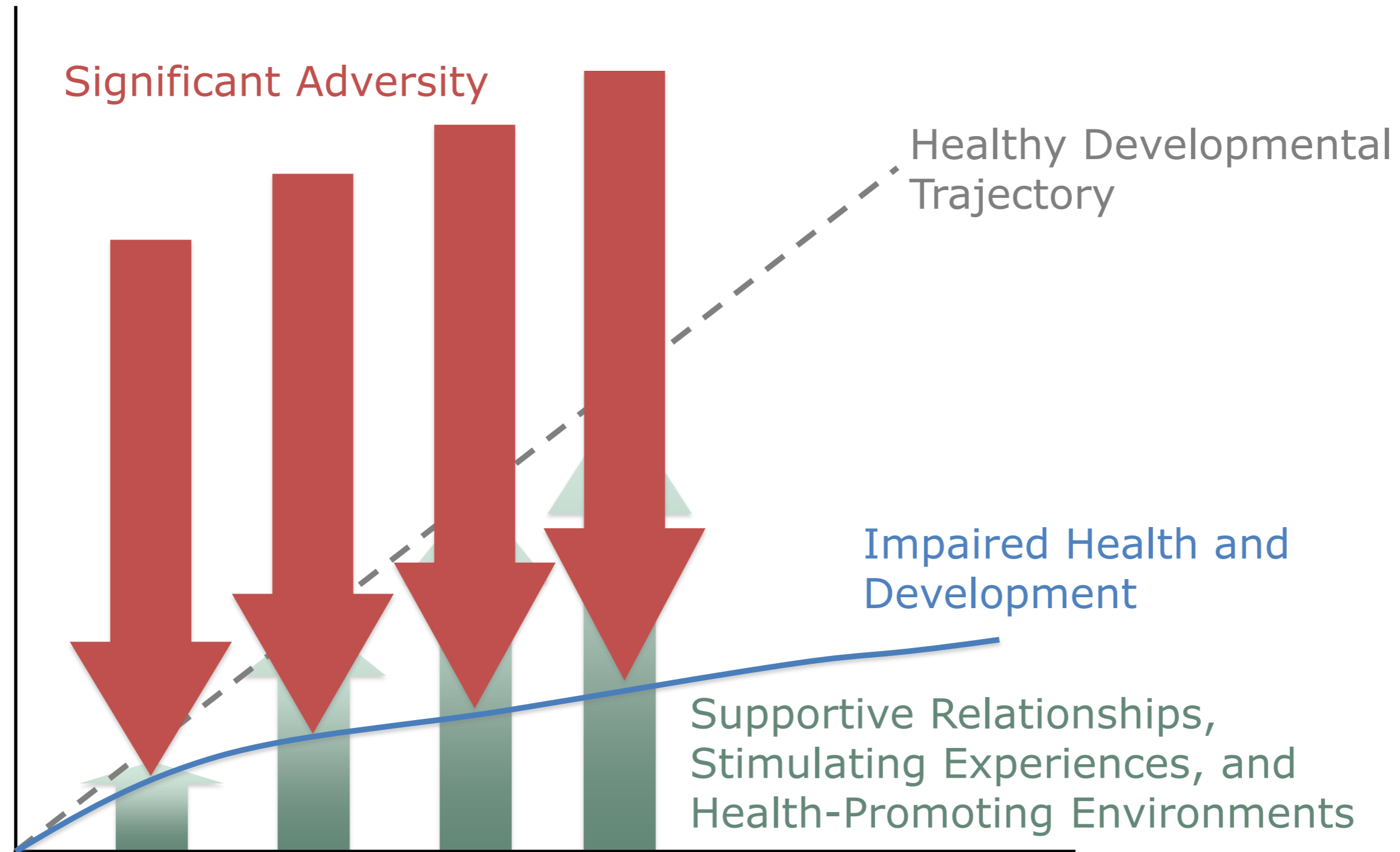


# Early Intervention: From Science to Implementation



**Colleen Kraft, M.D., FAAP**  
**President, American Academy of Pediatrics**

# Current Conceptual Framework Guiding Early Childhood Policy and Practice



# Does Early Child Care Environments Make a Difference?

## *Carolina Abecedarian Study* Campbell et al, Science 343:1478. 2014

1972-77: 111 Impoverished Children Randomized

**57 Children**  
**Quality Preschool**  
8 hrs/ day birth to 5 years  
Health care  
Nutrition: 2 meals, 1 snack  
Cognitive & Social stimulation



**54 Children**  
Controls  
Medicaid, WIC, Food Stamps  
**No** child care

- Survey: children, parents, teachers
- Demographics
- Health evaluation
- Lab tests
- Personality & Behavior
- Cognition & Achievement

Follow-up years:  
12, 15, 21, 30 and mid-30s



## Every \$1 Spent at least a \$7 Return

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- Less likely to fail or repeat a grade
- 4 x more likely to graduate from college
- 4.4 x more likely to hold a skilled job
- Stronger social and emotional skills
- Less drinking, run-ins with the law
- More physically active

Campbell et al, Science 343:1478. 2014

Campbell et al, Early Child Res Q, 23:452, 2008

# Abecedarian Kids at 40 years: *Health*

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- **Blood pressure**
  - Systolic: lower by 17.5 mm Hg
  - Diastolic: lower by 13.5 mm Hg
- **Lipids**
  - HDL 11 mg/dL higher
  - LDL: 31% less (males)
- **Obesity**
  - Fewer obese or severely obese
- **Metabolic syndrome**
  - ¼ of Controls (typical);
  - *None from child care group*
- **Cardiovascular risk score**
  - 2 fold lower



