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# Healthy Futures of Texas

Mid Level Diligence

*Analyst: Michelle Zhang Mentor(s): Eric Sun & Arjo Mozumder*



# Healthy Futures of Texas

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# Healthy Futures of Texas

## *Links and Contact Notes*

- **Contact notes**

- 1<sup>st</sup> contact: Michelle Zhang called Anthony Betori, Program Director (Health Education) on 03/05/21
- Received further data through email

- **Important links**

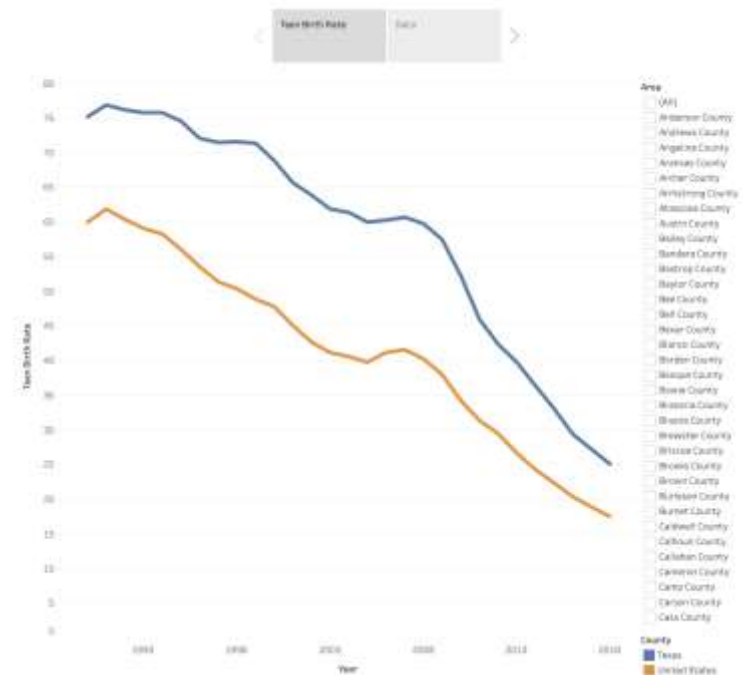
- [Website](#)
- [2019 Annual Report](#)
- [2019 990 Tax Form](#)
- [2019 Audit](#)
- [Big Decision Rigorous Evaluation](#)

# Sexual Education in Texas

## Issue Background

- US Teen Pregnancy Rate (2018): 25.3 births per 1000 girls (15-19 years old)
- Texas Teen Pregnancy Rate (2018): 58 pregnancies per 1000 girls (Texas has 5<sup>th</sup> highest rate)
- Sexual education in Texas is not required, not required to be medically accurate, and must direct teens to a standard of behavior of abstinence
- 17% of districts in Texas offer abstinence plus education; 58% teach abstinence-only; 25% don't teach at all
- Low-income minorities are most affected by lack of sex ed and the following consequences
- 50% of teen mothers earn a high school diploma by 22 and are more likely to live in poverty and become incarcerated
- Teen pregnancy cost Texans \$1.1 b annually

