



# Healthy Relationships, Healthy Futures

Creating Spaces for Connection, Education, and Trust

 **healthy futures**  
OF TEXAS  
Advancing informed sexual health decisions

# 2024 ANNUAL REPORT

At Healthy Futures of Texas, we believe strong relationships are the foundation of healthy lives. Our programs support young people, families, and communities in building respectful, supportive connections. Through education, advocacy, awareness, training, and research, we help people communicate better, navigate challenges, and make informed decisions about their sexual health.

 **hftx.org**



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Dear friends,

At Healthy Futures of Texas (HFTX), we know that healthy relationships are the foundation of well-being, shaping how young people see themselves, connect with others, and build their futures. In 2024, we focused on fostering those relationships at every level: between youth and their peers, within families, in schools, and throughout communities.

We continued to advance our mission through our five pillars – health education, advocacy, awareness, training and technical assistance, and research and data – creating spaces for trust, connection, and education to thrive. Across Texas, we delivered innovative health education programs that equipped young people with the knowledge and skills to build respectful, supportive relationships. We strengthened advocacy to protect and expand access to inclusive education and preventive health services, ensuring more youth and families could flourish. Our awareness campaigns engaged parents, families, and communities in understanding their vital role in supporting healthy relationships and positive outcomes for young people.

We also expanded training and technical assistance to educators, healthcare providers, and youth-serving professionals, giving them the tools to guide and support youth effectively. Through research and data, we measured our impact, identified emerging needs, and adapted our programs to meet the unique challenges facing young Texans today.

Throughout 2024, we worked closely with schools, healthcare providers, and community organizations to create spaces where trust, connection, and education could flourish, and where every young person has the opportunity to develop strong, positive relationships and achieve their full potential.

Thank you for supporting this vital work and for joining us in building a healthier, more connected Texas.

Sincerely,



*Evelyn Delgado*

**EVELYN DELGADO**  
President and Chief Executive Officer



*Chris Kroeger*

**CHRIS KROEGER**  
Board Chair





## AT A GLANCE 2024 Impact

**20,250** youth  
and parents served  
across Texas through  
education and outreach

**1,125** youth  
serving professionals  
trained

**31.5M** views of our  
messages statewide through  
campaigns & outreach

**250+** partners  
engaged in schools,  
healthcare, and  
communities

**750+** participants  
attended 6 events  
featuring youth leadership  
and involvement

## Voices of Impact

Across Texas, youth, educators, and community leaders are experiencing the power of healthy relationships to transform lives and communities.

### Youth Voice

“Healthy Futures taught me that sexual health is just as important as any other type of health – it’s about understanding and advocating for your own body.” – Youth Advocate, Dallas

### Why Now?

“In Texas, where misinformation spreads easily and access is limited, Healthy Futures is a beacon of clarity, compassion, and education.” – HFTX Health Educator

### Empowerment

“Healthy Futures was the first organization I joined that focused on sexual health advocacy, and it opened my eyes to my community’s struggles. With their support, I gained the skills and confidence to lobby lawmakers on Capitol Hill – even securing a congressional co-sponsor for comprehensive sex education. Today, I see myself as a leader creating healthier futures for my peers.” – Former Youth Advocate, San Antonio

### Partnerships & Impact

“Partnering with Healthy Futures has given me tailored tools and resources to better serve the youth and parents in my community.” – Youth-Serving Professional



### Informed Choices

“Healthy Futures approaches the subject head-on, giving our students the tools to make informed choices about their reproductive health – proactively rather than reactively.” – High School Program Manager



## » Our Focus Areas

### HEALTH EDUCATION

**20,250 youth and parents served across Texas**

- **4,095 students** completed full sexual health education programs in North, South, and Central Texas
  - 2,029 middle and high school students
  - 2,066 college students
- **16,155 college students**, youth, parents, and caregivers engaged through on-campus events, presentations, and outreach activities
- **54 statewide implementation sites** — including clinics, schools, colleges, after-school programs, faith-based groups, and others — in Austin, Dallas, the Rio Grande Valley (RGV), and San Antonio

### TRAINING AND TECHNICAL ASSISTANCE

**1,125 Youth-Serving Professionals trained to better support young Texans**

- **113 youth-serving professionals** in Dallas, RGV, and San Antonio specifically trained in creating trauma-informed, welcoming environments — impacting nearly **7,500 youth**.
- **356 youth-serving professionals** attended the Annual Symposium and South Texas Summit, earning continuing education credits and gaining new tools for their work.
- **275 registrants** from 35 counties and 64 cities joined **9 Texas Is Ready webinars** on topics like puberty education, answering challenging questions when facilitating sex ed, and building support among school boards, administrators, and communities for implementing sexual health education in schools.
- **310 health professionals** from 6 clinics trained through the Texas Youth-Friendly Initiative to deliver youth-centered care. With the potential to impact over **9,000 adolescents**.
- **71 educators** from **12 school districts and organizations** trained in our own curricula, preparing to reach over **4,000 students**.
- **814 continuing education** hours issued across **7 disciplines**.



