HELPFUL RESOURCES

Houston Department of Health and Human Services
www.houstontx.gov/health/

Advocates for Youth
www.advocatesforyouth.org

Baylor College of Medicine Teen Health Clinic
www.teenhealthclinic.org

Centers for Disease Control and Prevention
www.cdc.gov/teenpregnancy/prevent-teen-pregnancy/index.htm

Child Trends
www.childtrends.org

ETR (Education, Training, and Research Associates)
www.etr.org/recapp/programs/index.htm

Healthy Teen Network (formerly NOAPPP-National Organization on Adolescent Pregnancy, Parenting, and Prevention)
www.noappp.org

Maternal and Child Health Library
www.mchlibrary.info

National Adolescent Health Information Center
http://nahic.ucsf.edu

National Campaign to Prevent Teen & Unplanned Pregnancy www.teenpregnancy.org

Planned Parenthood of Houston and Southeast Texas, Inc.
www.pphset.org

Stay Teen
www.stayteen.org

Teen Wire
www.teenwire.com

University of Texas Prevention Research Center
https://sph.uth.edu/tprc/

U.S Department of Health and Human Services Office of Adolescent Health
http://www.hhs.gov/ash/oah/adolescent-health-topics/index.html

Urban Institute
www.urban.org

GET INVOLVED![17, 18]

Youth

- Practice the ABCs of safe sex: Abstinence, Be Careful and use Contraceptives.

Parents

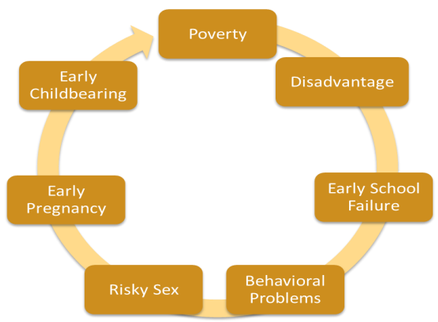
- Encouraging abstinence as the only option providing 100% protection against STIs and pregnancy. If sexually active, provide education on birth control options and encourage condom use to protect against STIs.

School Personnel

- Educate school districts on benefits of adopting evidence-based youth development or sexual health programs aimed at changing behaviors.
- Engage and educate a diverse group of stakeholders (e.g. community action team and other community members) on how social determinants of health (poverty and social influences) link to teen pregnancy.

Community

- Support increased access to teen-friendly comprehensive sexual and reproductive health services.
- Support programs encouraging parent-child communication.



References and More!

Please visit http://www.houstontx.gov/health/hdhhs-profiles for a full list of references.

Other Titles in this Series:

- Youth Sexual Health/STIs/HIV
- Youth Suicide Prevention
- Youth Mental Health
- Youth Violence Prevention
- Teen Dating Violence Prevention
- Youth Immunizations
- Youth Obesity & Prevention
- Youth Homelessness
- Youth Substance Abuse & Prevention
- Youth Bullying & Prevention
- Overall Summary of Youth Health Profiles

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Health, Safety Coalition at: 4youthvoice@houstontx.gov
Facebook: 4youthvoicehouston Twitter: @4youthvoice

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TEEN PREGNANCY & PREVENTION

Profile of the City of Houston & Harris County, Texas

YOUTH IN HOUSTON & HARRIS COUNTY[1-3]

Population*
Houston: 601,918 (29%)
Harris County: 1,263,889 (31%)

Poverty
Children under 18 living below poverty level:
Houston: 35.3%
Harris County: 27.4%

Education
High School Graduates (ages 18-24):
Houston: 29.3%
Harris County: 30.5%

DEMOGRAPHIC SNAPSHOT OF YOUTH[¥1,4]

Below is a snapshot of the demographics for youth living in Houston and Harris County.

Gender

Houston:	Harris County:
Male: 51%	Male: 51%
Female: 49%	Female: 49%

Age

Houston:	Harris County:
Under 5 years: 28%	27%
5 to 9 years: 25%	25%
10 to 14 years: 23%	24%
15 to 19 years: 24%	24%

Race/Ethnicity
Harris County:
Hispanic: 51%
White: 23%
Black: 19%
Other: 7%

* Percentages (youth under the age of 19) are representative of the total Houston/Harris County population.
¥ As of 2010, percentages are based on total population of Houston and/or Harris County under the age of 19.

YOUTH .voice.health.safety.

Adolescent Health and Injury Prevention (AHIP)

Adolescent pregnancy is a health issue in Houston/Harris County, with mothers ages 17 years and younger representing 3.9% of all births in 2012.[5] Adolescents who live in disadvantaged neighborhoods face many barriers to healthy and successful lives such as limited youth development opportunities, unintended pregnancies, and poverty. The magnitude of Houston/Harris County's teenage pregnancy rate negatively affects the health outcomes of both mother and infant.

Compared with other developed countries, the United States has significantly higher rates of teenage pregnancies.[6]

From 2012-2013:

