

State of Texas Children

The Road to a Brighter Future



Dear Friends,

Our dynamic, growing, vivacious state of Texas can often be a terrific place for kids. From scenic state parks to hard-working public school teachers to internationally acclaimed art museums and festivals, Texas has something to appeal to all children.

But short-sighted public policies and inadequate investment have created potholes and detours that are keeping Texas children from reaching their full potential. In fact, Texas consistently ranks in the bottom ten states for children. The data also show that far too many children in Texas continue to face barriers to opportunity based on race and ethnicity, gender, and family financial security. That's not good enough for Texas.

Common-sense policy solutions and investments have already demonstrated that state leaders can put Texas kids on a path to better outcomes. We have adopted important policies like Children's Medicaid and the Children's Health Insurance Program, which help kids stay healthy and zoom ahead. Expanded school breakfast, lunch and afterschool meals programs give kids the fuel they need to excel.

Texas now has an important opportunity to enact new policies to improve children's lives and make Texas the best state for kids. In 2019, leaders from across the state will meet at the Capitol to make decisions that will impact the future of millions of Texas children.

This report examines the role of policy in shaping child well-being, and how policy can raise the bar for all kids while closing the gaps in child well-being by race, ethnicity, gender, and family income.

Together we can expand and protect health care access for Texas families. Together we can provide all kids with a quality education, regardless of their background or ZIP code. And together we can make Texas the best state for kids and their families.

Warmly,

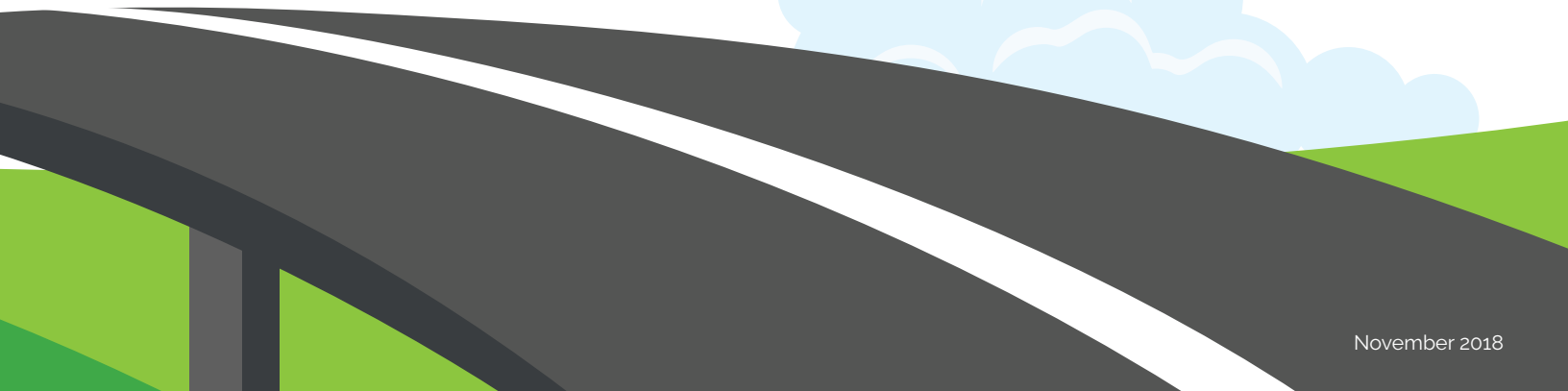


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Executive Summary

We all want Texas kids to have a bright future, but Texas is consistently ranked in the bottom ten states for child well-being.¹ Texas decision makers must create policies that improve conditions for all Texas kids and put them on the road to success.

Who Are Texas Kids?

FINDINGS:

The Texas child population is diverse and growing — making an accurate Census count essential.

- ❖ Texas is home to nearly 7.4 million children. Nearly half are Hispanic or Latino, 32 percent are White, 12 percent are Black, 4 percent are Asian, and 3 percent are multiracial or another race.²
- ❖ Texas counties with the fastest-growing child populations lie outside major Texas cities.³
- ❖ One in four Texas kids (more than 1.8 million) live with at least one non-citizen parent (including authorized residents). Of those children, 90 percent are U.S. citizens.⁴
- ❖ Thirty percent of children under the age of five (about 582,000 children) live in hard-to-count communities and are at especially high risk of being missed in the 2020 Census.⁵

RECOMMENDATIONS:

Consider all Texas kids when making policies.

- ❖ **Consider race equity tools when crafting policies.** To understand the full impact of a policy on Texas children, policymakers should consider how the policy might affect children of differing races or ethnicities.
- ❖ **Remove barriers to well-being for children in immigrant families and keep them with their parents.** Policies that create barriers to accessing educational, medical, and nutritional resources should be removed to improve the well-being of children in immigrant families.
- ❖ **Pass a national DREAM Act to provide a pathway to citizenship and work authorization for immigrants who were brought to the U.S. as children.**
- ❖ **Promote a fair and accurate 2020 Census.** Texas should form Complete Count Committees to support a full count of all people living in Texas.

Family Economic Security

FINDINGS:

Policies affecting families' financial security have created and maintained unequal opportunities across race, ethnicity, and gender.

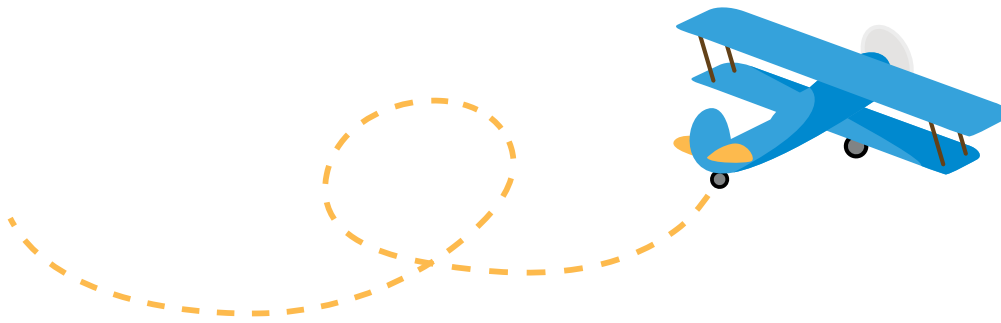
- ❖ One in five Texas children live in poverty, and Black and Hispanic children are disproportionately likely to live below the poverty line.⁶
- ❖ Poverty rates for families with children headed by single-mothers (38 percent) are twice as high as they are for families with children headed by single-fathers (19 percent).⁷
- ❖ Access to Temporary Assistance for Needy Families (TANF), a program that provides cash assistance to families in need, has decreased sharply over the past two decades.⁸

RECOMMENDATIONS:

Two-generation strategies can fight child poverty by providing resources for children and support for parents.

- ❖ **Implement policies to ensure sufficient wages and benefits for workers to meet their family's needs.** Texas' workers need access to family-sustaining wages and quality job benefits to build a strong future for their children. Raising the statewide or local minimum wage and increasing access to paid sick leave can improve the economic security of Texas families.⁹
- ❖ **Increase investment in and expand access to programs that help keep families out of poverty and mitigate its effects.** Programs like Medicaid, the Children's Health Insurance Program (CHIP), the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), and many others have a proven track record of helping families in poverty and reducing the effect of poverty on children.¹⁰





Health and Safety

FINDINGS:

Access to health insurance has increased for Texas children, but too many kids still lack the health care, nutrition, and safety they need.

- ❖ Health insurance rates have improved since the passage of the Affordable Care Act, but nine percent of Texas kids remain uninsured, and barriers to health insurance for Hispanic children persist.¹¹
- ❖ Public health insurance programs cover 45 percent of Texas children.¹²
- ❖ One in four Texas children has experienced two or more Adverse Childhood Experiences (ACEs), such as physical or emotional abuse or separation from a parent.¹³

RECOMMENDATIONS:

Expand health insurance access, and increase support for child safety programs.

