King County

BEST STARTS FOR KIDS

INVESTING IN PREVENTION: SAVING MONEY AND SAVING LIVES.

Prevention is the most effective, least expensive way to put our children and youth on a path toward lifelong success.

Yet, by the time we respond to negative outcomes in our community, there aren't enough resources available to invest in proven prevention strategies.

Best Starts for Kids provides the resources to invest early in a child's development to deliver the greatest returns.

PREVENTION CAN REDUCE THE NEED FOR COSTLY LATE-STAGE INTERVENTIONS:

- Chronic disease
- Domestic violence
- Mental illness
- Homeless-ness

SCIENCE CONFIRMS WHAT WE ALREADY KNOW:

85% of brain growth is complete by age 3

Emerging neuroscience shows the **first 5 years** in a child's life are particularly critical for brain development.

Regions of the brain that govern emotion and self-regulation develop **through the teen years**.

TEEN BRAIN AT WORK

Research shows that investing in a child's development delivers the highest return.

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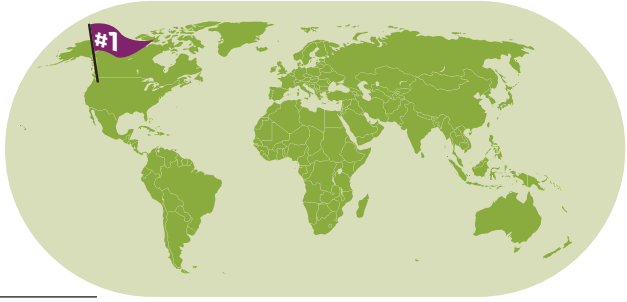
Earlier investment = Highest return

BEST STARTS FOR KIDS WILL INVEST IN WHAT WORKS:

- Strengthen a child's early development.
- Invest at key developmental milestones on a child's journey to adulthood.
- And create healthy communities that reinforce their progress.

BEST STARTS FOR KIDS IS OUTCOMES-BASED.

Healthier kids maximizes our region's investments in pre-K and K-12 education so kids are ready to learn. We are more competitive in the global economy when everyone is able to contribute.



OUTCOMES WE WANT TO ACHIEVE FOR KING COUNTY:

Babies are born healthy and establish a strong foundation for lifelong health and well-being.

The journey to adulthood is healthy and safe for everyone, building emotional and life skills to succeed.

Healthy communities offer safe, welcoming environments that support all children and families.

WE MUST INVEST IN **PROVEN AND PROMISING** STRATEGIES THAT DELIVER POSITIVE RESULTS:

- Mental-health screenings for all youth in King County.
- Home visitations for new moms and families ensures babies are healthy.
- Universal access to developmental screening when it is most effective.
- Flexible funding for families and youth to prevent homelessness.
- Communities that are more walkable and better connected.
- Increase access to affordable, healthy foods.

PREVENTION WILL RESULT IN:

- MORE Babies born at healthy weight.
- FEWER Children who are abused, neglected and homeless.
- FEWER Youth who suffer from chronic disease and disability.
- FEWER Emergency room visits and lower healthcare costs.
- FEWER Young people who are involved in the justice system.

BEST STARTS FOR KIDS WILL HELP ENSURE THAT EVERY CHILD IN KING COUNTY HAS THE OPPORTUNITY TO REACH HIS OR HER FULL POTENTIAL IN LIFE.

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