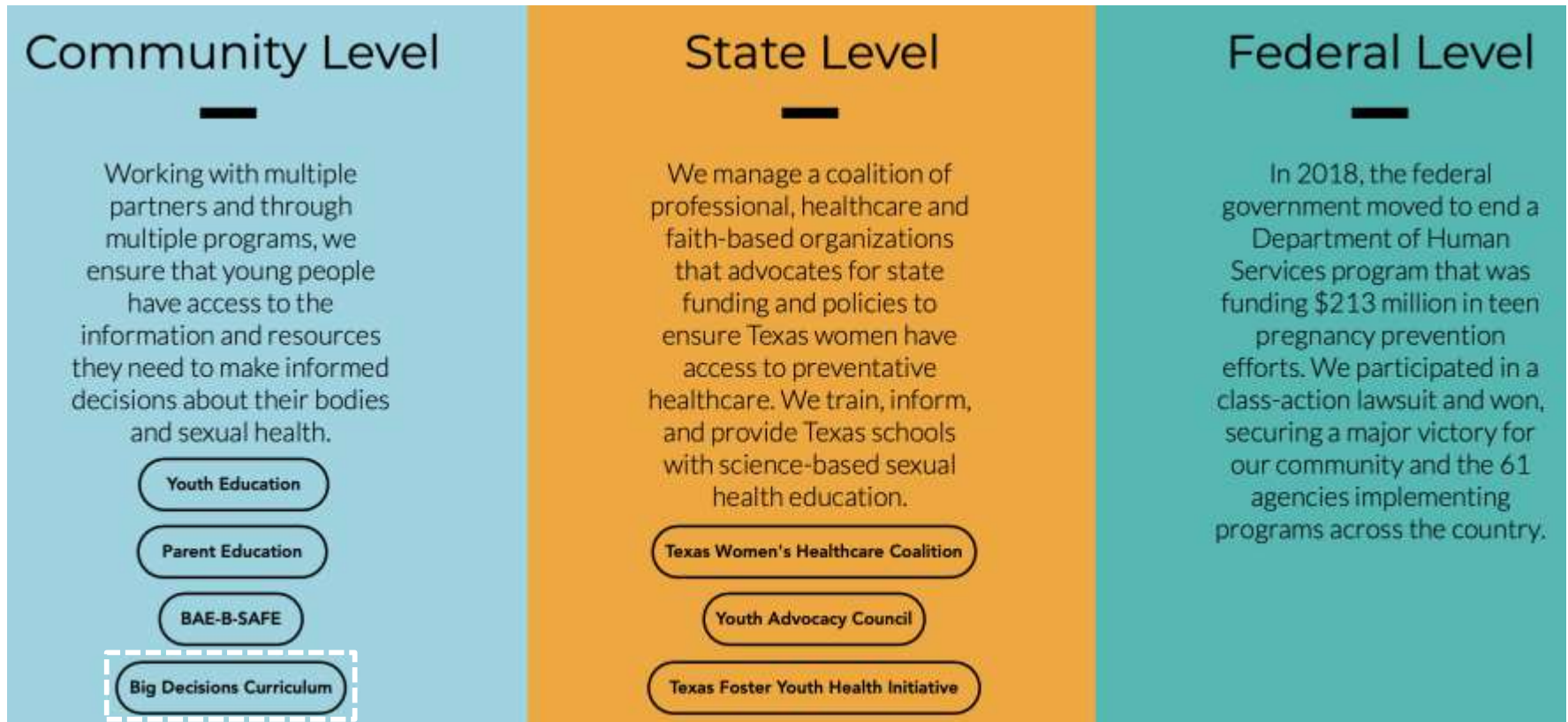
Teen Birth Rate by County, 1991 - 2018



# Healthy Futures of Texas

## Programs

**Big Decisions:** Healthy Futures flagship program that provides abstinence-plus sex education to communities through 10-lesson curriculum; written to be consistent with Texas law



# Healthy Futures of Texas

## Theory of Change [Big Decisions]

Inputs	Activities	Outputs	Outcomes	Impacts
<ul style="list-style-type: none"> <li>• 18 employees, 2 Big Decisions Curriculum Trainers</li> <li>• Annual Inflows (2019): 2,123,859</li> <li>• Grants: Office of Adolescent Health annual grant (2015-2020) of \$869,902</li> </ul>	<ol style="list-style-type: none"> <li><b>1. SHAC Advocacy:</b> Develop relationships with key school leaders, present at SHAC to gain approval for sex ed by local school boards</li> <li><b>2. Train teachers:</b> Travel to schools for 1-2 day facilitator Big Decisions trainings</li> <li><b>3. Provide Technical Assistance:</b> Provide books and lesson plans for Big Decisions Curriculum; Big Decisions virtual facilitation guidance packet</li> </ol>	<p>[2019]</p> <ul style="list-style-type: none"> <li>• Contacted <b>14 school districts</b> about Big Decisions curriculum</li> <li>• Trained <b>82 teachers</b> at <b>4 districts</b></li> <li>• Sold curriculum to <b>9 districts</b></li> <li>• Reached <b>8,200</b> children (each new teacher trained supports 100 youth/year)</li> </ul> <p>[All Time]</p> <ul style="list-style-type: none"> <li>• <b>50,000+</b> students/year</li> <li>• Curriculum approved for use in <b>46 school districts</b></li> </ul>	<ul style="list-style-type: none"> <li>• 2016-2017: 2,300 students in 3 rural counties received Big Decisions sex ed, with 94% of students liking the program &amp; 95% of students felt supported/accepted by teachers</li> <li>• Increased intent to abstain from sex</li> <li>• Increased attitude that it is best to have children after 20</li> <li>• Improved ability to identify pressure situations</li> <li>• Increased intent to use condoms, if they have sex</li> <li>• More likely to talk to parents about abstinence than control group</li> </ul>	<ul style="list-style-type: none"> <li>• Since inception in 2005, <b>51% decrease</b> in teen births in Texas</li> <li>• Bexar County: <b>62% decrease</b> in teen pregnancy since 2005</li> <li>• Decrease STI transmission: decrease healthcare spend and improve quality of life</li> <li>• Reduction of teen pregnancy: reduces health and foster care costs, reduce incarceration rates of children of teen parents, gain tax revenue from higher educational attainment and income of non-teen mothers</li> </ul>