- ❖ **Protect and expand comprehensive and affordable health insurance coverage.** Expanding access to health insurance coverage for all Texans can improve maternal health, enhance financial security for families, and ensure health care access for the whole family.¹⁴
- ❖ **Protect Medicaid and CHIP from damaging cuts or policy changes that reduce coverage for Texans or their ability to access care.**
- ❖ **Maintain and improve access to family planning services.** Access to prenatal care and support during pregnancy should be expanded through outreach and increased Medicaid access in low-income communities and communities with high maternal mortality rates.
- ❖ **Expand Afterschool Meals, Summer Nutrition, and School Breakfast access.**
- ❖ **Coordinate trauma supports across sources, such as schools, child welfare organizations, and health care facilities.**
- ❖ **Fully fund Child Protective Services and a Kinship Navigator Program.** Texas should seize opportunities during the 2019 legislative session to improve the well-being of kids in foster care and kinship care.

Education

FINDINGS:

Inequities in school funding perpetuate achievement gaps.

- ❖ Cuts to the Texas public education budget have led to a decrease in per-student spending. Compared to 2008, Texas spends 21 percent less per student on programs to keep kids on track and 40 percent less per student on bilingual education.¹⁵
- ❖ The majority of school funding now comes from local property taxes, leaving students in districts with the lowest property wealth — disproportionately students of color — at a significant disadvantage in resources and outcomes.¹⁶
- ❖ High school completion rates have improved, but barriers remain for some students: 96 percent of Asian and 93 percent of White students graduate from high school in four years versus only 87 percent of Hispanic and 84 percent of Black students. Male students are less likely to graduate than female students, and only 86 percent of economically disadvantaged students graduated on time in 2016.¹⁷

RECOMMENDATIONS:

Provide equitable school funding to meet the needs of every Texas student.

- ❖ **Remodel Texas' school finance system to fund Texas schools at a level that meets the needs of all students.** Texas' school finance system should mitigate inequities created by vast differences in property wealth between school districts.
- ❖ **Improve funding and access to full-day pre-kindergarten for eligible children statewide.** Policymakers should provide support to economically disadvantaged students early by funding full-day, high-quality pre-kindergarten for currently eligible children.
- ❖ **Implement targeted supports to close educational achievement gaps between groups of students.** For students to reach their full potential and be prepared for college or careers, Texas should work to close the gender, economic status, and race and ethnicity gaps in educational achievement.

Introduction

The Road to a Brighter Future

We all want Texas kids to be able to reach their full potential. A child's health, education, and financial security are inextricably linked to their well-being, and will pave the road to their opportunities as an adult.

According to the Annie E. Casey Foundation, Texas ranks 43rd in overall child well-being (based on measures of education, financial security, health, and families and communities).¹⁸ As Texas children grow into the leaders of tomorrow, the future of Texas depends on the opportunities that kids — across gender, income, race, and ethnicity — have today.

We know that state and federal policy decisions can chart the course for significant, measurable changes for children's outcomes. Trends in child well-being over time show how policies have impacted children, and how the impact of a policy can differ based on where a child lives, their family's structure and financial resources, their gender, race or ethnicity, and many other factors.

The good news is that there are many ways to arrive at a bright future for Texas. Policies to improve the health of Texas kids, give them high-quality educational opportunities, and strengthen their families' financial security can put Texas in the fast lane to a better child well-being ranking and pave the way to a stronger future for our state. Common-sense policies and investments can simultaneously improve outcomes and close the gaps in children's well-being by race and ethnicity by removing roadblocks and creating equitable opportunities.

Texas can be a state where a bright future is possible for all children. This report will provide a deeper understanding of child well-being in Texas, the policies which have shaped it, and the chances Texas has to invest in the future and make our state the best for every Texas kid.

Why consider race and ethnicity?

When we break down data (i.e., disaggregate it), we can reveal information about which groups of children have better outcomes than other groups, try to understand why, and figure out how to give all children the best chance to succeed. Disaggregated data has revealed insights like how gender relates to income, how where a child lives relates to their health, and how family income relates to education.¹⁹

We also see that children's outcomes in health, education, and financial security can differ dramatically by race and ethnicity. Race and ethnicity are connected to measurable differences in how children are treated and the opportunities afforded to them. In our 2016 State of Texas Children report, we explored how these gaps in children's health, education, and financial security can be traced to historical policies that created barriers for families and how current policies perpetuate them.

Racial categories are not rooted biologically in a person's skin color or innate characteristics. Rather, throughout history, social, economic, and political institutions have defined the boundaries of racial categories, often creating social, economic and political hierarchies.²⁰ Separate from the concept of race, ethnicity is broadly understood as similar to ancestry or heritage (e.g. Korean, Mexican, German). However, state and federal data collection and reporting practices commonly use only two ethnic categories, Hispanic/Latino and non-Hispanic/Latino, in addition to race.²¹

In this report, we use "Hispanic" as a separate "racial/ethnic" category, mutually exclusive of the racial category "White". We use "Hispanic" rather than "Latino" to most closely match our data sources, but note that detailed demographic data show that Hispanic people in Texas represent themselves ethnically (i.e. Hispanic, Latino, Latina, Latinx) and racially (i.e. White, Black, Asian) in multiple ways, and come from diverse areas of the world.²²

We also use the phrase "all other children" throughout the report. We recognize that the overly broad groupings used in our data sources mask substantive differences that limit our understanding of children's needs and could ultimately reduce the effectiveness of policy change. The definitions of racial and ethnic categories are constantly changing and do not match the complexity of individuals or the ways people identify or describe themselves. Acknowledging these limitations of the data, it is still important to collect and analyze data by race and ethnicity so that we can highlight where inequity exists and reduce differences in opportunities and outcomes.



Who Are Texas Kids?

To make Texas the best state for children, policymakers need to make choices that improve conditions for all Texas kids — across race, ethnicity, gender, immigration status, age, financial status, family structure, and ZIP code. Texas is home to more than ten percent of children living in the U.S. As the state continues to grow, understanding who Texas' nearly 7.4 million children are is critical to crafting common-sense policies to support them and expand their opportunities.²³

Texas kids are diverse.

Children of color are the future workers and leaders of Texas.

Texas child population by race and ethnicity, 2017²⁴



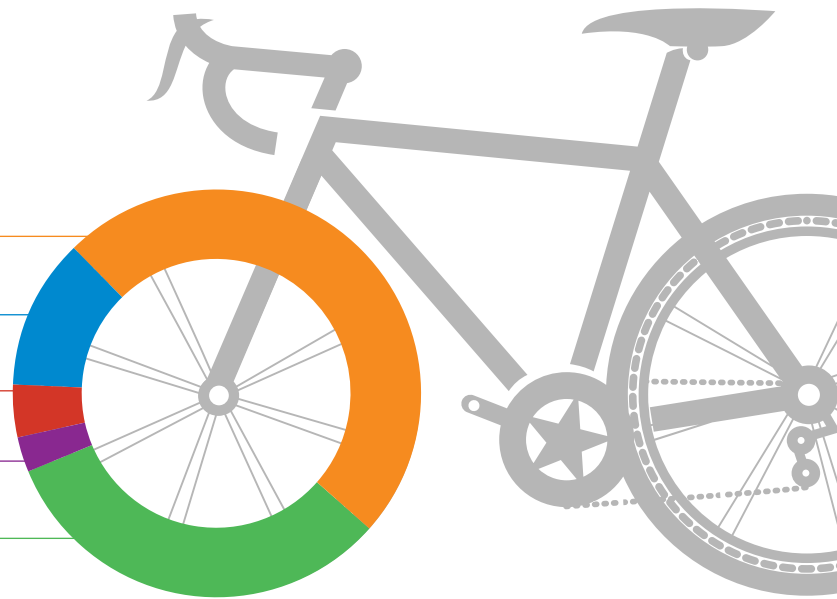
49% HISPANIC

12% BLACK

4% ASIAN

3% MULTIRACIAL OR ANOTHER RACE

32% WHITE



Texas kids are our present and future.

