

No. _____



UNITED INDEPENDENT SCHOOL DISTRICT AGENDA ACTION ITEM

TOPIC: Presentation on Healthy Futures of Texas Grant on Big Decisions Curriculum for ninth grade students

SUBMITTED BY: Dr. Janet P. Realini **OF:** President and Founder of Health Futures of Texas

APPROVED FOR TRANSMITTAL TO SCHOOL BOARD: _____

DATE ASSIGNED FOR BOARD CONSIDERATION: March 25, 2015

RECOMMENDATION:


RATIONALE:

BUDGETARY INFORMATION

BOARD POLICY REFERENCE AND COMPLIANCE:

FEDERAL FUNDING OPPORTUNITY

Big Decisions Study




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 Health Educator
 Healthy Futures of Texas


TEEN PREGNANCY

- We seek to honor young parents...
- But we want teens to know the pathway is steeper for teen parents and their children



TEEN PREGNANCY IS CONNECTED TO

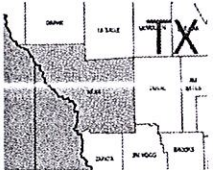
- School dropout
- Babies' health risks
- Single parenthood
- Dads not involved
- Child abuse, neglect
- Poverty



WEBB COUNTY

Very high rates:


- 72.2 births for every 1000 girls age 15-19
- 2.5 times the national rate
- 70% higher than the Texas rate



FUNDING OPPORTUNITY

- Federal Office of Adolescent Health
- 5-Year grant ([AH-TP2-15-002](#))
- Healthy Futures of Texas is applying to study *Big Decisions*


- Grant application due early April
- Awards announced July 1




Memorandum of Understanding needed by end of March

ABOUT HEALTHY FUTURES

- We bring people together
- Focus on prevention
- Helping young people make healthy decisions and avoid teen pregnancy



- Programs for Youth
- Programs for Parents
- Advocate for What Works

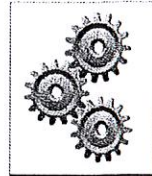


BIG DECISIONS



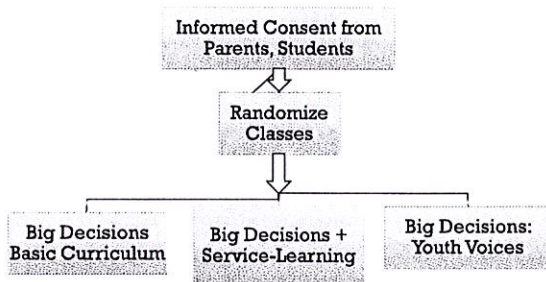
- Abstinence-Plus
- Interactive lessons
- Promotes abstinence
- Encourage youth to reduce risks if sexually active
Includes learning about contraception, condoms
- Conforms to Texas law

HOW THE PROJECT WORKS



- 9th Grade Students
- Only with Parent Consent
- Randomized by classes to 1 of 3 groups
- Questionnaires to understand program effects
 - Teachers give the programs, with support of Healthy Futures staff
- First year is for planning, feedback from district, parents, students

BIG DECISIONS STUDY



BIG DECISIONS STUDY

Each group undergoes:



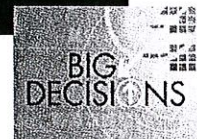
- Year 1 (2015-2016): Planning Year
- Year 2 (2016-2017): Programs Begin
- Year 3-4 (2017-2019): Programs Continue
- Year 5 (2019-2020): Analyze Results; Students can receive the program(s) they did not get during the study

VALUE TO STUDENTS, PARENTS, DISTRICT

- Brings a program to help students
- Training, technical assistance for teachers, staff
- Resources to support the project
- Help develop the program to meet students' needs



THANK YOU!



About the Author of *Big Decisions*



Janet P. Realini, MD, MPH is the President and founder of Healthy Futures of Texas, a non-profit organization dedicated to reducing teen and unplanned pregnancy. Dr. Realini is the author of *Big Decisions*, a Texas-friendly “Abstinence-Plus” teen sex education program, which she gives away free on the internet. *Big Decisions* has been implemented in more than 25 Texas school districts and numerous community agencies.

Dr. Realini served 18 years teaching Family Medicine at the UT Health Science Center in San Antonio and 10 years as Medical Director of the San Antonio Metro Health’s Family Planning Program, where she founded Project WORTH, the City of San Antonio’s teen pregnancy prevention program.

Dr. Realini received her medical degree at the University of California San Francisco and her Master’s in Public Health from the University of Texas School of Public Health. She completed her Family Medicine residency at the University of Texas Health Science Center at San Antonio and is board certified in Family Medicine. Dr. Realini serves as Clinical Professor of Family and Community Medicine at the UTHSCSA, as Adjunct Professor of Public Health at the UTSPH, and as a Consultant to the Texas Medical Association Committee on Maternal and Perinatal Health.

As President of Healthy Futures of Texas, Dr. Realini provides leadership and support for the Healthy Futures Alliance (HFA), a community coalition dedicated to reducing teen and unplanned pregnancy. HFA includes both “pro-life” and “pro-choice” members, and all are working together for prevention--to ensure that more parents are prepared, more pregnancies are planned, and more families are healthy. Healthy Futures also leads the Texas Women’s Healthcare Coalition, a statewide coalition of organizations dedicated to improving the health and well-being of women, babies, and families by assuring all Texas women access to preventive healthcare.

Dr. Realini’s honors include the 2011 John P. McGovern Award from the Texas School Health Association, the 2011 “Women Who Dare” award from the Texas Chapter of the National Council of Jewish Women, the 2010 Spirit of Service Award from the Healthy Teen Network, election to the San Antonio Women’s Hall of Fame, a special award from the Texas Society for Adolescent Medicine in 2009, and the 2008 Public Health Award from the American Academy of Family Physicians. She also serves on the Board of Directors of the Texas Campaign to Prevent Teen Pregnancy and of SA2020.