# Anchor Study

[University of Washington \(2007\)](#)

**Methodology:** Comparison between comprehensive sex education and adolescents who receive abstinence only/no formal education; data from National Survey of Family Growth

**Sample:** 1719 teens aged 15-19

**Findings:** teens who receive comprehensive sexual education are 60% less likely to report pregnancy than someone who received no sex education

## **Conclusion:**

- Comprehensive sex education does not increase risk of adolescent sexual activity or STDs
- Adolescents who received comprehensive sex education had a lower risk of pregnancy than adolescents who received abstinence-only or no sex education



# Big Decisions Study

## *Study on Big Decisions Efficacy (2010)*

**Methodology:** Pre and post-test survey to measure changes in attitudes, self-efficacy, behavioral intentions regarding sex, pregnancy, STIs, condom use

**Sample:** 788 inner-city 9<sup>th</sup> grade students (78.4% Hispanic); 90%+ receive free/reduced price lunch

**Findings:** statistically significant mean changes for 11/12 items measured including: behavioral intentions (pregnancy avoidance, STI avoidance, abstinence)

**Conclusion:** Big Decisions curriculum is promising approach towards reaching minority students with abstinence and risk-reduction messages

# Big Decisions Rigorous Evaluation Results

## OAH TPP 5-Year Evaluation

**Methodology:** Cluster randomized controlled trial where 9<sup>th</sup> grade classes received either Big Decisions curriculum or control (Youth Voices) program

**Sample:** 1 622 students in 3 rural Texas school districts (Eagle Pass, San Felipe Del Rio, Carrizo Springs); average age 15; 90% Hispanic

**Findings:** Big Decisions students were significantly more likely than Youth Voices (control curriculum) students to:

- Intend to use birth control, if they have sex
- Intend to use condoms, if they have sex
- One year after the program: talk to parents about abstinence

# Healthy Futures of Texas

## Management & Board Backgrounds



**Evelyn Delgado**

President  
Executive Director

Prior Experience:

- 13 yrs as Family & Community Health Services Association Commission (TX Dept. of State Health Services)
- Education: Trinity University, BS Business Admin. & Man.



**Monica Rivera**

Curriculum Programs Manager  
*Big Decisions* and Health Education

Prior Experience:

- Project Administrator, Habitat for Humanity San Antonio
- Education: Our Lady of the Lake University, Master's Nonprofit Management



