

Making America and Texas Healthy Again

Introduction

The health of the American people is in crisis. Life expectancy has declined in recent years, and chronic disease rates continue to climb. Children face conditions once considered rare: obesity, autism, attention deficit, and diabetes.

Government health bureaucracies have too often defended special interests rather than the public, subsidizing junk food, promoting forced medicalization, and dismissing evidence of environmental harm. The Making America Healthy Again (MAHA) movement seeks to correct this trajectory by restoring health freedom, reforming food and medical policy, and prioritizing the choices of families and communities above big pharma and big government.

From its inception, MAHA has been driven by the recognition that health cannot be separated from liberty. Policies that force fluoride into public water, mandate vaccines, or subsidize sugary drinks all share a common feature: they compromise both freedom and health. The MAHA movement aims to reverse this trend by removing government from the side of entrenched interests and placing it back on the side of the people.

National Successes of MAHA

Building on this mission, MAHA achieved national influence when President Trump returned to office in 2025 and appointed Robert F. Kennedy, Jr. as Secretary of Health and Human Services. Within weeks, the administration [launched the MAHA Commission](#), tasked with documenting the state of American health and identifying key drivers of decline.

Its first report, *Make Our Children Healthy Again*, documented alarming increases in childhood obesity, behavioral disorders, and chronic conditions, all tied to poor diet, chemical exposures, and the overuse of pharmaceuticals. [The Brownstone Institute's analysis](#) emphasized that America's health crisis stems not from a lack of medical technology but from decades of harmful policy choices and coercive interventions.

Policy shifts soon followed. The U.S. Department of Agriculture approved state waivers to restrict SNAP purchases of junk food, ending decades of federally subsidized soda and candy. Arkansas and Colorado received early approval, and [Texas has joined](#) them with its own reform. This is no small step: for decades, [taxpayer dollars](#) were spent on some of the worst products in the American diet.

Not only did the Trump/ Kennedy team get to work addressing poor diet, they also pressured the Environmental Protection Agency to reassess the fluoridation of drinking water after a [federal judge ruled in 2024](#) that the evidence linking fluoride to neurodevelopmental harm in children was strong enough to warrant a regulatory response. This reflects MAHA's commitment to ending forced medicalization and putting health choices back in the hands of families.

On vaccines, the national government pivoted away from coercion and toward freedom. Federal mandates were curtailed, and informed consent became central to vaccine policy. As the Brownstone Institute [has argued](#), the problem in American public health has never been a diversity of opinion but the imposition of mandates and censorship. MAHA has begun to dismantle this regime by restoring transparency and giving Americans real choice in their vaccine decisions.

Texas and MAHA

Texas has quickly become a trailblazer for MAHA. In 2025, the Legislature passed [Senate Bill 379](#), which prohibits the use of SNAP benefits for soda, candy, and other junk foods. The law took effect in September 2025, [with USDA's waiver](#) allowing full implementation beginning in April 2026.

Another key development was [Senate Bill 2653](#), legislation to prohibit the addition

of fluoride to public water supplies. While the bill did not pass, [it builds on](#) decades of citizen activism, recent federal court rulings, and growing scientific evidence that fluoride poses risks to children's cognitive development and bone health. Although only about one-third of Texans drink artificially fluoridated water today, the risks are real and the benefits are increasingly questioned. While this bill did not advance beyond a public hearing in the Texas Senate's Health and Human Services committee, it positions Texas to take action in the next legislative session to end the practice of mass medication through public water.

Finally, Texas has continued to defend medical freedom [by prohibiting local governments and schools](#) from imposing COVID-related mask and vaccine mandates. This legislative groundwork makes Texas an ideal state to expand MAHA principles of consent and liberty beyond COVID to all medical interventions.

The Path Forward for Texas

For MAHA to succeed nationally, Texas must continue to play a leading role and take these next steps. First, to fully end fluoridation, Texas should pass legislation like SB 2653 to ban the practice statewide. The Texas Commission on Environmental Quality must inventory all water systems, require public disclosure of fluoride levels, and help local utilities transition away from fluoridation. At the same time, the

Comptroller and Legislative Budget Board should provide fiscal notes and analyses showing [taxpayer savings](#) from ending the practice.

Second, Texas should move rapidly to implement SNAP junk food restrictions and pair them with incentives to purchase fresh produce and whole foods. State agencies should lead by example by removing high fructose corn syrup, artificial dyes, and ultraprocessed items from school lunches, prisons, and public hospitals, all of which are central to national recovery.

Third, vaccine freedom should extend beyond COVID. Texas should guarantee informed consent for all vaccines in state institutions, prohibit discrimination based on vaccine status, and establish an ombudsman to handle complaints of medical coercion.

Fourth, another step Texas could take under the MAHA banner is to prevent cities from prohibiting residents from keeping small flocks of backyard chickens. [A 2025 bill](#) would have prohibited municipalities from banning up to six hens on single-family lots while still allowing reasonable local rules on noise, setbacks, and cleanliness. Allowing Texans to raise a few hens is both a liberty and a health issue. It decentralizes food production, provides families with access to fresh, protein-rich eggs, and reconnects citizens to the

sources of their food.

Fifth, Texas should also expand freedom for small food producers and local businesses by reducing unnecessary layers of health permitting and local red tape. The state should prevent local health departments from imposing duplicate permits on small food businesses that already meet state safety standards. This simple change would protect local farmers, bakers, and food artisans from bureaucratic harassment, lower compliance costs, and make it easier for Texans to buy directly from nearby producers. It advances both liberty and health by strengthening local food networks, shortening supply chains, and increasing access to fresh, minimally processed foods—all key components of the MAHA vision for a healthy and independent Texas.

Sixth, Texas already allows the sale of raw (unpasteurized) milk directly from the farm to the customer, provided the producer holds a Raw for Retail permit from the Texas Department of State Health Services, and meets strict temperature, bacterial, somatic cell, and antibiotic testing requirements (see [25 Tex. Admin. Code § 217.31](#)). Currently, however, raw milk cannot be sold in retail stores or via intermediaries—only direct-to-consumer farm sales or permitted delivery are allowed. A MAHA-style reform would defend and expand this freedom: prohibit municipalities from banning on-farm raw milk sales (so

long as the state permits and safety rules are met), and allow farm sales at farmers' markets or local farm stands, restoring the consumer's ability to access minimally processed dairy in the local marketplace. Such a change aligns with MAHA's principle of minimizing regulatory overreach and enabling choice in food systems.

Finally, Texas should recognize that **health also depends on broader conditions of liberty**. Affordable living costs, reduced regulatory barriers, lower state and local government spending and taxes, and strong families all contribute to healthier communities. [Continued reform of occupational licensing](#), [expansion of housing supply](#), and protection of families will strengthen these social determinants of health.

Conclusion

The MAHA movement represents a decisive break from decades of failed federal and state health policy. It rejects forced medicalization, industrial subsidies, and junk science, and instead calls for transparency, consent, and real reform. Texas has already taken bold steps moving away from the past. While much remains to be done, the foundation has been laid.

The promise of MAHA is not only that America can be made healthy again, but that health and liberty can be restored together. Texas, by leading the way, can prove that the era of mass medication and

subsidized junk food is over. The old order has had its day. The future belongs to free people making informed choices. Texans deserve nothing less.

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