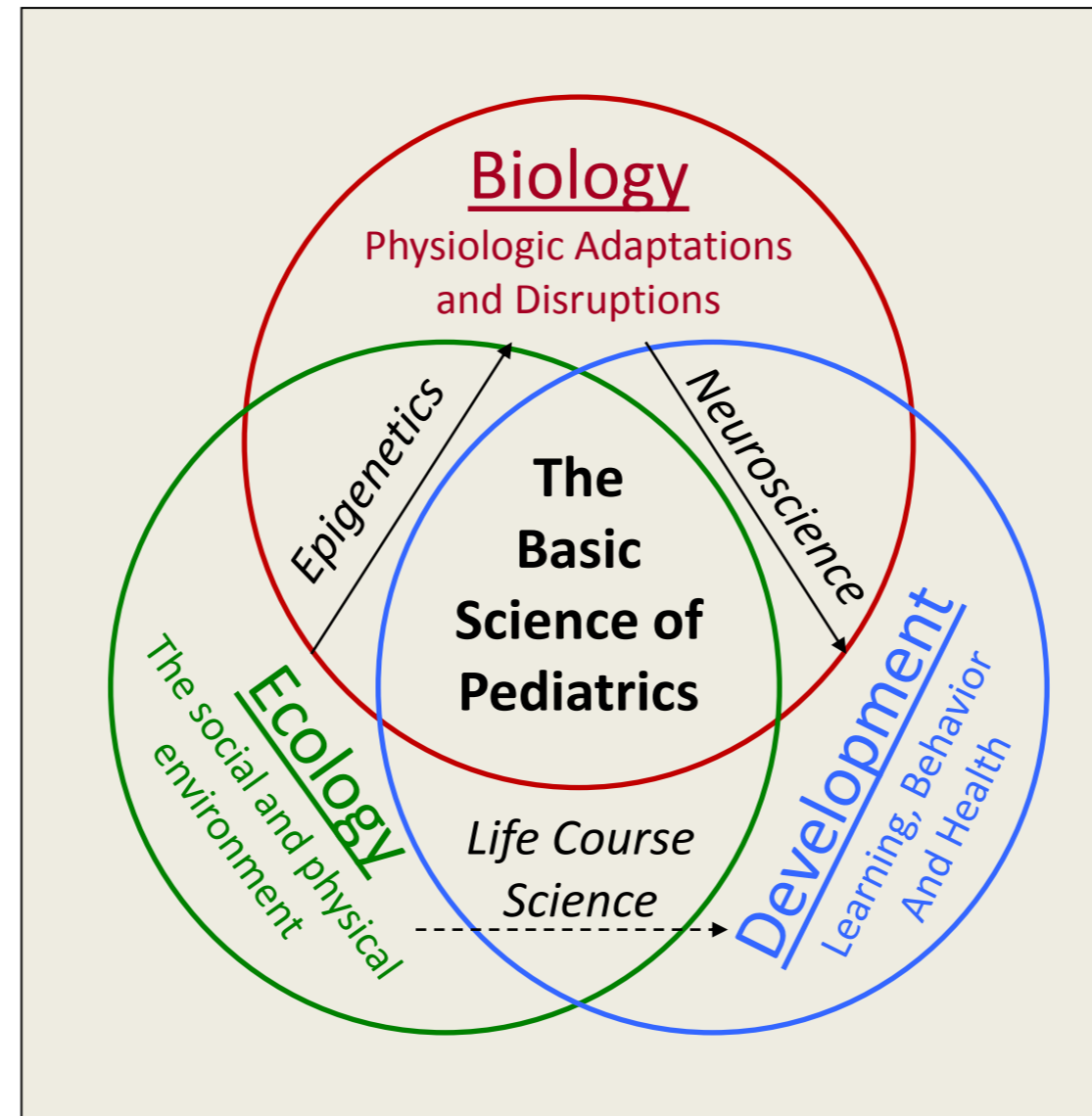
# What Made the Difference?

## 4 THINGS

- Quality nutrition
- Health care
- Play-focused child care
- Social and emotional support



# Eco-Bio-Developmental Model of Human Health and Disease



**Ecology**  
Becomes **biology**,  
And together they drive **development** across the lifespan

# TEAM-BASED CARE



# Early Intervention

- **Primary / Universal Prevention**

- Proactive, universal interventions to make stress **positive**, instead of tolerable or toxic

- **Actively building resiliency** (“immunizing” through positive parenting, “One Minute” social-emotional learning)

- **SE Buffers** for caregivers allow the physiologic stress response to return to baseline





## Healthy Development Services

- Healthy Development Services
- Care Coordination
- Services**
- Behavioral Screening, Assessment, and Treatment
- Developmental Screening, Assessment and Treatment
- Parent Education, Support and Empowerment
- For Referring Providers
- Locations

### Services

HDS offers a variety of services to help you and your child, including:

- [Parent Education, Support and Empowerment](#)
- [Developmental Screening, Assessment and Treatment](#)
- [Behavioral Screening, Assessment, and Treatment](#)

# Addressing Trauma Early

- **Trauma-Informed Care**

- Evidence-based treatment
- Parent-Child Interactive Therapy
- Trauma-Focused Cognitive Behavioral Therapy
- Therapeutic Preschool



# Building an Enhanced Theory of Change that Balances Enrichment and Protection