**Anthony Betori**

Program Director  
Health Education

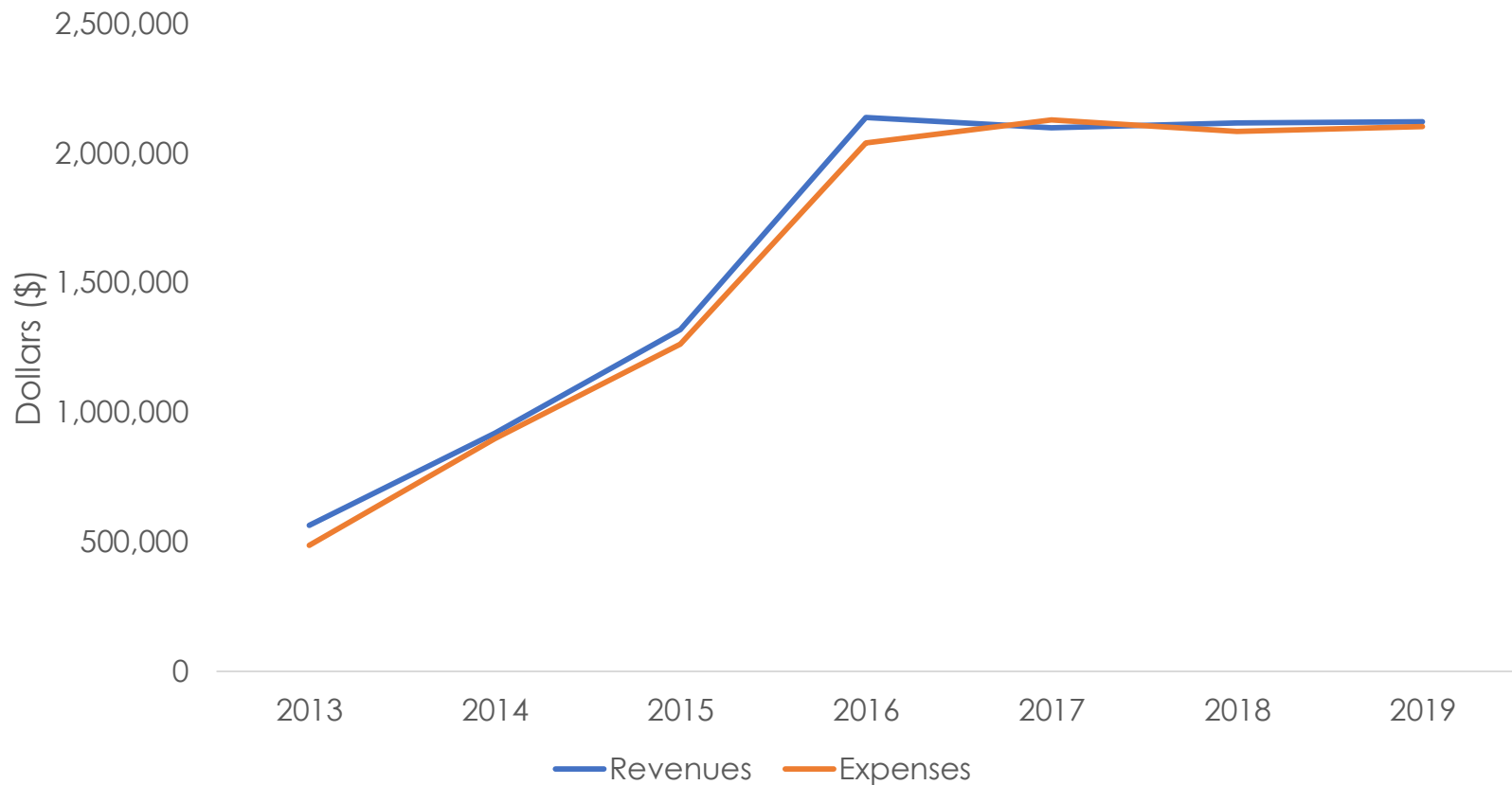
Prior Experience:

- Youth Program Manager at Chicago House & Social Service Agency
- Education: Loyola University, Bachelors in English; Pursuing MPH at Johns Hopkins

