

In 2024, our goals are centered on amplifying community, family, and parent engagement. We're ramping up access to training and technical assistance for educators, school districts, and youth-serving professionals, ensuring they have the resources to effectively support young people. We're teaming up with schools and youth organizations to deeply understand and respond to the specific needs of their communities.

Additionally, we're intensifying efforts to raise awareness about sexual and reproductive health by engaging parents and families, providing them with the tools and information necessary to support their youth. Our advocacy efforts will champion access to sex education across the state and expand access to preventive reproductive health services for all young Texans and women. By focusing on these initiatives, we aim to foster a supportive ecosystem where every young Texan has the opportunity to thrive and achieve their full potential.

Follow us     @hftexas



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THANK YOU

to our generous supporters!

Our 2023 achievements were made possible because of you, our supporters, who share our commitment to improving the well-being of young Texans through equitable access to sexual health education, contraception, and resources.

We are especially grateful for our lead foundation partners and federal funding agencies who play an integral role in our success.



2023 Annual Report

Healthy Futures for All

Statewide Scope, Local Impact



Dear Friends,

As we reflect on the year 2023, Healthy Futures of Texas continues to advance our mission with a focus on achieving equitable access to sexual health education, contraception, and resources across our diverse communities. This past year has exemplified our commitment to fostering "Healthy Futures for All" through impactful initiatives that resonate locally while extending our reach statewide.

Health Education remains pivotal in empowering young Texans with the knowledge and tools for healthier lives. We've expanded our programs, ensuring comprehensive and accessible educational efforts for more communities. Training and Technical Assistance efforts, including Texas is Ready, have played a crucial role in supporting educators and youth-serving professionals, equipping them with the skills and resources to implement effective sexual health education.

Advocacy continues to be at the forefront of our agenda as we've worked tirelessly to influence policies that promote inclusive sexual health education and access to essential services. Guided by research partnerships, our initiatives reflect the latest insights, while our awareness campaigns amplify our message and spark essential conversations across communities of all sizes. By engaging diverse audiences through strategic campaigns and local events, we've raised awareness about the importance of talking about sexual and reproductive health, driving positive change at the grassroots level.

Looking ahead, "Healthy Futures for All: Statewide Scope, Local Impact" remains our guiding principle. Together with our dedicated team, partners, and supporters like you, we are committed to building a healthier, more resilient Texas where everyone has the opportunity to thrive.

Sincerely,



Evelyn Delgado
EVELYN DELGADO
 President and Chief Executive Officer



Chris Kroeger
CHRIS KROEGER
 Board Chair



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Our Mission

The mission of Healthy Futures of Texas is to improve the well-being of young Texans through equitable access to sexual health education, contraception, and resources.

Our Vision

Every woman and young Texan has access to the information and resources needed to make their own sexual health decisions.

Our Values

- ➔ Equity, inclusivity, and respect
- ➔ Community-centered
- ➔ Innovation and curiosity
- ➔ Outcomes-driven
- ➔ Honesty, transparency, and accountability

Healthy Futures for All

Statewide Scope, Local Impact

Healthy Futures of Texas is dedicated to enhancing statewide health and well-being. We tailor programs to meet community needs and collaborate closely with local leaders. By focusing on health education, advocacy, awareness, training and technical assistance, and research and data, we strive to achieve lasting health improvements for young people throughout the state. Through strategic partnerships with schools, healthcare providers, and organizations, we extend our impact, promoting a healthier future for all Texans.

