



# HEALTHIER TEXAS SUMMIT

A COLLABORATION BETWEEN IT'S TIME TEXAS AND THE UNIVERSITY OF TEXAS SYSTEM

Uniting to transform health in Texas: *Empowering Action for Systems Change*

## 2023 Impact Report

October 5 & 6 | Austin, Texas



### Attendees Feedback

**93%**

Overall event satisfaction

**89%**

Stated that they planned to implement the information received in their health efforts in their local communities

**91%**

Stated that they planned to implement the information received in their health efforts at work

### It's Time Texas and the University of Texas System welcomed Health Champions for the seventh annual Healthier Texas Summit.

Healthier Texas Summit provided attendees the opportunity to connect, learn, and share the diverse efforts being implemented for systems change across the state. Health champions shared insights, explored strategies, and fostered connections to drive meaningful change for all Texans.

### Overview



**193**  
Speakers  
35% Year-over-year increase



**54**  
Sessions  
2% Year-over-year increase



**4**  
Content Tracts

### Attendees



**652**  
Attendees  
24% Year-over-year increase

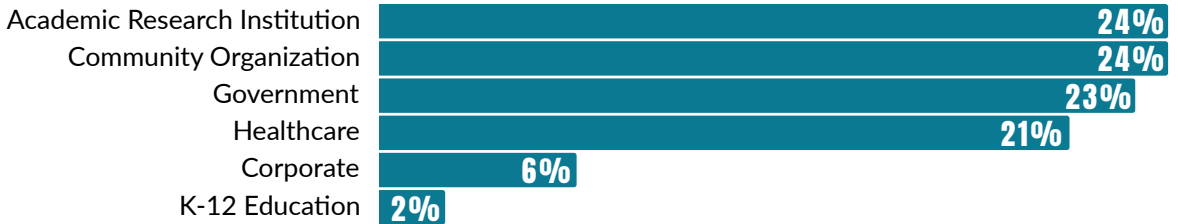


**95**  
Cities  
12% Year-over-year increase



**10**  
States  
25% Year-over-year increase

### Sectors Represented



# 2023 Summit Impact

## 2023 Keynote Speakers



DAY 1 KEYNOTE  
**Dr. Richard Besser**  
President and CEO Robert Wood Johnson Foundation



DAY 2 KEYNOTE  
**Elena Marks**  
Senior Fellow in Health Policy, Baker Institute

### Policy Change

- 90% Attendees can define a policy change post-summit, a 89% increase over pre-summit
- 76% Attendees can explain the actions to achieve a policy change post-summit, a 130% increase over pre-summit
- 67% Attendees know how to adopt a policy change post-summit, a 129% increase over pre-summit

### Environmental Change

- 82% Attendees can define an environmental change post-summit, a 75% increase over pre-summit
- 73% Attendees can explain the actions to achieve a systems change post-summit a 129% increase over pre-summit
- 67% Attendees know how to adopt an environmental change post-summit a 127% increase over pre-summit

### Systems Change

- 80% Attendees can define a systems change post-summit, a 85% increase over pre-summit
- 81% Attendees can explain the actions to achieve a systems change post-summit, a 154% increase over pre-summit
- 76% Attendees know how to adopt a systems change post-summit, a 179% increase over pre-summit

### Health Literacy

- 89% Attendees can define health literacy post-summit
- 91% Attendees can identify the consequences of low health literacy post-summit
- 92% Attendees understand the importance of health literacy on improving health outcomes post-summit

#### Empower Partners



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



#### Equity Advocates



#### Wellness Warriors



Thank you  
FOR SUPPORTING  
Healthier Texas Summit



Save the date

October  
10-11 2024



2024 Sponsorship opportunities available. Contact Nathaniel Aranda, CFRE, Vice President of Marketing and Development for more information: [nathaniel@itstimetexas.org](mailto:nathaniel@itstimetexas.org)

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