**“In Texas, where misinformation spreads easily and access is limited, Healthy Futures is a beacon of clarity, compassion, and education.”**

— HFTX Health Educator

#### Mission

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

#### Vision

Our vision is that every woman and young Texan has access to the information and resources needed to make well-informed sexual health decisions.



# ADVOCACY

We focused our efforts on shaping policy priorities and preparing for the 89th legislative session

- Leading up to Session, we held advocacy trainings for stakeholders and conducted an educational event on teen pregnancy at the Texas Capitol for lawmakers and staffers.

## Youth Advocates:

Our Youth Advocates (YA) program empowers teens to become leaders of change, equipping them with the skills and confidence to participate in civic life and advocate for healthier communities – both locally and at the state level.

In 2024, our YA cohorts in **San Antonio, Dallas, and Brownsville** made their voices heard and their impact felt:

- Attended Youth Advocacy Day at the Texas State Capitol, advocating for policies to support adolescent health
- Partnered with local organizations to host teen health festivals in San Antonio and Brownsville.
- Led peer-driven campaigns to increase youth voter participation.



# RESEARCH AND DATA

Rolled out an interactive STI data tool, showing county-level trends for youth and adults

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- Produced and published **county fact sheets** highlighting teen birth and STI rates.
- Updated data tools with **2023 teen birth data**.

# AWARENESS

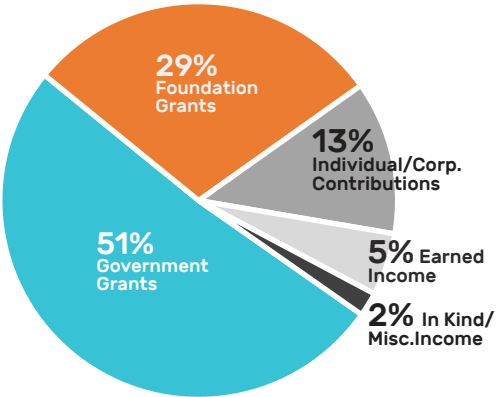
**31.5 million views of our messages statewide – reaching and engaging communities across Texas**

- **3.8 million** through social media and **2 million** from outdoor advertising
- **433,040** visits to our websites for trusted resources and information
- Through our **Talk About It Texas campaign**, we raised awareness about sexual health, consent, and birth control, while strengthening brand recognition in San Antonio, Austin, Dallas, and the RGV. The campaign reached more than 8.2 million people.

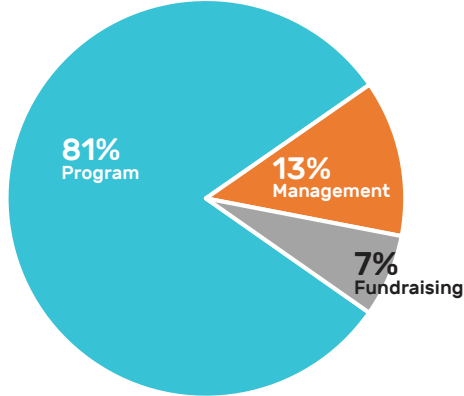
Through these efforts, we continue to build awareness, foster understanding, and connect communities with the tools to support healthy futures for all.

## Financials

2024 Revenue: \$6.7 million



2024 Expenses: \$7.1 million



## Statement of Financial Position

Cash and Cash Equivalents	\$2,247,409
Other Current Assets	\$1,560,808
Other Assets	\$102,156
Fixed Assets	\$125,788
Total Assets	\$4,036,161
Liabilities	\$713,775
Net Assets	\$3,322,386

**Total Liabilities & Assets \$4,036,161**

Full financials can be found at [hftx.org/financials](https://hftx.org/financials)



## Three Key Initiatives

### The **Texas Women's Healthcare**

**Coalition** is a statewide coalition of 77 healthcare, faith, and community-based organizations working to ensure all Texas women have access to preventive healthcare. Staffed and managed by HFTX, the coalition advocates for policies that improve the health and well-being of women, babies, and families by expanding access to essential care.



#### **2024 Achievements:**

- 25 legislative staffers participated in 'Lunch and Learn' events on the importance of birth control access.
- Produced two video storytelling pieces to amplify advocacy efforts during the 89th legislative session.
- Co-hosted a regional LARC (long-acting reversible contraception) training in Houston, expanding the number of providers trained to offer high-quality contraceptive care in safety-net programs.



