

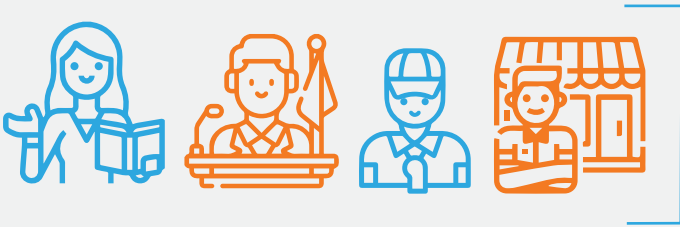
IT'S TIME TEXAS COMMUNITY CHALLENGE

2022 IMPACT REPORT

HEALTHIER YOU. HEALTHIER COMMUNITIES. HEALTHIER TEXAS.

Healthier Texans build healthier communities. Healthier communities create a healthier Texas. And a healthier Texas is a better Texas. But making an entire state healthier takes systemic change that is led by a true champion. **A Health Champion!**

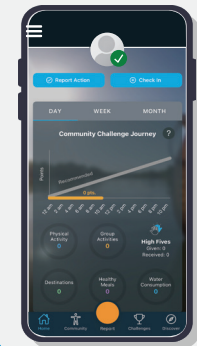
In 2022, the annual It's Time Texas Community Challenge – an 8-week, fun, friendly competition that provides access to health resources and encourages Texans to log daily healthy habits – created and equipped **1,813 Health Champions** across the state.



Civic leaders, educators, and community coalition members became Health Champions as they gathered their communities to pursue health together and build a better future for our state. These Champions inspired more Texans to develop healthy habits at the beginning of the new year like exercising, eating healthier and staying hydrated.

180,000+ PARTICIPANTS ACROSS 644 TEXAS COMMUNITIES SINCE 2012

It's Time Texas Community Challenge empowered, activated and supported Texans as they took realistic steps toward healthy goals in 2022. Participants tracked their progress on the Community Challenge app, where they had access to free resources such as telehealth coaching, virtual fitness classes and health-related group activities. They also earned incentives and got the chance to connect with fellow Texans in the competition across the entire state working towards the same goal.



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“Whether it’s enjoying group walks or taking advantage of the city’s beautiful parks, it’s the little actions that lead to transforming the health of the community.”

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“Last October, I had brain surgery. When the Community Challenge kicked off in January, it was the motivation I needed to get back on track. It helped me feel like myself again.”

A CHALLENGE BY TEXANS, FOR TEXANS.

Together, we are building a healthier Texas.

98% of participants made progress toward or met their goals

83% improved their general knowledge of health

70% were confident in maintaining or improving their progress*

81,000+ Healthy Eating Reported

78,000+ Physical Activities Reported

54,000+ Water Consumptions Reported

69,000+ Local Destination Check-ins

600+ Local Organized Group Activities

Source: 2022 Participation Survey Results

CELEBRATING COMMUNITY CHALLENGE IMPACT

Making a difference in the RGV.

More than 39,113 Rio Grande Valley residents, who experience some of the worst health outcomes in the country, are reaping the health benefits of the It's Time Texas Community Challenge. With a projected population increase – from 1.3 million to 2.4 million by 2045 – community leaders, such as elected officials and school administrators, will play a vital role in championing the RGV's long-term health and well-being.



- Since 2012, local governments, school districts, and community organizations have participated in the It's Time Texas Community Challenge.
- Over the last five years, 21 Community Challenge winners have been from the RGV.
- 7,693 RGV residents participated in last year's Community Challenge.

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“We have seen a difference. We feel happier and healthier. We take an active approach to continue the trend of promoting a healthy lifestyle by leveraging Community Challenge as a resource to promote the overall welfare of our campus. Step by step, we have taken strides to change our bad habits into a healthy regimen.” – DiGabriel Cabrera, Garza Pena Elementary School Counselor

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“The Community Challenge has helped motivate many PSJA employees and community members to improve their quality of life and functioning. When stress and anxiety levels are high, participation in regular physical activity has been shown to boost the immune system and help improve the body's ability to fight off infection.” – Sulema Solis, Pharr-San Juan-Alamo ISD Health Services Director

CONGRATULATIONS TO OUR 2022 COMMUNITY CHALLENGE WINNERS!

Community Winners:



Metro: San Antonio
Large: McAllen
Medium: Pharr
Small: Los Fresnos
Extra Small: Smithville

School District Winners:



Metro: Austin ISD
Large: Pharr-San Juan-Alamo ISD
Medium: McAllen ISD
Small: Los Fresnos ISD
Extra Small: Lancaster ISD

Employer Winners:



1st - Beef Loving Texans
2nd - City of McAllen
3rd - City of Edinburg

Individual Winners:



Marva Allen - metro area
Karen Teverovsky - large community
Patricia Solis - medium-sized community
Bertha Ponce - small community
Grace Hardin - extra small community

CHAMPIONS UNITE!

THE 2023 COMMUNITY CHALLENGE STARTS JAN 9TH!

After a successful Community Challenge in 2022, IT'S TIME to start thinking about 2023!

Are YOU ready to...

Kick off the New Year with a Texas-sized challenge? Encourage fellow Texans to take simple actions to improve their health? Become a Health Champion – for ourselves, our loved ones, our communities and our state?

SUBMIT OUR PARTNER PLEDGE! >> ITTCommunityChallenge.com