# Healthy Futures of Texas

## Financials Overview

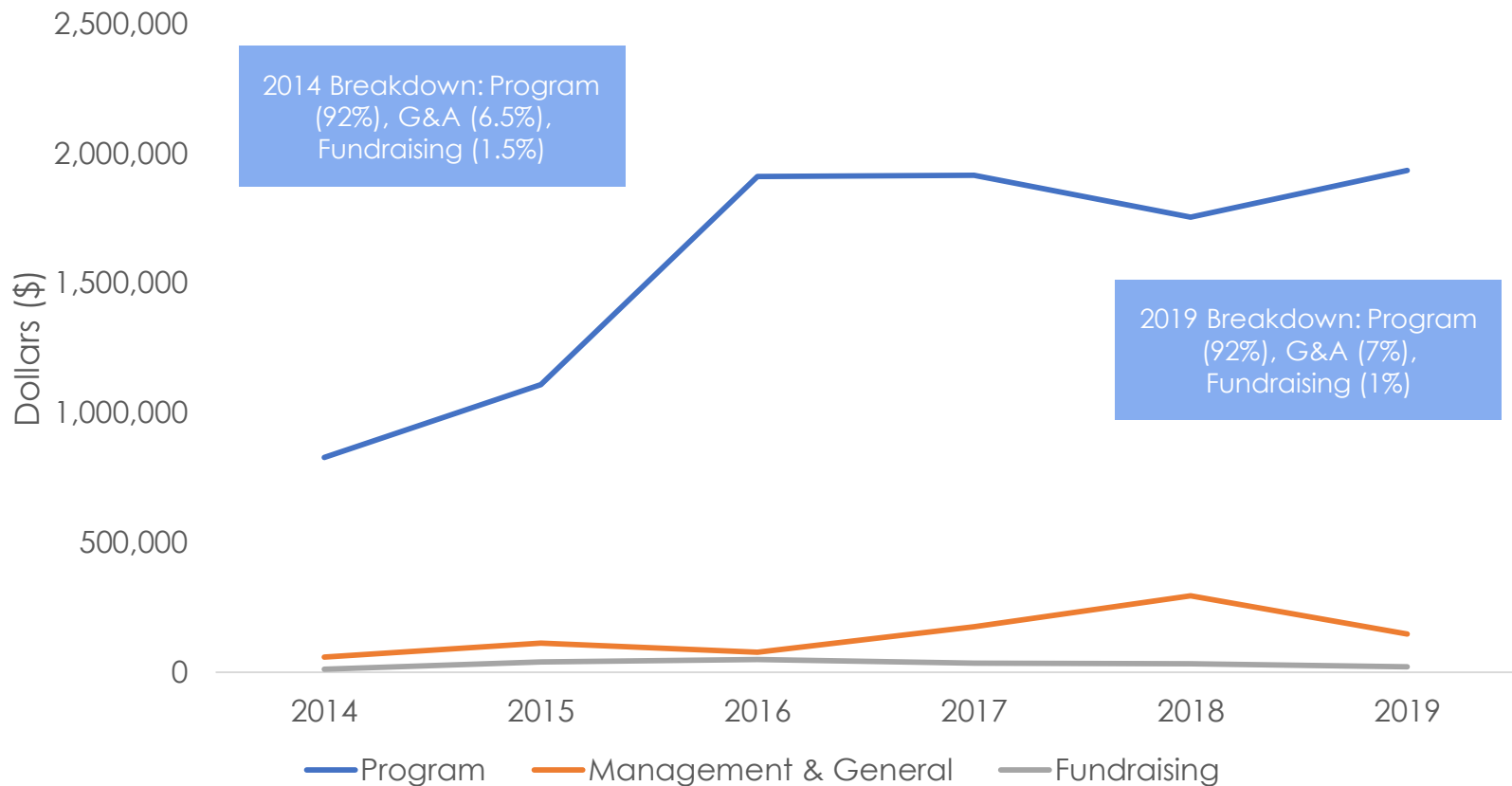
Annual Inflows and Outflows



# Healthy Futures of Texas

## Financials Overview

### Breakdown of Expenses



# Healthy Futures of Texas

## *Financials Overview*

- Healthy Futures received an \$869,902 annual grant from the Office of Adolescent Health (OAH) and Teen Pregnancy Prevention (TPP) program between 2015-2020 to implement and evaluate its Big Decisions Curriculum in 3 rural Texas counties.
- The majority of its revenue through federal grants, which are used for specific programs (\$2,078,165 of \$2,123,859 revenue in 2019 was from grants)
- According to call with Anthony Betori, the grant funding is not typically used for hiring staff

# Healthy Futures of Texas

## SROI Calculation

		Annual Big Decisions Costs (2019):		Per District Spending (2019)	Annual Costs Discounted to 2018	Per District Spending (2018)
<b>SROI of Healthy Futures, Big Decisions</b>						
<i>Dimmit County</i>						
Cost of Big Decisions	\$	2018				
Prevented teen births/yr		30				
Public Cost/child	\$	25,470				
<b>Total Cost Averted</b>	<b>\$</b>	<b>763,680</b>				
<b>SROI</b>		<b>436</b>				
			Travel to districts trainings	\$ (8,230)	\$ (179)	\$ (8,074.17)
			Materials for trainings	\$ (3,000)	\$ (65)	\$ (2,943.20)
			Technology (projector, computer)	\$ (1,000)	\$ (22)	\$ (981.07)
			Marketing to districts (ads, print, signage)	\$ (1,500)	\$ (33)	\$ (1,471.60)
			Conferences and Professional Development	\$ (2,000)	\$ (43)	\$ (1,962.13)
			Salary	\$ (54,350)	\$ (1,182)	\$ (53,320.91)
			Overhead	\$ (12,000)	\$ (261)	\$ (11,772.79)
			<b>TOTAL:</b>	<b>\$ (82,080)</b>	<b>\$ (1,784)</b>	<b>\$ (80,525.85)</b>
			Total Districts	46		