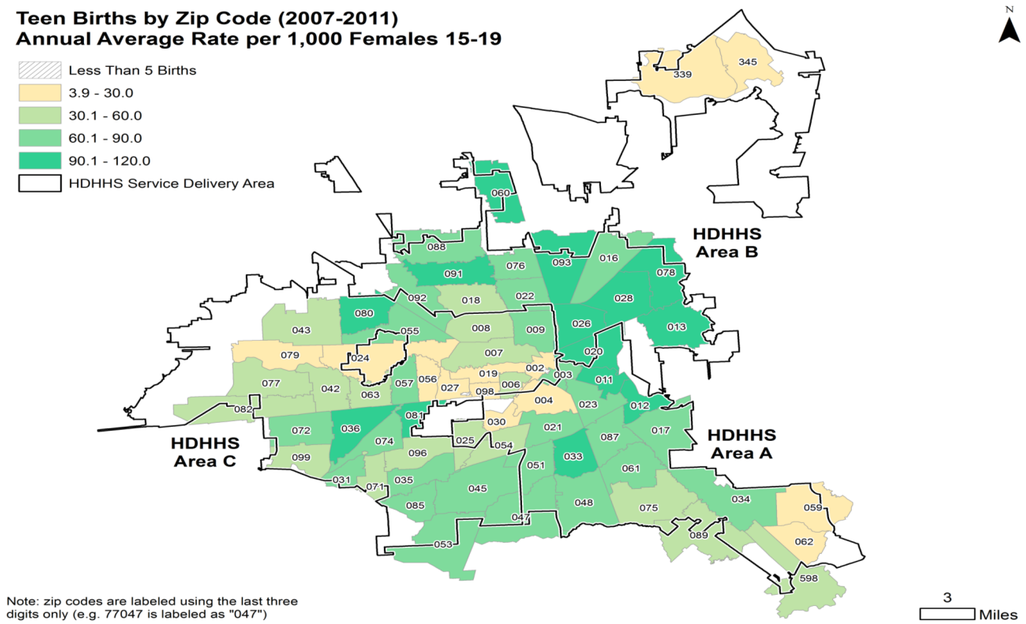
- The birth rate for teens aged 15-19 years dropped **6%** from 2011, to **29.4** per 1,000, the lowest rate ever reported for the United States.[7]
- Teen birth rates were highest among African American and Hispanic teens. African American and Hispanic teens aged 15-19 years had **43.4** births and **41.8** births per 1,000, respectively, compared to **17.8** births among non-Hispanic white teens.[7]
- As of 2013, Texas' teen birth rate was **41** births per 1,000 teen girls (aged 15-19 years).[8]

What's happening in Houston?

The **2013 Youth Risk Behavior Survey** reported among 9-12th graders in Houston:[9]

- About **47%** of students reported ever having had vaginal sex.
- The highest percentage of students reported to have had vaginal sex was among 11th graders (**57%**).
- African Americans (**51%**) were more likely to report having had vaginal sex, followed by Hispanics (**48%**).

In 2010, Texas had the highest prevalence of repeat teen births (22%) compared to the rest of the country.[10]



CONSEQUENCES OF TEEN PREGNANCY[11]

TEEN PARENTS

- More likely to:
  - Live in poverty.
  - Have large families.
  - Be single parents.
- Less likely to:
  - Complete high school.
  - Attend college.

THE CHILD

- More likely to experience:
  - Delays in cognitive development.
  - Poorer educational outcomes.
  - Higher rates of incarceration (males).
  - Higher rate of also becoming a teen parent.

COST OF TEEN PREGNANCY[12]

- **In 2010, public spending on teen childbearing in Texas totaled $1.1 billion.**
- Between 1991 and 2010, there have been 1,063,399 teen births in Texas, costing taxpayers a total of **$24.3 billion**.
- The progress Texas made in reducing teen childbearing has saved taxpayers an estimated **$701 million** in 2010 compared to cost incurred had rates not fallen.

Lower earnings by teen parents means $17 million in lost sales tax revenue in Texas and increased Medicaid costs.[13]

WHAT WORKS?

The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for teen pregnancy prevention.

Program	What Is It?	Website
Nurse Family Partnership*	Home visitation program for first time mothers. Registered nurses are partnered with parents to improve pregnancy outcomes, child health and develop and increase economic self-sufficiency.	http://www.nursefamilypartnership.org/
It's Your Game...Keep It Real**	School and computer based curriculum for 7th-8th grade youth encouraging abstinence and condom use.	www.itsyourgame.org
Safer Choices**	School-based program for 9th-10th grade youth to reduce unprotected sex.	www.etr.org/ebi/programs/safer-choices/
School-Linked Reproductive Health Services (The Self Center)***	Curriculum-based plus clinic services for African American junior and senior high school students in urban environments. Comprehensive intervention combining education, counseling and reproductive services.	www.socio.com/srch/summary/pasha/full/paspp06.htm
¡Cuidate!**	Curriculum-based program for Latino youth ages 13–18. Modules incorporate cultural beliefs to frame abstinence and condom use as culturally accepted and effective.	www.cdc.gov/hiv/prevention/research/compendium/rr/cuidate.html
Reproductive Health Counseling for Young Men***	Clinic-based intervention for boys ages 15-18. One-hour session designed to meet needs of teens, and to promote abstinence and contraceptive use.	www.socio.com/srch/summary/pasha/full/paspp08.htm

*Denotes evidence based program as listed by SAMSHA—National Registry of Evidence-based Programs and Practices.
** Denotes evidence-based programs as listed by the Office of Adolescent Health
*** Denotes evidence-based programs as listed by National Campaign to Prevent Teen and Unplanned Pregnancy.

Recommendations:[13]

- Work with local school officials to implement evidence-based culturally and linguistically appropriate teen pregnancy prevention program in your district.
- Screen and counsel adolescents for sexually risky behaviors, human immunodeficiency virus (HIV), sexually transmitted infections (STIs) and dating violence.
- Involve youth in developing strategies and solutions to prevent teen pregnancy.
- Raise awareness among community partners about the link between teen pregnancy and social determinants of health.

Related Policies and Policy Implications:[14, 15]

- Evidence-based health education programs prevent teen pregnancy and are cost effective. For every $1 spent on effective sexual health education, $2 is saved.
- Social determinants of health, or conditions in which people are born, grow, live, work, play and age, can have a direct impact on health outcomes such as teen pregnancy.

Nearly 9 in 10 teens say it would be much easier for them to delay sexual activity if they had open, honest and ongoing conversations with their parents about sex.[16]