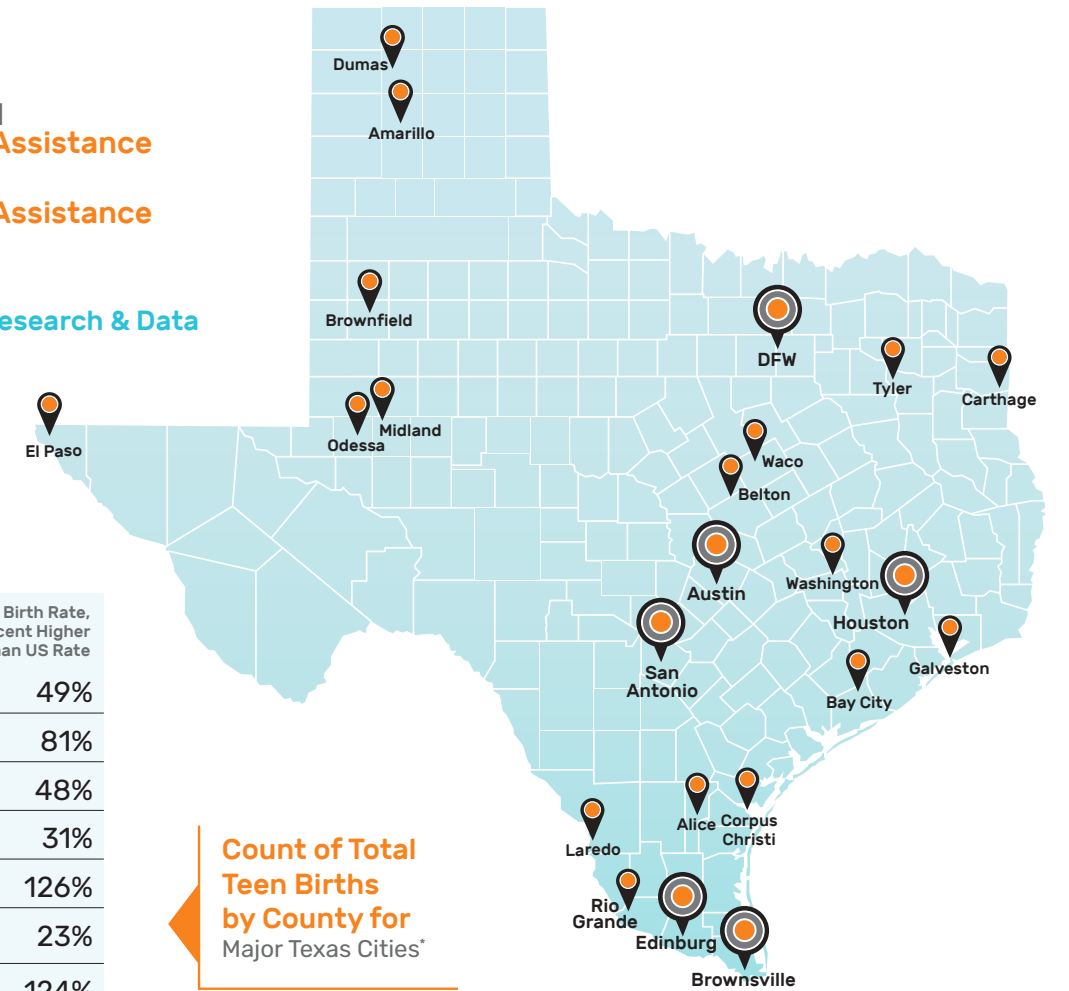
Local Impact:

- 🎯 Health Education and Training & Technical Assistance
- 🎯 Training & Technical Assistance

Statewide Impact:

Awareness • Advocacy • Research & Data

	Count of Total Teen Births	Teen Birth Rate, Percent Higher than US Rate
Harris	3,321	49%
Dallas	2,168	81%
Bexar	1,451	48%
Tarrant	1,377	31%
Hidalgo	1,173	126%
Travis	658	23%
Cameron	527	124%



Count of Total Teen Births by County for Major Texas Cities*

* (Ages 15-19) by County, 2022
 Source: Healthy Futures analysis of CDC natality data.

Our Focus Areas



HEALTH EDUCATION 2,806 students directly educated

- **1,618 Middle and High School students** educated (North and Central Texas)
- **1,188 College students** educated (South and Central Texas)
- **21,322 College students** engaged through campus events (South and Central Texas)
- **100 parents** educated in North Texas, with plans to expand our parent program, offering virtual and in-person sessions in English and Spanish.
- **1,105 engagements at community events.**



TRAINING AND TECHNICAL ASSISTANCE 496 Youth-Serving Professionals trained

- **113 youth-serving professionals** from Dallas, RGV, and San Antonio were trained in creating welcoming environments for students, including those who may have experienced trauma. These professionals serve around **7,500 young Texans.**
- **383 youth-serving professionals** attended our Annual Symposium and South Texas Summit for training and continuing education.
- **9 webinars** were hosted by the Texas is Ready initiative to support school districts and youth-serving professionals. These webinars attracted **178 registrants** from 41 counties and 75 cities, covering topics like advocating for sex education, new sex education standards, STIs, and sexual assault education.
- **57 health professionals from 5 clinics** were trained through the Texas Youth Friendly Initiative (TYFI), including clinicians and clinic staff, to be youth friendly service providers.
- **50 youth-serving professionals** trained across **6 school districts** in Central and North Texas on Big Decisions, our medically accurate, abstinence-plus sexual education curriculum, potentially impacting **6,152 students.**



ADVOCACY

In a difficult adolescent health policy environment, sometimes the most important work is defense. Though multiple bills that would have harmed sex education advanced through the legislative process, none passed into law. The 88th Legislative Session ran from January - May 2023. Leading up to and during the session, we:

- “Dropped cards,” or weighed in on **15 bills**, provided written testimony on **7 bills**, and provided in-person oral testimony on **2 harmful bills**, which **did not pass** into law.
- Engaged in more than **50 lobbying visits** supporting access to preventive healthcare and sex education for Texas youth.
- Supported many external stakeholders in **advocacy**, including testimony.