Public Costs of Teen Births			Adjusted for Inflation (2018)		
Assumptions (Millions 2004 \$)			Average Annual Inflation Rate since 2004		
	Proportion		1.93%	Proportion	
Lost Tax Revenue	349	46%	Lost Tax Revenue	306	46%
Health Care	165	22%	Health Care	145	22%
Child Welfare	83	11%	Child Welfare	73	11%
Incarceration	161	21%	Incarceration	141	21%
<b>Total Cost to Taxpayers</b>	<b>758</b>	<b>100%</b>	<b>Total Cost to Taxpayers</b>	<b>\$ 664</b>	<b>100%</b>
<b>Number of Teen Births</b>	<b>51412</b>		<b>Number of Teen Births</b>	<b>26089</b>	
<b>Cost per Birth</b>	<b>\$ 19,490</b>		<b>Cost per Birth</b>	<b>\$ 25,470</b>	

# Healthy Futures of Texas

## Comparable Charities

Charity Name	Description	Size (# Served, Inflows/Outflows)	Published Impact Metrics	Why was this chosen as a comp?
<ul style="list-style-type: none"> <li>• NTARUPT (North Texas Alliance to Reduce Unintended Pregnancy in Texas)</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about it Dallas (marketing/public awareness campaign)</li> <li>• Provides resources parents and teens on teen pregnancy prevention/reproductive health</li> </ul>	<ul style="list-style-type: none"> <li>• Inflows (2018): \$296,405</li> <li>• Outflows (2018): \$175,370</li> <li>• Upcoming partnership with Uplift Education, free charter school network in North Texas</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Currently working with Healthy Futures on Texas Foster Youth Health Initiative and Texas Is Ready Campaign</li> <li>• Provides evidence-based education to schools in North Texas</li> </ul>
<ul style="list-style-type: none"> <li>• Texas Campaign for Teen Pregnancy Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• State-wide, nonpartisan nonprofit to reduce teen pregnancy through research, advocacy, training</li> </ul>	<ul style="list-style-type: none"> <li>• Inflows (2019): \$818,855</li> <li>• Outflows (2019): \$1,090,865</li> <li>• Hosts webinars, symposiums,</li> </ul>	<ul style="list-style-type: none"> <li>• Lobbied Texas government to change sexual education</li> </ul>	<ul style="list-style-type: none"> <li>• Working with Healthy Futures on Texas is Ready Campaign</li> </ul>



# Healthy Futures of Texas

## Outstanding Questions

- Why now?
  - Big Decisions grant funding has ended, which means that they will be starting the curriculum dissemination phase and demand for teacher trainings increase since their curriculum is now considered evidence backed
  - Healthy Futures is currently working with the TEA to get their curriculum approved, and is on track to be; Healthy Futures is anticipating explosive growth in demand by school districts given the new change in Sex Ed for 2022
- Why not spend the money on contraceptives?
  - With less than 2/3 of schools in the Valley have any form of sex ed curriculum used, meaning that even if contraceptives were available that doesn't mean they would be used at all
- Why not hire health educators directly?
  - “We estimate that training each new teacher supports 100 youth a year, making exponential progress from investment in our staff to train those teachers. This is different from other models of funding and programs, where a funder would pay us to hire a health educator instead of a trainer. This health educator could only serve perhaps 200 youth a year, and the rate that the program would grow would be limited.”

# Healthy Futures of Texas

## *Analyst Verdict*

- Texas has one of the highest teen pregnancy rates in the nation, attributed to lack of comprehensive education in schools
- Healthy Futures of Texas not only assists key school leaders in implementing comprehensive sexual education curriculum in schools, but also provides it through Big Decisions, which is an evidence-based curriculum that is currently used in 46 districts
- Big Decisions grant has ended, and there is anticipated demand spike for the curriculum due to recent changes in Texas Sex Ed laws
- Big Decisions is able to provide students with sex ed at a low cost

# Appendix

[Charity Name]