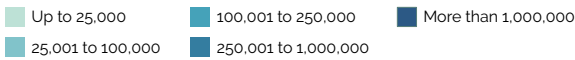
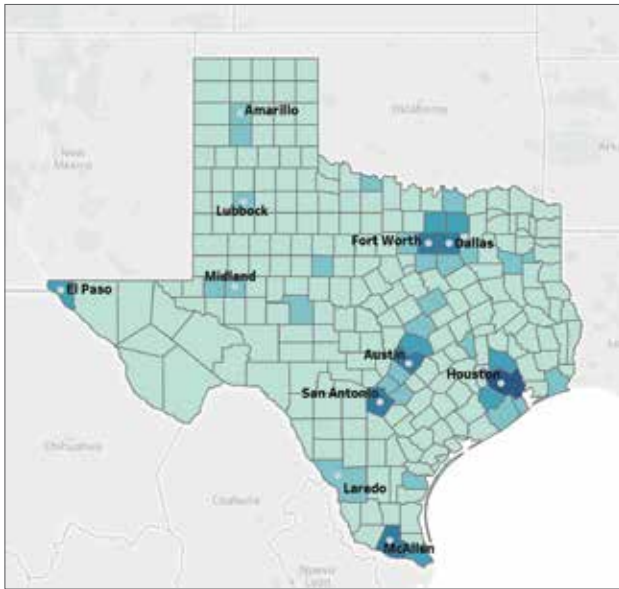
In the not-too-distant future, today's nearly 7.4 million Texas kids will be working, innovating, and leading our state and country. Research documents how race and ethnicity have long been related to how children are treated, affected by policy, and served by institutions.²⁵ Two-thirds of Texas' child population is comprised of Hispanic, Black, and Asian children, in addition to kids of many other races and ethnicities.²⁶ Our leaders should use data broken out by race and ethnicity to guide their decisions and develop policies to ensure all kids reach their full potential.

From Abilene to Zephyr, Texas' child population is booming.

Most Texas children are growing up in metropolitan areas, and the child population of Texas is growing the fastest in urban counties. Even so, the child population in Texas' rural counties is growing faster than rural counties across America.²⁷ This growth is so robust that we anticipate adding approximately 2 million children to our population by 2050, reaching a total of 9.2 million kids.²⁸

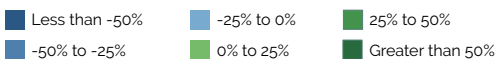
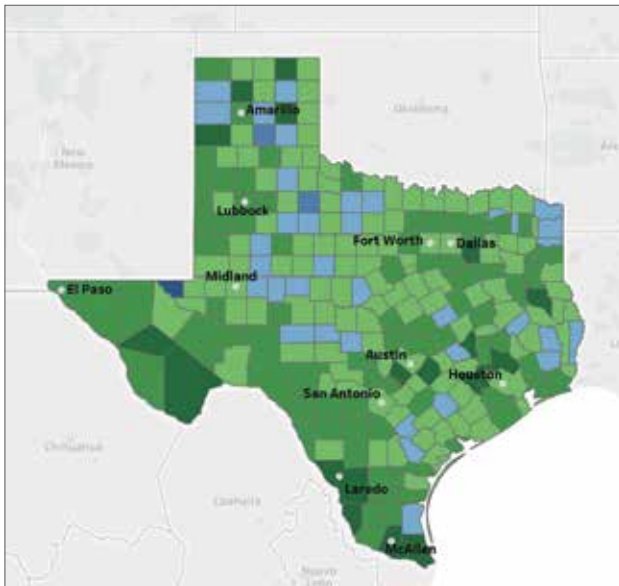
Most Texas children live in metropolitan areas.

Child population by county, 2015²⁹



Counties outside major Texas cities will see fastest growth in child populations.

Projected change in child population by county, 2015-2050³⁰



Texas kids are growing up in immigrant families.

With more than 1.8 million (25 percent of) Texas children living in families with at least one non-citizen parent (including authorized residents), and even more living with immigrant family members, supporting immigrant families is critical for Texas' future. Of the children in immigrant families, **90 percent are U.S. citizens.**³¹

One in four Texas kids lives with a non-citizen parent (including authorized residents).

Texas kids by citizenship status of parent, 2017³²



Today's heated rhetoric regarding immigrants has created a perfect storm for Texas' immigrant population. The separation and detention of families at the U.S.-Mexico border (including separation caused by increased deportations), anti-sanctuary city legislation, and attacks on the Deferred Action for Childhood Arrivals (DACA) program further threaten the well-being of Texas immigrant families.³³ And (at the time of this writing) a proposed broadening of the "Public Charge rules" on children's use of public benefits could prevent them or their families from gaining citizenship or documented status in the future.³⁴ Furthermore, families may fear that contact with public systems could lead to a family member being deported and their family being split apart. Children who are separated from their parents through detention and/or deportation may suffer psychological trauma, instability, and material hardship after the family's breadwinner is no longer in the household.³⁵

Policies have shaped a brighter future for children in immigrant families in the recent past. The "Texas DREAM Act", which extended in-state tuition and grant eligibility to non-citizen residents of Texas, was signed into law by then-Governor Perry in 2001 with bipartisan support.³⁶ In 2012, the Deferred Action for Childhood Arrivals (DACA) program was enacted to grant certain qualified immigrant youth who were brought to the U.S. as children temporary relief from deportation and authorization to work lawfully in the U.S.³⁷

Today, nearly 111,700 DACA recipients live in Texas, and an estimated 70,000 additional immigrant youth in Texas are eligible for DACA but not enrolled.³⁸ However, the future of the DACA program — and the futures of these children and young adults — remains uncertain following federal and state challenges.³⁹

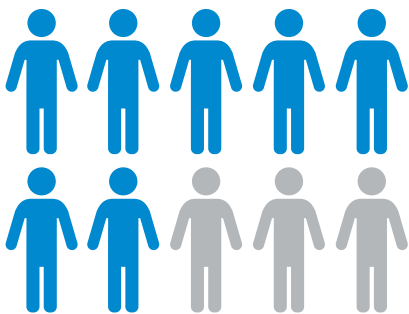
Texas kids count – and need to be counted in the 2020 Census.

Every 10 years, the Census Bureau carries out a constitutionally mandated count, or Census, of the nation's residents.⁴⁰ And the stakes are high. Data from the 2020 Census will be used to determine the number of representatives Texans have in Congress and how much federal money Texas receives annually (typically in the billions of dollars) to support quality of life services like education, housing, transportation, and health care.⁴¹

Unfortunately, the 2020 Census faces barriers to a fair and accurate count including the addition of a controversial and untested citizenship status question, the underfunding of the Census Bureau by Congress in the lead up to the Census, and a growing population in our state.⁴² As in past Censuses, Texas is forming Complete Count Committees at the state and local levels to help ensure an accurate count.⁴³ If Texas residents are undercounted by even 1 percent, Texas could lose at least \$300 million per year.⁴⁴

Young children are one of the most likely groups to be missed in the Census. **Undercounting Texas' kids could mean billions less over the next decade for education, school lunches, Head Start, Medicaid, the Supplemental Nutrition Assistance Program, and the Children's Health Insurance Program.**⁴⁵

30 percent of children under the age of 5 (about 582,000 children) are at high risk of being missed in the 2020 Census.⁴⁶



POLICY RECOMMENDATIONS

1. Consider race equity tools when crafting policies.

To understand the full impact of a policy on Texas children, policymakers should consider how the policy might affect children of differing races or ethnicities. Conducting racial and ethnic impact analyses of existing and proposed policies allows policymakers to develop fact-based policy solutions to close achievement gaps.

2. Remove barriers to well-being for children in immigrant families, and keep them with their parents.

Policies that create barriers to accessing educational, medical, and nutritional resources should be removed to improve the well-being of children in immigrant families.

3. Pass a national DREAM Act to provide a pathway to citizenship and work authorization for immigrants who were brought to the U.S. as children.

4. Promote a fair and accurate 2020 Census. Texas should form Complete Count Committees to support a full count of all people living in Texas.⁴⁷ To learn more, visit <http://bit.ly/CPPPcensus>.



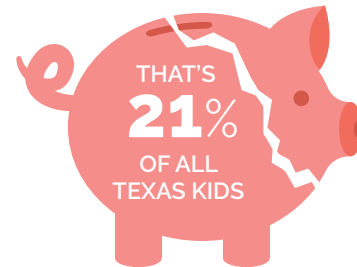
Economic Security

A family's economic security drives a child's access to educational opportunities, healthy food, stable housing, and health care. Children living in families with incomes above the poverty line tend to have better health outcomes, perform better on standardized tests, complete high school and attend college at higher rates, and have higher earnings as adults.⁴⁸ But too many jobs in Texas lack family-sustaining wages and benefits, putting economic stability out of reach for many Texas families.⁴⁹

Proactive policies and targeted investments in education, health care, nutrition, and other support for kids can alleviate the effects of living in poverty and pave the road for children to have a more financially secure future as adults. Policies that support the whole family — such as improving access to quality jobs with family-sustaining wages and benefits like paid sick leave and health insurance — can also create long-term benefits for kids.⁵¹

Because poverty is defined by a household's income, economic opportunity and mobility for parents is key to keeping children out of poverty.⁵³ Unfortunately, the federal poverty thresholds show that a single-earner working full-time at Texas' \$7.25 minimum wage would not make enough to keep their family out of poverty. While Texas' unemployment rate is relatively low,⁵⁴ many Texas workers have low-paying, part-time or seasonal jobs that do not keep their families out of poverty.⁵⁵

In Texas,
1,525,000 children live in poverty.⁵⁰



Poverty and economic security differ across gender, race and ethnicity.

