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Healthier Texas Marks 14 Years of Community Challenge with Launch of Year-Round Monthly Series

New “Spring Into Action: Grow Together” challenge kicks off expanded approach to community health across Texas

Austin, TX — April 7, 2026 — Healthier Texas is marking the 14th year of its Community Challenge with the launch of a new year-round initiative designed to support ongoing health and wellness across the state. The newly introduced **Healthier Texas Community Challenge Series** will provide monthly opportunities for Texans to stay engaged, build consistent habits, and strengthen community connections beyond a single annual event.

For more than a decade, the Community Challenge has brought together individuals, organizations, and communities across Texas to prioritize health. This evolution reflects what participants have demonstrated over time, that meaningful progress happens through continued effort, not just a single season.

“Over the past 14 years, communities across Texas have shown what is possible when people come together to prioritize their health,” said Coco Plunkett, Senior Director of Programs. “This next phase allows us to build on that momentum by offering consistent, accessible ways for Texans to stay engaged and continue making progress throughout the year.”

The Healthier Texas Community Challenge Series introduces a new monthly structure, with each challenge focused on a specific area of well-being such as movement, stress management, hydration, and routine-building. The series is designed to meet participants where they are, encouraging flexible participation and emphasizing consistency, effort, and community support.

The first challenge in the series, **Spring Into Action: Grow Together**, launched April 1st. This month’s focus centers on restarting routines, building momentum, and encouraging small, consistent actions that contribute to long-term well-being.

“The Community Challenge has always been about more than a moment, it’s about creating lasting change,” said Amelia Carnagey, Sr. Director of Marketing & Education. “Spring Into Action sets the tone for what’s ahead by reminding participants that growth happens over time and that progress is something we build together.”



Participants can join at any time and take part individually or as part of a workplace, organization, or community group. The series will continue to integrate digital tools, local engagement opportunities, and community partnerships to support participation statewide.

To learn more or join the April challenge, visit: txcommunitychallenge.org

About Healthier Texas

Healthier Texas is a statewide nonprofit committed to reducing preventable diseases and improving the health and well-being of Texans. The organization fosters healthier communities through **innovative programs, strategic partnerships, and advocacy** aimed at overcoming the challenges that impact health and well-being.

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