### Texas Ready

**Texas is Ready** supports K-12 public and charter schools, School Health Advisory Councils, and communities in implementing high-quality sexual health education. In 2024, we:

- Supported 16 school districts and charters, serving nearly 300,000 students through curriculum guidance, TEKS updates, and teacher training
- Launched new district fact sheets to support local, data-driven decisions
- Engaged 255 youth-serving professionals through webinars



The **Texas Youth-Friendly Initiative (TYFI)**, led by HFTX, builds the capacity of health centers to deliver high-quality, youth-friendly care to Texans ages 10-24. The initiative is based on an evidence-based model developed by the Adolescent Health Initiative at the University of Michigan. Our current and fifth cohort includes six clinics: four from Houston, one from Dallas, and one from El Paso.



## 2024 Event Highlights

### Youth Advocacy Day (Feb 22)

39 Youth Advocates from Dallas, San Antonio, and the RGV, supported by HFTX, visited the Texas Capitol to advocate for birth control access, inclusive sex ed, menstrual equity, and youth leadership. They led 36 policy conversations and showed the power of youth-driven advocacy in Texas.

### TeensDaySA (Apr 6)

More than 260 community members gathered at Girls Inc. for the second annual youth-led TeensDaySA: SLAY, focused on health, connection, and civic empowerment. Organized by the San Antonio Pod, a coalition of 12+ organizations, and led by HFTX with the Texas Youth Action Network (TYAN), the event featured sessions on mental, physical, and sexual health, as well as civic engagement.

### 9<sup>th</sup> Annual Film Contest (Apr 7)

16 Dallas and San Antonio high-school students submitted films exploring the theme “Mental Health and Sex Ed—What’s the Connection?” to our Student Film Contest. The 12 finalists premiered before an audience of 200 at The Texas Theatre in Dallas.

### 13<sup>th</sup> Annual Symposium (May 6–9)

Held in Austin, the symposium brought together 250 youth-serving professionals for continuing education and networking. The event featured expert speakers, plenary and breakout sessions, hands-on workshops, and opportunities for contraceptive training. Participants earned more than 490 continuing education hours.



### RGV TeenFest (May 25)

HFTX and the Brownsville Pod hosted RGV TeenFest at the historic Brownsville Market Square. Developed by and for youth, the event brought together 114 community members for a day of connection, education, and empowerment. Youth leaders helped shape the event through collaborative planning, ensuring it reflected their voices and priorities.

### Dallas Healthy Teen Conference (Aug 9)

Hosted by HFTX, this event brought together middle and high school students, along with caregivers, to learn about healthy relationships, birth control, mental health, and supportive resources for young people. The conference also featured a dedicated caregiver track.

### 7<sup>th</sup> Annual South Texas Adolescent Health Summit (Sept 26–27)

106 professionals from the Rio Grande Valley attended this event held in Mission to receive advanced training on healthy social media use, adolescent mental health, and navigating vicarious trauma.

### San Antonio Luncheon (Oct 23)

Civic, business, and philanthropic leaders gathered to celebrate our vision, commitment, and impact for a healthier Texas. Dr. Kristen Plastino received the Trailblazer Award for her leadership in adolescent health, and Live the Life Church was recognized with the Community Service Award for empowering families and strengthening community well-being.



## Looking Ahead

As I step into the role of CEO, I am honored to carry forward the mission of Healthy Futures of Texas and to build on the strong foundation laid under Evelyn Delgado's leadership. In 2025, we will deepen our focus on fostering healthy relationships as a cornerstone of lifelong well-being.

We will expand programs that equip young people with the skills to create respectful, supportive connections with peers, families, and communities. We will also strengthen partnerships with schools, healthcare providers, and youth-serving organizations, enhance training for professionals, and continue advocating for access to inclusive, evidence-based education and preventive health services.

Most of all, I want to thank our partners and supporters for walking alongside us, with special appreciation for our lead funders whose commitment makes so much possible. I look forward to working together as we continue building healthier futures for young Texans.



*Ginger Mullaney, President and CEO*

Follow us     @hftexas



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### Dallas

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Dallas, TX 75204

### Austin

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# THANK YOU

## to our generous supporters!

Healthy Futures of Texas extends our heartfelt gratitude to the youth, families, educators, healthcare providers, community leaders, and donors who make this work possible. Your generosity, dedication, and belief in our mission help create spaces where trust, connection, and education thrive – and where young Texans can build healthier, brighter futures.

**Together, we are making a lasting impact across Texas.**



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