Although Texas' economy is booming, prosperity is not shared equitably among Texas families. Working parents struggle to make enough to stay out of poverty, and household income varies widely by family structure, race, and ethnicity.

Texas' single-parent families are more likely to live in poverty than married-couple families, and poverty rates for single parents differ dramatically by gender, race and ethnicity.⁵⁶ One in four Texas kids lives with a single mother,⁵⁷ and 38 percent of Texas' single-mother families live below the poverty line (twice the poverty rate for single-father families).⁵⁸

“Poverty” is an official measure defined by the U.S. Government based on family income.

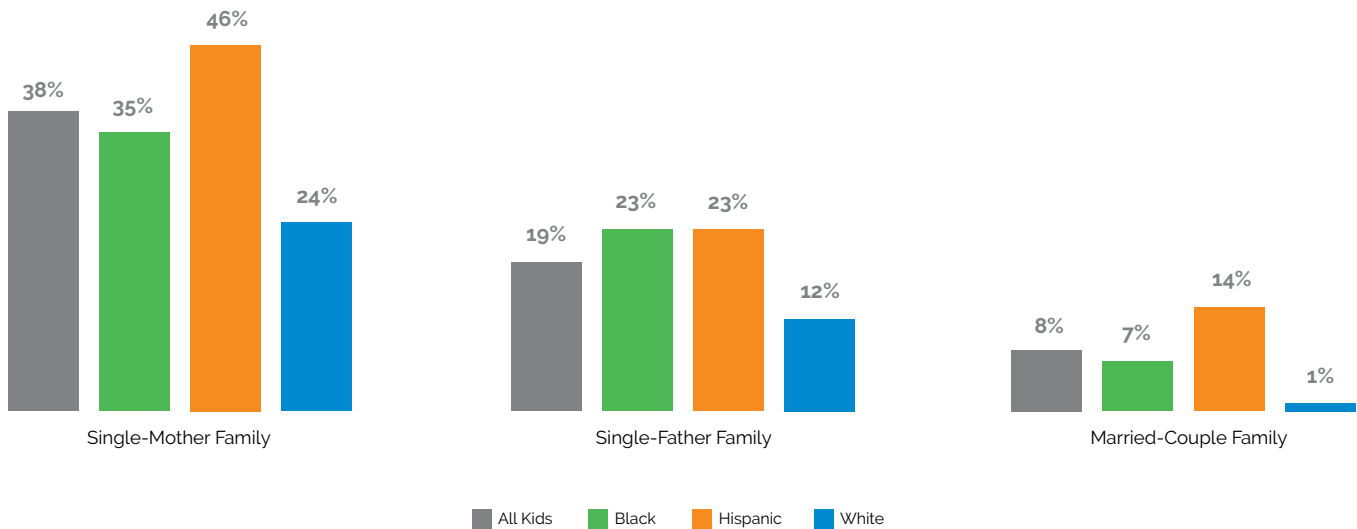
2017 Federal Poverty Thresholds⁵²

A FAMILY IS IN POVERTY IF	1 Adult	1 Adult + 1 Child	2 Adults + 1 Child	2 Adults + 2 Children
YEARLY INCOME FOR HOUSEHOLD AT OR BELOW	\$12,488	\$16,895	\$19,749	\$24,858
EQUIVALENT TO HOURLY WAGE AT OR BELOW (IF ONE ADULT WORKS FULL-TIME)	\$6.00	\$8.12	\$9.49	\$11.95



Poverty disproportionately affects households headed by women and people of color.

Poverty rate of Texas households with children by race and ethnicity of the head of the household, 2017⁵⁹



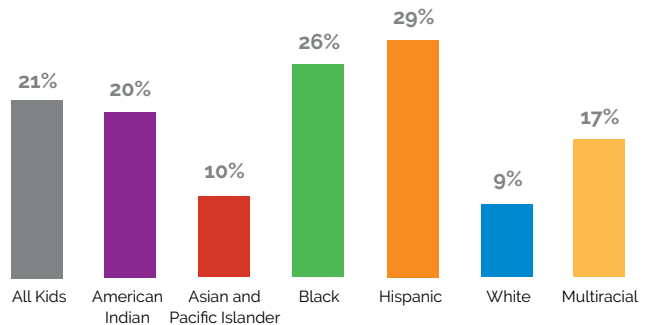
Racial and economic segregation perpetuate opportunity gaps across generations.

Historical barriers created unequal situations for families, and current policies have not done enough to undo them. A mix of federal policy, discriminatory local laws, and community practices have created and maintained deep racial and economic divisions in where children live and go to school, and these differences in children's opportunities have accumulated over generations.⁶⁰

Neighborhoods of concentrated poverty can isolate residents from resources and opportunities.⁶¹ Where a child grows up is directly related to their likelihood of exiting poverty when they are older. And low-income Black and Hispanic children in Texas are far more likely to live in high-poverty neighborhoods than low-income White children. The "neighborhood effects" of living in high-poverty areas influence not just children in low-income families, but all children who live in the area.⁶²

Black and Hispanic children are roughly three times more likely to live in poverty than White and Asian children in Texas.

Children in poverty by race and ethnicity, 2017⁶³

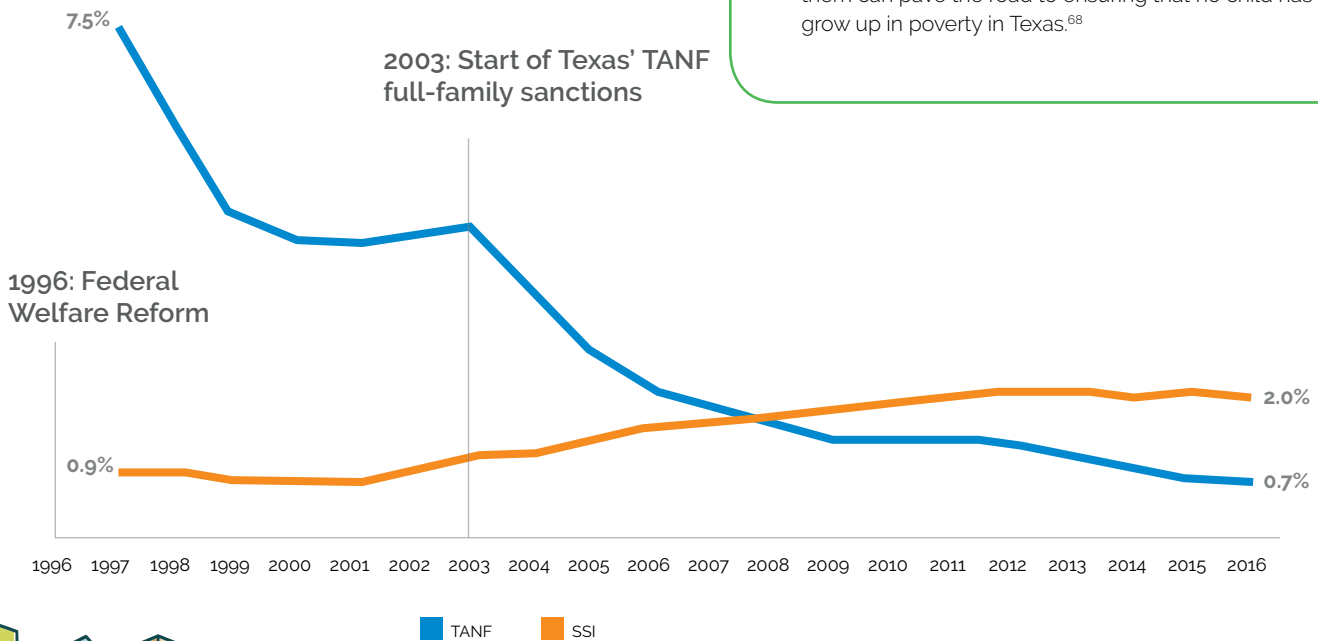


Assistance programs fail to reach most Texas families in poverty.

