











Healthy Beginnings

[Healthy Beginnings](#) aims to prevent early life factors that predict overweight and obesity in young children. Home visitors encourage healthy feeding practices and work to increase breastfeeding rates and duration to reduce children’s body mass index at 12 and 24 months old.

<p>What is the model’s approach to providing home visiting services?</p>	<p>Healthy Beginnings requires families to initiate services prenatally during the third trimester. Services are provided until the child is 2 years old. The model includes eight home visits during this period.</p> <p>Healthy Beginnings’ service population includes the following:</p> <ul style="list-style-type: none">  Families with low incomes  Indigenous families  Culturally and linguistically diverse families  Caregivers under 21 years old  Caregivers who are unmarried or single  Caregivers with limited access to education  Children with developmental delays or disabilities  Children with special health care needs  Families with a history of substance use or in need of treatment  Families with a history of child abuse or neglect/involvement with child welfare system
<p>Who is implementing the model?</p>	<p>Home Visitors</p> <p>Healthy Beginnings has been integrated as a module into four home visiting models. Home visitor education requirements are determined by local programs. Healthy Beginnings recommends a caseload of 25 families for each full-time home visitor, with no more than four new families added in a 6-month window.</p>
<p>Where is the model implemented?</p>	<div style="display: flex; align-items: center;">  <p>Healthy Beginnings does not currently operate in the United States. Healthy Beginnings offered services in Australia and the United Kingdom in 2020.</p> </div>

