



FOR IMMEDIATE RELEASE –

Healthier Texas Launches Nutrition Navigation to Expand Access to Personalized Nutrition Care Across Texas

New virtual nutrition counseling service connects Texans to Registered Dietitians while helping sustain community health programs statewide

Austin, TX – June 22, 2026 –

Healthier Texas today announced the launch of **Nutrition Navigation**, a new virtual nutrition counseling service designed to connect Texans with personalized, evidence-based nutrition counseling delivered virtually by Registered Dietitians.

Nutrition Navigation is offered as a fee-for-service program that helps sustain Healthier Texas's broader mission while expanding access to personalized nutrition care for Texans statewide.

Nutrition Navigation provides one-on-one support for individuals seeking guidance on nutrition, weight management, chronic disease prevention and management, digestive health, and overall wellness. Available statewide through telehealth, the program is designed to connect Texans to personalized nutrition care regardless of where they live, with a particular focus on rural and underserved communities where nutrition services are often limited.

As a mission-driven nonprofit committed to improving health outcomes across the state, Healthier Texas developed Nutrition Navigation as an innovative social enterprise model—one that expands access to personalized nutrition care while helping ensure the long-term sustainability of programs and initiatives that improve health outcomes and increase access to health for Texans statewide.

Despite the growing recognition of nutrition's role in preventing and managing chronic disease, many Texans still face significant barriers to receiving nutrition care. More than 90% of U.S. counties lack adequate access to Registered Dietitian nutrition professionals, creating barriers to care for rural communities and contributing to disparities in health outcomes. Through virtual appointments and personalized support, Nutrition Navigation seeks to help close that gap and connect more Texans to the care they need.

*"Nutrition is one of the most powerful tools we have to improve health, yet far too many Texans face barriers to accessing personalized nutrition care," said **Lonnica Maxwell, Interim CEO of Healthier Texas.** "Nutrition Navigation allows us to meet people where they are, whether they're managing a chronic condition, working toward wellness goals, or simply looking for trusted guidance. At the same time, this innovative model helps sustain our broader mission of creating healthier communities across Texas."*



For more than a decade, Healthier Texas has worked alongside communities, employers, schools, healthcare providers, and local organizations to improve health outcomes through evidence-based programs and community partnerships. Nutrition Navigation represents an evolution of that work, creating an additional pathway for Texans to access expert support while helping the organization continue providing programs that serve communities statewide.

Nutrition Navigation launches at a time when chronic diseases remain among the leading causes of illness and death in Texas. Research from the CDC's National Diabetes Prevention Program has shown that lifestyle interventions resulting in modest weight loss can reduce the risk of developing type 2 diabetes by as much as **58 percent**, demonstrating the profound impact personalized nutrition support can have on long-term health.

"Healthier Texas has always sought innovative ways to address the health challenges facing our state," said Jessica Jolly, Chair of the Healthier Texas Board of Directors. "Nutrition Navigation reflects that commitment. It strengthens our organization's long-term sustainability while expanding access to care and creating new opportunities to improve health outcomes for Texans across every corner of the state."

Nutrition Navigation is available to adults across Texas and offers flexible virtual appointments with Registered Dietitians who provide individualized support tailored to each participant's goals and health needs.

To learn more visit healthiertexas.org/starttoday or email nutrition@healthiertexas.org.

About Healthier Texas

Healthier Texas is a statewide nonprofit dedicated to saving lives by reducing the incidence of preventable disease and increasing access to health for all Texans. Through evidence-based programs, strategic partnerships, and innovative solutions, Healthier Texas works to create healthier communities where Texans can live, learn, work, and play.

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