# Success Indicators

## *From Healthy Futures of Texas*

- Lead indicators of the systems-level impact we hope to achieve include teen births, teen birth rates per capita, and teen birth rates per capita in relation to statewide and national trends. We have seen improvement across the board since our work began in 2005, both in terms of decreasing the frequency of teen births per capita and in terms of beating statewide and national trends by improving faster than Texas and the nation at large.
- Teen births in Texas: In 2005, there were 51,140 teen births in Texas; in 2018 there were 25,089, a 51% decrease (Texas Campaign to Prevent Teen Pregnancy)
- Teen birth rate in Texas: In 2005, the teen birth rate was 61.6 births per 1000 young women (50th in the nation); 2018, 25.3 (41st in the nation), a 59% decrease and improvement in overall ranking nationwide by 9 places (CDC)
- Bexar County teen birth rate: In 2005, there were 64.2 teen births per 1000 young women; in 2018, there were 24.7 – a 62% decrease (Texas Campaign)
- Texas teen birth rate compared to nation overall: In 2005, the Texas teen birth rate was 34% higher than the national teen birth rate; in 2018, the Texas teen birth rate was 30% higher than the national teen birth rate – a 4% improvement (Texas Campaign)
- Bexar County teen birth rate compared to Texas overall: In 2005, the Bexar County teen birth rate was 7% higher than the Texas teen birth rate; in 2018, the Bexar County teen birth rate was 1% lower than the Texas teen birth rate – an 8% improvement (Texas Campaign)

# Sex Ed in Texas

## Advocacy Work

- November 2020, change in TEKS to be implemented in 2022
- Successfully fought against [Dept of HHS' decision](#) to end grant program aimed at curbing teen pregnancy to restore \$213m in federal funding
- Texas Legislature slashed women's health funding by 2/3, [Healthy Future's Texas Women's Healthcare Coalition](#) has helped restore some funding and prevent women's healthcare programs from being cut during pandemic

# Teen Pregnancy Rates (TX)

## *Sources Used*

- Eagle Pass

# Realini Study Findings

320

*J. P. Realini et al.*

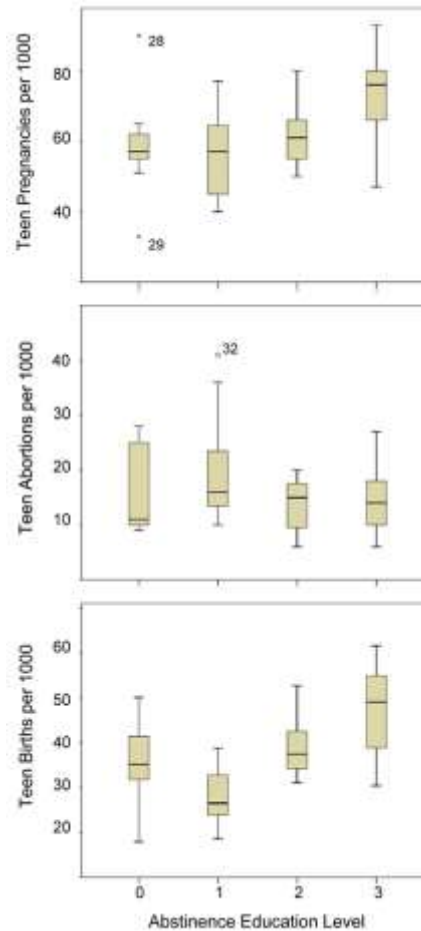
**TABLE 2.** Comparison of Overall Pre- and Posttest Results

Constructs	<i>M</i>		Pre-Post Mean Differences	<i>SD</i>
	Pretest	Posttest		
<b>Attitudes</b>				
Teen abstinence	3.03	3.35	.32**	0.82
STD impact	1.43	1.30	-.13**	1.04
STD testing	3.51	3.65	.14**	0.78
Sexual pressure	1.47	1.34	-.13**	0.80
Condom effectiveness	2.73	2.80	.07	1.11
Dual use	3.53	3.62	.09**	0.79
Contraceptive effectiveness	3.01	3.13	.12**	0.92
<b>Behavioral intentions</b>				
Pregnancy avoidance	3.56	3.65	.09**	0.88
STD avoidance	3.30	3.37	.07*	0.99
Abstinence	2.96	3.11	.15**	0.85
<b>Self-efficacy</b>				
Refusal of sex	3.25	3.41	.16**	0.84
Condom use	3.61	3.71	.10**	0.75

*Note.* “STD impact” and “sexual pressure” were scored inversely (i.e., lower scores reflect disagreement with the statements and are the desired response).

\* $p \leq .05$ . \*\* $p \leq .01$  (two-tailed).

*SD* refers to pre-post mean difference.