Youth Advocates (YA)

- YA is a youth development program that empowers teens to lead community change through civic participation at both local and state levels. In 2023, YA San Antonio (**25 youth**) and YA Dallas (**14 youth**) organized three impactful events:
 - **Youth Advocacy Day** at the Texas State Capitol, advocating for legislative reforms in reproductive health.
 - **YA Crash Course** on key sex education topics.
 - **TeensDaySA**, connecting San Antonio’s youth with health resources.



RESEARCH AND DATA

- Released the **Opt-in Report** with **UTHealth**, analyzing **Texas’ new opt-in requirements** for sex education, which require parental consent for student participation.
- Published a peer-reviewed article in the **Bulletin of the Menninger Clinic** on lessons from **sex education advocacy** for the mental health community
- Created and uploaded **32 county factsheets**, detailing local **teen birth rates** and **STI rates.**
- Updated data tools with **2022 teen birth data** and launched a new tool showing **teen birth rates by zip code.**
- Conducted research on aligning **sex education curricula** with **Texas standards** and updated the **iCHAMPSS** (Choosing And Maintaining Effective Programs for Sex Education in Schools) tool.
- Presented research at major **conferences** and **webinars.**



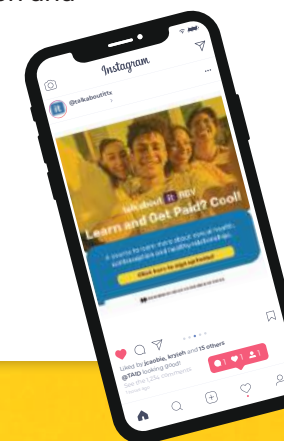
AWARENESS 22.9 million impressions achieved

- **7.8 million impressions** garnered by organic social media posts.
- **200,000 visits** to our websites

We executed two impactful awareness campaigns targeting youth and the local community:

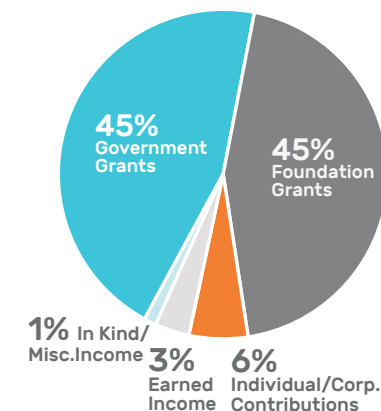
- **Talk About It Dallas Campaign:** Increased brand visibility and educated on sexual and reproductive health, achieving 10.8 million impressions and reaching 1.1 million people.
- **Talk About It RGV (Rio Grande Valley) Campaign:** Boosted brand recognition and student engagement in sexual health workshops, achieving 4.3 million impressions and reaching 492,528 people.

These efforts highlight our commitment to promoting informed choices and sexual health across diverse communities.

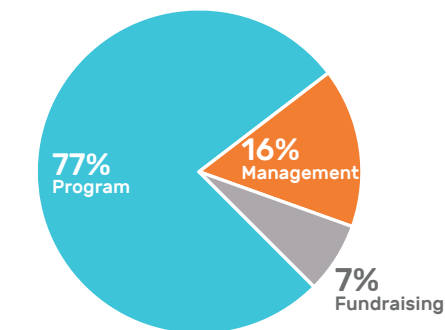


Financials

2023 Revenue: \$6.6 million



2023 Expenses: \$6.4 million



Statement of Financial Position

Cash and Cash Equivalents	\$2,394,732
Other Current Assets	\$2,022,182
Other Assets	\$86,472
Fixed Assets	\$86,744
Total Assets	\$4,590,130
Liabilities	\$473,174
Net Assets	\$4,116,956
Total Liabilities & Assets	\$4,590,130

Full financials can be found at hftx.org/financials

Three Key Initiatives



TWHC is a coalition of organizations **promoting access to preventive healthcare** for all Texas women. HFTX staffs and manages the coalition, which consists of **77 healthcare, faith, and**

community-based member organizations dedicated to **improving the health and well-being** of Texas women, babies, and families by advocating for access to preventive healthcare for all Texas women.