Cash assistance is a proven method for helping children living in poverty, but Texas serves fewer and fewer families each year. The number of kids receiving cash assistance through the Temporary Assistance for Needy Families (TANF) program has been in decline since the mid-90s due to policies aimed at helping parents find work, strict time restrictions for benefits, and the implementation of full-family sanctions.⁶⁴ As access to TANF declined in Texas over the past two decades, enrollment in Supplemental Security Income (SSI) more than doubled, but it is only accessible to children who have been evaluated as disabled, leaving many Texas families without needed cash assistance.⁶⁵

Access to TANF among Texas families is at a new low.

Children enrolled in TANF and SSI, 1997-2016⁶⁶



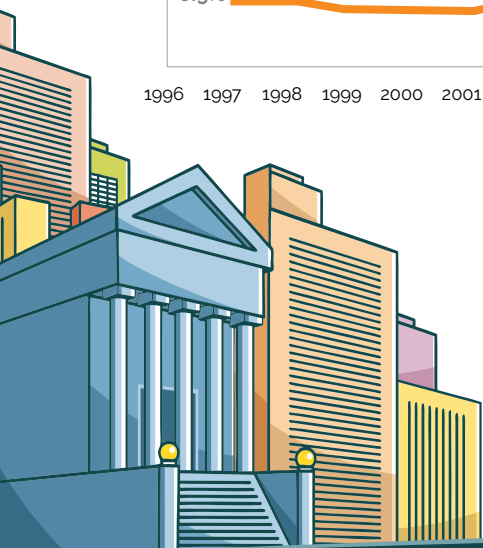
POLICY RECOMMENDATIONS

1. Implement policies to ensure sufficient wages and benefits for workers to meet their family's needs.

Texas' workers need access to family-sustaining wages and quality job benefits to build a strong future for their children. Raising the statewide or local minimum wage and increasing access to paid sick leave can improve the economic security of Texas families.⁶⁷

2. Increase investment in and expand access to programs that help keep families out of poverty and mitigate its effects.

Programs like Medicaid, the Children's Health Insurance Program (CHIP), the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), and many others have a proven track record of helping families in poverty and mitigating the effect of poverty on children. Investing in these programs and allowing more families to access them can pave the road to ensuring that no child has to grow up in poverty in Texas.⁶⁸



Health

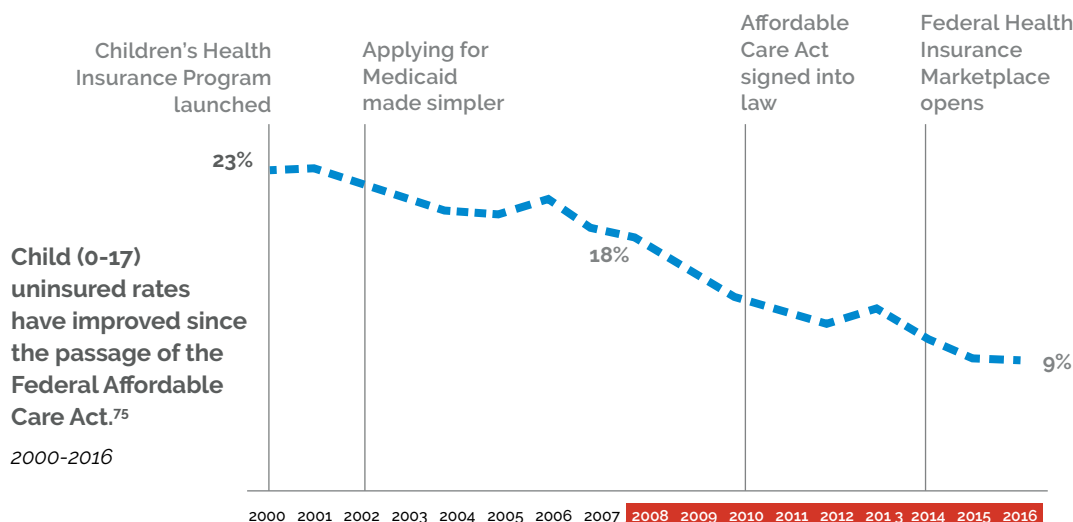
Children's physical and mental health affects their future health, educational attainment, and financial well-being.⁶⁹ Policymakers can get Texas kids on the road to improved health by ensuring children have the health insurance they need to access care, enough food for a healthy diet, and healthy environments, families, and communities where kids can thrive.

Despite recent gains, too many Texas kids still lack health insurance.

In today's health care market, health insurance promotes access to preventive care, encourages timely diagnosis and treatment, and protects families from crushing medical debt.⁷⁰

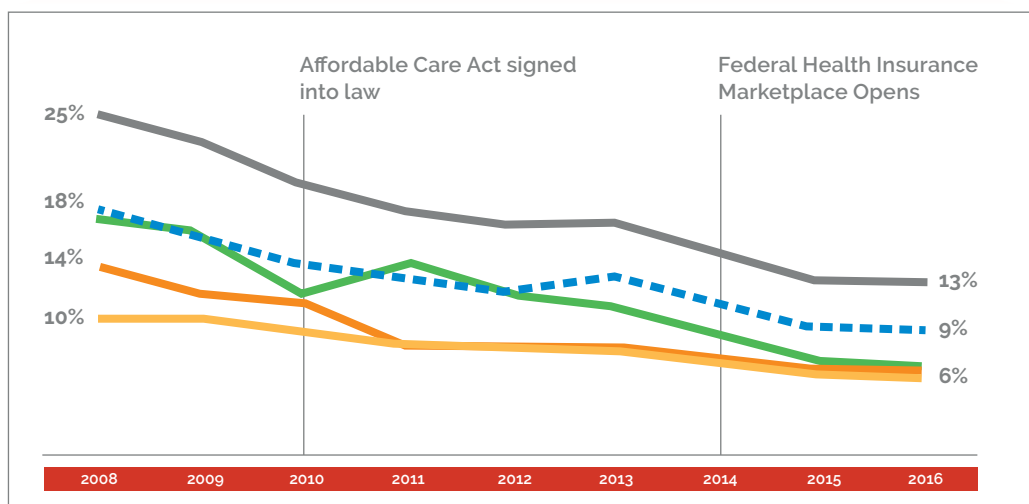
The uninsured rate of children ages 0-17 in Texas has improved considerably since the federal Affordable Care Act (ACA, or Obamacare) took effect. But at nine percent (about 671,000 children), Texas' child uninsured rate is still one of the worst in the country.⁷¹

Since the passage of the ACA, gaps in uninsured rates by race and ethnicity improved and even closed for some kids. As of 2016, the uninsured rate for Asian and Pacific Islander, Black, and White children in Texas was six percent.⁷² Despite these improvements, roadblocks to accessing health insurance remain for Hispanic children in Texas, who are twice as likely to be uninsured as their non-Hispanic peers. Hispanic children are less likely to be covered through their parents' employers,⁷³ and Hispanic families in Texas may fear immigration-related consequences for family members if a legally eligible child enrolls in a health insurance plan.⁷⁴



Child (0-17) uninsured rates by race and ethnicity 2008-2016

- Hispanic
- Asian & Pacific Islander
- Black
- White
- Overall child uninsured rate



Public programs help Texas kids.

In Texas, Medicaid and the Children's Health Insurance Program (CHIP) cover more than 3.6 million children (nearly half of all Texas children),⁷⁶ including the majority of Texas' children of color.⁷⁷

CHIP was signed into law in 1997 and gave states federal funds to provide health coverage for children in families who could not afford private coverage, despite having incomes too high to qualify for Medicaid. The program, which had strong bipartisan support, was designed to provide children with access to child-appropriate

benefits and pediatric providers while implementing cost-sharing limits to protect vulnerable kids and families.⁷⁸

Congress passed a six-year extension of CHIP funding in January 2018; but threats to CHIP still exist.⁷⁹ If Congress fails to provide adequate funding for CHIP in the future, hundreds of thousands of Texas children would be at risk of losing health care coverage.

