



THE STATE OF TEXAS

GOVERNOR



*To all to whom these presents shall come,
Greetings: Know ye that this official recognition is presented
to all observing*

Healthy Texan Week

May 4–10, 2026

Texans have always faced their challenges with courage, independence, and optimism, and this spirit continues to guide us as we bolster personal and public health in the Lone Star State. By promoting wellness at individual and community levels, we can chart a course to improve the lives of all who call this great state home.

Entities across Texas host informative events, disseminate valuable resources, and spark a dialogue about healthy lifestyle choices. In so doing, they help Texans of all backgrounds seize control of their health and lead happier, more productive lives.

During Healthy Texan Week and throughout the year, let us all take a proactive role in our health, educate ourselves as best we can, and support our neighbors, friends, and loved ones along the journey toward holistic wellness. By so doing, we will feel and function at our best as we strive to make Texas healthier than ever before.

First Lady Cecilia Abbott joins me in encouraging every person in the state to observe Healthy Texan Week with befitting programs and activities.

In testimony whereof, I have signed my name and caused the Seal of the State of Texas to be affixed at the City of Austin this the 9th day of April, 2026.



Greg Abbott
Governor of Texas