# Big Decisions Rigorous Evaluation

## Results

### **Big Decisions was implemented with fidelity**

#### Attendance:

- ▼ 90.5% of students recieved at least 8 of the 10 lessons

#### Fidelity:

- ▼ 91% of activities were carried out as intended

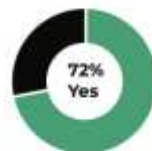
#### Quality of Facilitation:

- ▼ Overall, facilitators were rated 4.5 out of 5 for measures related to fidelity when they were observed, like enthusiasm, time-keeping, and participation

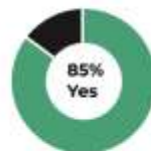
#### Student feedback

- ▼ 94% of all Big Decision students liked the program

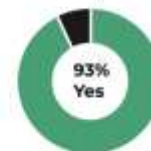
I can say what I think



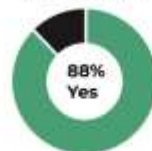
My teacher cares about me



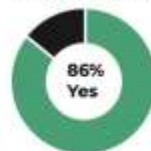
My teacher supports and accepts me



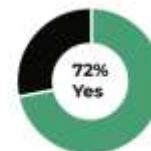
I feel safe during the sessions



My teacher understands me



I feel like I belong



# Big Decisions Districts



## Approved and Used in Texas Schools

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*Dripping Springs ISD*

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*Hays CISD*

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*Lake Travis ISD*

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*Pflugerville ISD*

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*San Marcos CISD*

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*El Paso ISD*

---

*Carrizo Springs CISD*

---

*Eagle Pass ISD*

---

*Northeast ISD*

---

*Pearsall ISD*

---

*Sabinal ISD*

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*San Felipe Del Rio CISD*

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*Irving ISD*

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*Waco ISD*

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*Richardson ISD*

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*Point Isabel ISD*

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*Santa Rosa ISD*

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*Karnes ISD*

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*Kenedy ISD*

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*Pasadena ISD*

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*El Paso ISD*

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*Canyon ISD*

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*Pampa ISD*

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*Jacksonville ISD*

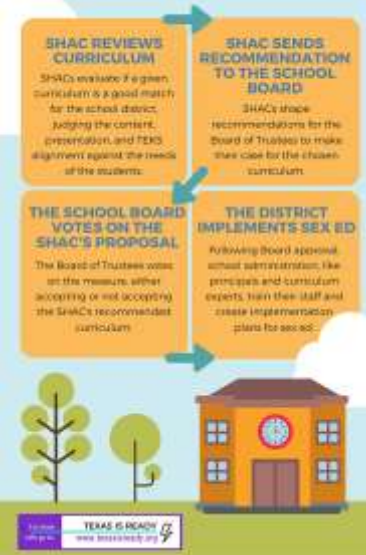
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*Lufkin ISD*

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# How a SHAC approves sex ed for a school district

Understanding this unique Texas institution



# Abstinence Only vs Comprehensive Sex Ed



16%

Only 16% of school districts in Texas currently teach "abstinence-plus" sex ed. The remainder teach abstinence-only curricula, or no sex educations at all.

(Source: Conspiracy of Silence: Sexuality Education in Texas Public Schools in 2015-16.)

21

Every 21 minutes, a baby is born to a teen in Texas.

Texas has the 9th highest teen birth rate and the highest repeat teen birth rate nationwide.

(Source: Texas Campaign analysis of CDC Natality data, 2018.)

75%

75% of Texans support abstinence-plus sex ed, including all major demographic, regional and political groups.

(Source: Texas Campaign to Prevent Teen Pregnancy polling data, March 2018.)

# Big Decisions Curriculum

## The Lessons

- 1 - RULES OF THE GAME: Forming a Respectful Group
- 2 - GOALS AND DREAMS: My Future
- 3 - RELATIONSHIPS AND ROMANCE: What is Healthy?
- 4 - ANATOMY AND REPRODUCTION: How it Works
- 5 - ABSTINENCE: Decisions to Wait
- 6 - A CLEAR "NO": My Limits
- 7 - CONTRACEPTION: Pregnancy at a Good Time for You
- 8 - SEXUALLY TRANSMITTED INFECTIONS, Including HIV/AIDS
- 9 - STAYING HEALTHY AND ON TRACK: Defending My Limits
- 10 - OVERCOMING CHALLENGES: Big Decisions

# Cost of Teen Births

## Comparison Between States