Health insurance is a family affair.

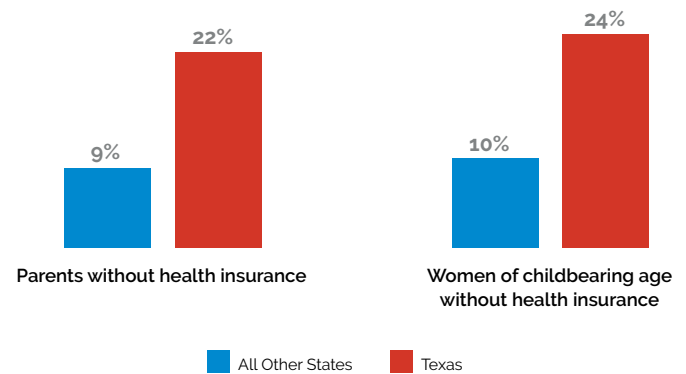
Most children have the same health insurance status as their parents.⁸⁰ Furthermore, health insurance coverage for adults has been shown to improve overall family economic security and increase health care access for mothers before, during, and after pregnancy.⁸¹

Unfortunately, more than one in four Texas women of childbearing age are uninsured (28 percent), and 23 percent of all Texas parents lack health insurance.⁸² Texas has the highest rate (24 percent) and number (3.9 million) of uninsured working-age adults (19-64) in the U.S.⁸³

The high numbers of uninsured adults in Texas can be attributed partially to Texas' failure to expand Medicaid under the Affordable Care Act, leaving a "coverage gap" for adults with incomes too high to enroll in Medicaid but too low to obtain federal subsidies for health insurance.⁸⁴

Too many Texas parents and women of childbearing age are uninsured.

Uninsured rates, 2016⁸⁵



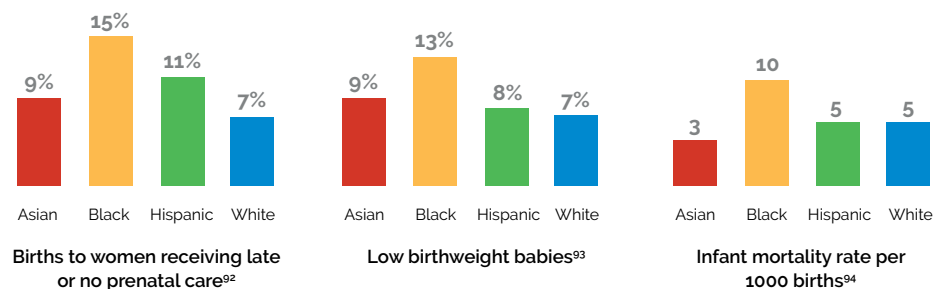
Maternal health is critical to children's health.

A mother's health and access to care influences her baby's health, before and during pregnancy. Risk factors for low birthweight and prematurity for babies include high stress levels during pregnancy and lack of access to prenatal care.⁸⁶ Unfortunately, too many Texas women — disproportionately low-income women and women of color — face barriers to prenatal care like being uninsured or being unable to get an appointment.⁸⁷ And Texas leaders have repeatedly chosen to make it more difficult for women to access family planning services.⁸⁸

Black mothers are most likely to lack early access to prenatal care, which can influence an infant's health.⁸⁹ Black infants have the highest infant mortality rates and are more likely to be born prematurely or at a low birthweight, which can lead to delayed development, learning disabilities, and other health problems.⁹⁰ Texas has one of the worst maternal mortality rates in the country, and Black mothers in Texas are at the highest risk of dying within a year of their child's birth.⁹¹ Mothers and babies need access to high-quality care before and after birth in order to ensure a healthy start.

Access to care for mothers is related to infant health outcomes.

Infant health indicators, 2016



Food and Nutrition

When children do not receive proper nutrition, they can experience delays in physical, intellectual, and emotional growth. Food insecurity is a symptom of economic insecurity, as a family struggling to make ends meet may have little money left for food.⁹⁵

Food insecurity affects nearly 1.7 million children in Texas (23 percent of all Texas kids).⁹⁶ Living with food insecurity means that a child's access to nutritious food is limited and uncertain, and can put their health and development at risk. Hungry kids can have a harder time focusing in school, and their families commonly have to choose between food and other necessities like utilities, medical care, transportation, and housing.⁹⁷

POLICY RECOMMENDATIONS

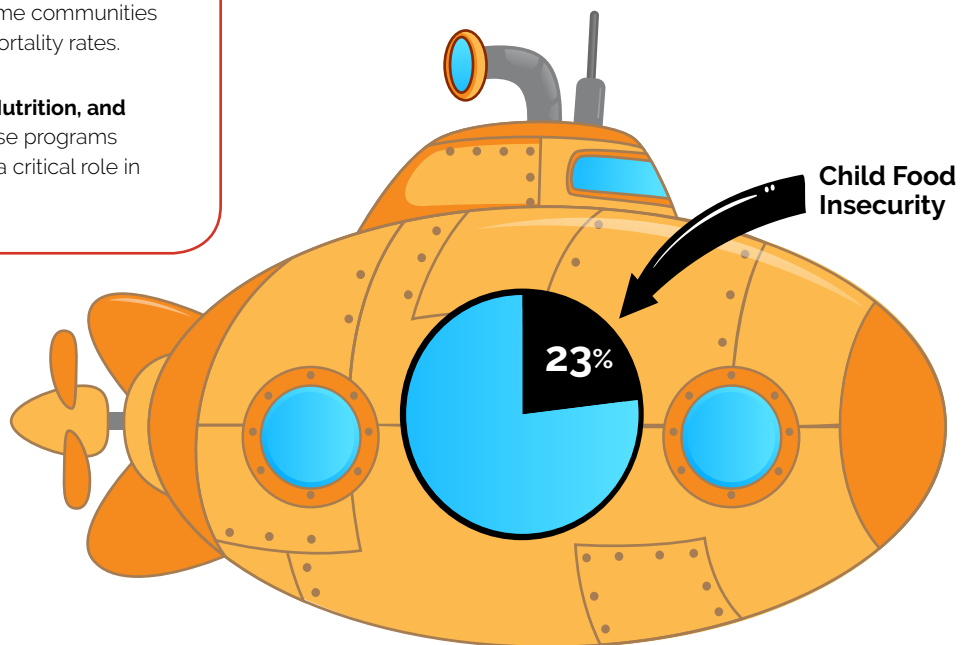
- 1. Protect and expand comprehensive and affordable health insurance coverage.** Expanding access to health insurance coverage to all Texans can improve maternal health, enhance financial security for families, and ensure health care access for the whole family.¹⁰⁰
- 2. Protect Medicaid and CHIP from damaging cuts or policy changes that reduce coverage for Texans or their ability to access care.**
- 3. Maintain and improve access to family planning services.** Access to prenatal care and support during pregnancy should be expanded through outreach and increased Medicaid access in low-income communities and communities with high maternal mortality rates.
- 4. Expand Afterschool Meals, Summer Nutrition, and School Breakfast access.** Growing these programs to serve more Texas students can play a critical role in providing healthy meals to kids.

When families struggle with food insecurity, public nutrition programs have helped to fill the gaps.⁹⁸

- 1946:** *National School Lunch Program (NSLP) is launched to guarantee a healthy meal at school*
- 1964:** *Food Stamp Act signed into law as part of the War on Poverty*
- 1972:** *Special Supplemental Nutrition Program for Women, Infants and Children program (WIC) aims to improve the health of pregnant mothers, infants, and children*
- 1975:** *The School Breakfast Program receives permanent authorization*
- 1997:** *Low-income school districts are required to offer both breakfast and summer food programs*
- 2008:** *The Food and Nutrition Act of 2008 formally changes the name of the Food Stamp Program to the Supplemental Nutrition Assistance Program (SNAP)*
- 2010:** *The Afterschool Meals Program is created as part of the Child and Adult Care Food Program (CACFP) to feed children in afterschool programs who may not receive adequate nutrition at home*
- 2014:** *The Community Eligibility Program (CEP) allows high poverty schools to provide free meals to all students, further expanding access to nutrition in Texas*

Too many Texas kids don't know where their next meal is coming from.

