits. An additional strong causal study included in the 2023 evidence review found that Family Connects led to a significant reduction in maternal anxiety and depression disparities between Black and White families.

Community-Based Doulas: New Effective Solution for Improving Outcomes

Lastly, the 2023 State Policy Roadmap includes community-based doulas for the first time as an effective strategy to positively impact four policy goals: access to needed services, healthy and equitable births, nurturing and responsive child-parent relationships, and optimal child health and development. A review of the evidence revealed that community-based doulas increase attendance at medical appointments and childbirth education classes, decreased rates of preterm birth and low birthweight, and significantly increased breastfeeding initiation rates. The Policy Impact Center team identified six studies that meet standards of strong causal evidence and support the inclusion of community-based doulas as an effective roadmap strategy.

To see a full list of the evidence reviews in our clearinghouse, visit the Policy Impact Center's [Policy Clearinghouse](#).

Prenatal-to-3 State Policy Roadmap

Effective policies impact PN-3 goals and research provides clear state legislative or regulatory action. **Effective strategies** impact PN-3 goals, but the research does not yet provide precise guidance for state legislative or regulatory action.

● Policy/strategy is aligned with goal in column
 Policy/strategy does not align with goal in column (intentionally blank)

GOALS
 To achieve a science-driven PN-3 goal:

- Access to Needed Services
- Parents' Ability to Work
- Sufficient Household Resources
- Healthy and Equitable Births
- Parental Health and Emotional Wellbeing
- Nurturing and Responsive Child-Parent Relationships
- Nurturing and Responsive Child Care in Safe Settings
- Optimal Child Health and Development

POLICIES Adopt and fully implement the **effective policies** aligned with the goal

Expanded Income Eligibility for Health Insurance	●		●	●				●
Paid Family Leave Program of at Least 6 weeks	●	●	●	NEW	●	●		●
State Minimum Wage of \$10.00 or Greater			●	●				●
Refundable State Earned Income Tax Credit of at Least 10%		●	●	●				

STRATEGIES Make substantial progress relative to other states toward implementing the **effective strategies** aligned with the goal

Reduced Administrative Burden for SNAP	●							
Comprehensive Screening and Connection Programs	●				NEW		●	●
Child Care Subsidies	●	●	●					
Group Prenatal Care	●				●			●
NEW Community-Based Doulas	●			●		●		●
Evidence-Based Home Visiting Programs						●		
Early Head Start					●	●	●	●
Early Intervention Services					●			●

OUTCOMES Measure progress toward achieving the PN-3 goal.

- Health Insurance Adequate Prenatal Care Access to SNAP Developmental Screenings
- Parental Employment
- Child Poverty Crowded Housing Food Insecurity
- Preterm Births Infant Mortality
- Maternal Mental Health Parenting Support
- Daily Reading Daily Nurturing Behaviors Parenting Stress
- Child Care Providers Participating in QRIS Access to EHS
- Breastfeeding Immunizations Child Maltreatment