2023 Achievements:

- Secured an additional **\$118 million** for the women's health budget.
- Spearheaded budget riders securing **\$10 million for Mobile Health Units** and **\$5 million for patient navigators** for women's health providers.
- Led work to pass the first bill in decades expanding access to birth control in Texas. Under HB916, health benefit plans covering oral contraceptives now enable women to obtain up to a 12-month supply during a single pharmacy visit. Additionally, we helped support the passage of HB12, which extends Medicaid coverage for Texas mothers to a full twelve months postpartum, a substantial increase from the previous limit of two months.
- Hosted 2 "Lunch and Learn" events for legislative staffers with **50 attendees**, discussing various women's health topics.
- Developed a **new website** to enhance our online presence: www.texaswhc.org.
- Secured new national funding sources.



In 2023, TWHC staff presented Legislative Champion awards to honor notable legislators who supported our policy priorities during the 88th Session, starting with Rep. Donna Howard.



The Texas Youth-Friendly Initiative (TYFI), led by Healthy Futures, helps build the capacity of health centers to improve care delivery to youth ages 10-24. This initiative adopts an evidence-based model developed by the Adolescent Health Initiative at the University of Michigan. In 2023, we graduated our fourth cohort, consisting of five clinics, and welcomed a fifth cohort of six clinics scheduled to operate from October 2023 to March 2025. Participants include four clinics from Houston, one from Dallas, and one from El Paso.



TYFI Summit at the Texas Medical Center in Houston



The Texas is Ready project supports Texas public and charter schools, school health advisory councils, and communities in implementing high-quality sexual health education. In 2023, we supported **95 school districts**, serving over one million students, and 12 charter schools across Texas, offering guidance on curriculum selection, Texas Essential Knowledge and Skills (TEKS) updates, and teacher training. We also launched a comprehensive resource guide for Texas school districts to implement high-quality sexual health education.

2023 Event Highlights

Youth Advocacy Day (February 23)

25 Youth Advocates from Dallas and San Antonio, along with 25 staff from Healthy Futures of Texas, gathered at the Texas State Capitol to advocate on sexual and reproductive health issues, including access to birth control, LGBTQ+ protection, inclusive sex education, and menstrual products. The Youth Advocates held 18 meetings with legislative offices.

People's Community Clinic's 7th Annual Adolescent Health Symposium (March 22)

We co-hosted the 7th Annual Adolescent Health Symposium, attracting 116 attendees, including healthcare providers, young people, and adolescent health experts. The symposium covered crucial topics such as navigating difficult conversations, wellness care, continuity of care, and teens' legal rights surrounding consent.

8th Annual Film Contest (March 26)

Students from Dallas and San Antonio participated in our Student Film Contest, creating impactful films on "What does access to birth control mean to you?" A panel of judges selected the best entries, which were awarded at the premiere attended by 120 people.

11th Annual Statewide Symposium (April 23-26)

Hosted by Healthy Futures, the symposium held in Houston attracted 250 youth-serving professionals. The event featured 69 speakers, 4 plenary sessions, 28 breakout sessions, 2 workshops, 2 contraceptive training sessions, and a contraceptive counseling lunch. There were 25 exhibitors, 18 sponsors, and over 350 hours of continuing education.



YA TeensDaySA with District 2 Council Member Jalen McKee-Rodriguez



Dallas Healthy Teen Conference



YA Crash Course



8th Annual Film Contest



11th Annual Statewide Symposium

TeensDay SA (May 20)

144 attendees from across San Antonio participated in TeensDaySA, a youth-designed event focusing on teen mental, sexual, and physical health. Dubbed the Summit for Learning Among Youth (SLAY), the event connected young people with local resources and featured educational sessions by experts from various organizations. Led by Healthy Futures and the San Antonio Pod—a project of the Texas Youth Action Network—in collaboration with five other local organizations, the event promotes positive youth development.

Dallas Healthy Teen Conference (June 23)

Hosted by Healthy Futures, this event brought together 59 middle and high school students, along with 24 caregivers, to learn about healthy relationships, birth control, mental health, and LGBTQIA+ resources. The conference included a dedicated track for caregivers.

Youth Advocates (YA) Crash Course (June 28)

26 youth from the Dallas/Fort Worth area attended the YA Crash Course. The program covered key sex education topics, including consent and healthy relationships, reproductive health and healthcare navigation, STI prevention, LGBTQ+ support and allyship, and health policy and advocacy.

6th Annual South Texas Adolescent Health Summit (August 23-24)

We offered advanced training to 133 professionals from the Rio Grande Valley on topics such as teen dating violence, access to reproductive health, inclusive language, advocacy, and HIV on the border. Additionally, on August 25, Campus Conversations, our higher education-focused program, hosted the first South Texas Teen and Young Adult Summit, drawing 30 young adults.

San Antonio Happy Hour (December 11)

Our "Cocktails and Conversation" provided an opportunity to engage with San Antonio area supporters, old and new. The event, presented by Methodist Healthcare Ministries of South Texas, featured an update on our work during the last legislative session.