Child food insecurity rate, 2016⁹⁹



Safety

All kids deserve to feel safe at home, at school, and in their communities. But too many kids in Texas experience poverty, food insecurity, and domestic violence, which can manifest as trauma in a child's life.¹⁰¹

Trauma and toxic stress from abuse, neglect, or other adverse childhood experiences can derail a child's healthy development and lead to long term negative health consequences — but they don't have to. Community supports, positive relationships with parents and systems designed to recognize and address trauma can help mitigate the effects of adverse childhood experiences.¹⁰²

Adverse Childhood Experiences (ACEs) include:

- ⊗ Physical or emotional abuse or neglect
- ⊗ Living with or experiencing domestic violence, housing insecurity, poverty, or parental substance abuse
- ⊗ Separation from a parent or death of a loved one
- ⊗ Other traumas¹⁰³

One in four Texas kids

(24 percent) have experienced multiple Adverse Childhood Experiences (ACEs).¹⁰⁴



Children may experience these events as a discrete trauma or, for ongoing experiences, as toxic stress. Girls, children living in poverty, and children of color experience higher rates of adverse childhood experiences, and are disproportionately burdened with the impact of trauma and toxic stress. If a child endures multiple adverse childhood experiences, their risk of alcoholism, heart disease, suicide, and other health issues as an adult goes up.¹⁰⁵

The Texas Department of Family and Protective Services (DFPS) works to support Texas families to keep kids safe in their own homes. Prevention and early intervention services from DFPS such as counseling, child care, and substance use disorder treatment can decrease the likelihood of trauma at home and increase a child's ability to overcome traumas that do occur.¹⁰⁶



63,657 Texas children
were confirmed victims of child abuse or neglect in 2017.¹⁰⁷

If a child's home environment is determined to be unsafe, Child Protective Services (CPS), which works within DFPS, can remove the child from the home and assume custody. Foster care and formal kinship care (when a child is placed in the custody of grandparents or other relatives) are coordinated by CPS.¹⁰⁸

More than 250,000 Texas children live in *informal* kinship care with grandparents or relatives without going into the custody of the state¹⁰⁹ — which has saved Texas taxpayers millions of dollars each year in foster care costs and typically leads to better outcomes for children compared to foster care.¹¹⁰

Informal kinship care providers are often unaware of their eligibility for programs like TANF, SNAP, and Medicaid. And accessing programs can be challenging. But the new federal Family First Prevention Services Act allows states to receive partial reimbursement for kinship navigator programs — initiatives to provide information, referral, and follow-up services to grandparents and other relatives raising children about the benefits and services they or the children need.¹¹¹

POLICY RECOMMENDATIONS

- 1. Coordinate trauma supports across sources.** Train providers at schools, child welfare organizations, and health care facilities to recognize children who have experienced trauma and collaborate to find and provide supportive resources.
- 2. Fully fund Child Protective Services and a Kinship Navigator Program.** Texas should seize opportunities during the 2019 legislative session to improve the well-being of kids in foster care and kinship care.



Education

Texas is home to one of every ten public school students in the United States, and all 5.4 million public school children deserve access to quality education programs.¹¹² Well-funded schools are better able to offer smaller class sizes, attract and retain high-quality teachers, and enhance art, computer science, and other courses.¹¹³ Public education is a common-sense investment in Texas' future.

Texas' school finance system needs a remodel.

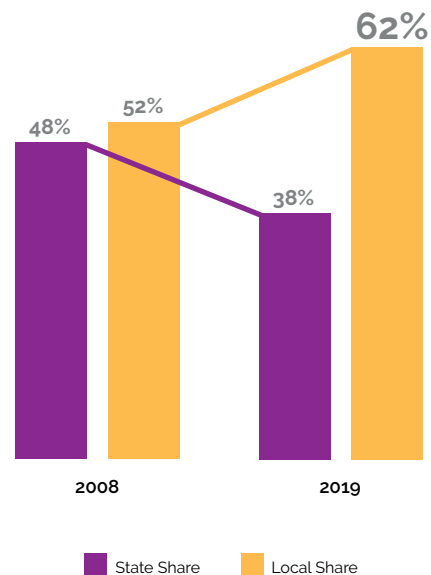
Money matters in education. Texas currently ranks in the bottom ten states in per-student funding.¹¹⁵ In 2011, state lawmakers cut over \$5 billion from the two-year public-school education budget, or about \$500 per student each year. Only some of that funding has come back, but these efforts have fallen below what is needed to keep up with inflation or the additional 80,000 students joining our public schools each year. This means that Texas is investing less per student than before the recession.¹¹⁶

Every Texas student was impacted by these cuts, but elementary schools with high percentages of low-income students were hit particularly hard. Compared to 2008, today Texas is spending 21 percent less per student on programs to keep kids on track and 40 percent less per student on bilingual education.¹¹⁷

Most school funding comes from local property taxes that are based on local property values.¹¹⁸ Because property wealth — and therefore school funding — varies quite a bit across Texas, the state provides funding to increase equity across districts.¹¹⁹ However, the decline in state investment over the last decade has left local property taxes to cover the majority of public-school costs and increased inequity.¹²⁰ This current distribution of education funding leaves students in districts with the lowest property wealth — disproportionately students of color — at a significant disadvantage in resources and outcomes.¹²¹

State share of funding for Texas schools has declined, increasing reliance on local property taxes

Share of state and local funding for Texas public schools, 2008 & 2019¹²²



Texas should support every student for academic success.

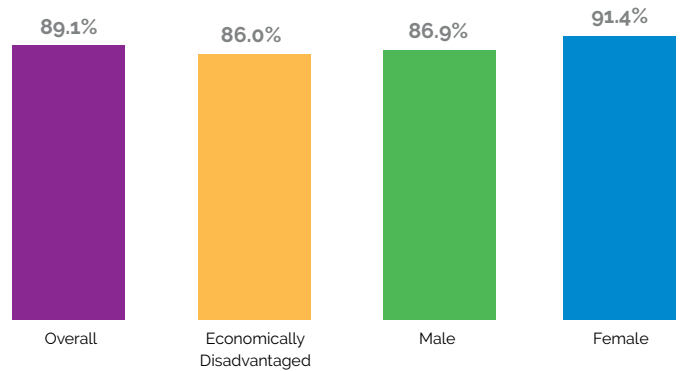
Investing in pre-kindergarten makes sense for Texas. High-quality, full-day pre-kindergarten programs can lead to savings for Texas and significant benefits for kids through improved academic performance, lower school dropout rates, and a stronger tax base as pre-K kids earn more as adults.¹²³ But Texas currently only provides school districts with enough funding to run a half-day pre-kindergarten program.¹²⁴ Even though children in economically disadvantaged households are particularly likely to benefit, they are less likely to attend pre-kindergarten than their higher income peers.¹²⁵

Although graduation rates are improving, barriers to on-time graduation remain for economically disadvantaged students, boys, and students of color.

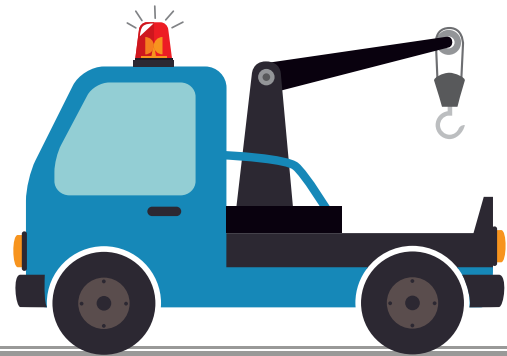
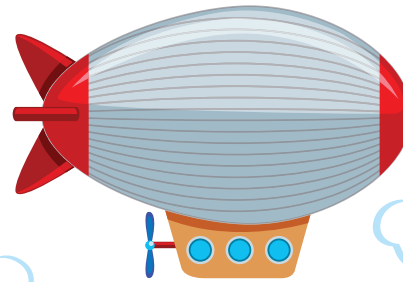
High school graduates have increased access to higher education, good jobs, and are less likely to live in poverty.¹²⁶ Texas' high school graduation rates have improved for nearly all groups of students, but gaps remain by economic status, gender, race and ethnicity. Economically disadvantaged students are less likely to graduate on time than their classmates, and are more likely to be enrolled in high-poverty school districts that have fewer resources. A gender gap also exists: only 87 percent of males graduated from high school on time in 2016, compared to over 91 percent of females.¹²⁷

Economically disadvantaged students and boys are less likely to graduate on time than their peers.

Texas high school graduation rates, class of 2016¹²⁸

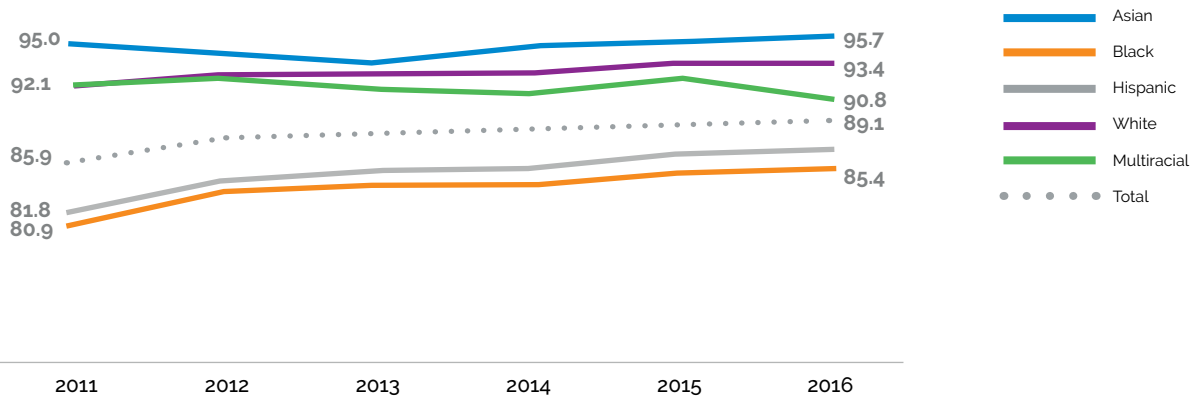


Of the 21,600 Texas students who dropped out of the class of 2016, more than **2/3** were economically disadvantaged.¹²⁹



Although improving, gaps in graduation rates by race and ethnicity persist in Texas.

On-time graduation rates, by race and ethnicity, class of 2016¹³⁰



In 2016, just 85 percent of Black students, 87 percent of Hispanic students, and 91 percent of multiracial students graduated on time, compared to 93 percent and 96 percent of White and Asian students, respectively. To close the gaps, Texas must provide equitable opportunities for all students to achieve success.¹³¹



POLICY RECOMMENDATIONS

- 1. Remodel Texas' school finance system to fund Texas schools at a level that meets the needs of all students.**
 Texas' school finance system should mitigate inequities created by vast differences in property wealth between school districts.
- 2. Improve funding and access to full-day pre-kindergarten for eligible children statewide.**
 Policymakers should provide support to economically disadvantaged students early by funding full-day, high-quality pre-kindergarten for currently eligible children. High-quality pre-kindergarten programs lead to savings for the state through improved academic performance and lower school dropout rates.¹³²
- 3. Implement targeted supports to close educational achievement gaps between groups of students.** For students to reach their full potential and be prepared for college or careers, Texas should close the gender, economic status, and race and ethnicity gaps in educational achievement.

Conclusion

In 2019, Texas legislators have another opportunity to invest in the future of Texas kids. Their choices can help more Texas kids access health insurance and a healthy diet. They can ensure more Texas kids enter school ready to learn and attend well-funded and resourced schools. And they can also provide pathways out of poverty for more working families. The investments Texas makes today will determine the well-being of its children for years to come, and putting children in the fast lane to a brighter future should be a goal for all of us.



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Kids Count Data Center

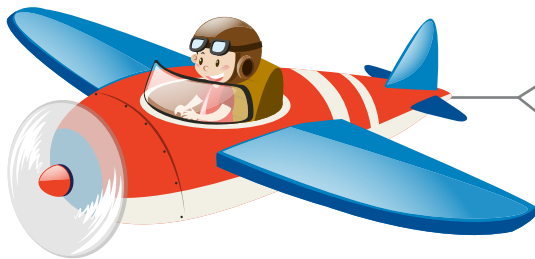
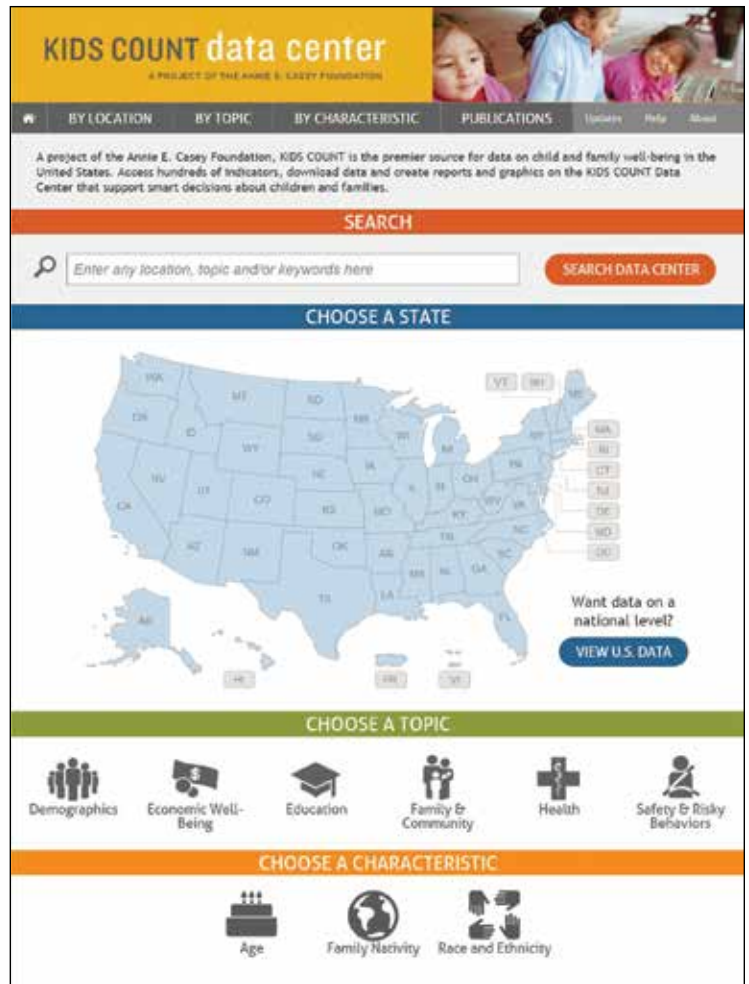
The KIDS COUNT Data Center is a powerful tool for understanding child and family well-being in Texas, and it provides policymakers and advocates with the data they need to make smart decisions about how to ensure the future prosperity of all Texans. The Data Center includes a variety of indicators on demographics, economic well-being, education, families and communities, health, and safety. Users can find data to help understand both where public policy falls short in meeting the needs of specific populations and identify the best ways to raise the bar and close the gaps, leading to better outcomes for kids and families.

Users can now also explore results divided by age, family nativity (i.e. immigrant or U.S.-born families) and race and ethnicity. These categories provide additional insight into understanding our demographic diversity in a changing society, as well as the potential public policy implications.

Examples of questions you can answer using the Kids Count Data Center:

- ✦ How many children live in my county?
- ✦ What share of students in my county are economically disadvantaged?
- ✦ How has the share of children without health insurance in my county changed over time?

In addition to data tables, users can also create bar charts and maps of data for single years, or line graphs to view how child well-being in Texas has changed over multiple years.



[Datacenter.kidscount.org](https://datacenter.kidscount.org)

About the Center for Public Policy Priorities

At the Center for Public Policy Priorities, we believe in a Texas that offers everyone the chance to compete and succeed in life. We envision a Texas where everyone is healthy, well-educated, and financially secure. We want the best Texas — a proud state that sets the bar nationally by expanding opportunity for all.

CPPP is an independent public policy organization that uses data and analysis to advocate for solutions that enable Texans of all backgrounds to reach their full potential. We want Texas to be the best state for hard-working people and their families.

For more information on this report, visit cppp.org/kidscount.

The State of Texas Children report is part of the Kids Count project, a national and state-by-state effort to track the status of children in the U.S. funded by the Annie E. Casey Foundation. Check out the Kids Count Data Center for extensive child well-being data on kids across the U.S. and for each of Texas' 254 counties.

Visit datacenter.kidscount.org



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