

HEALTHY COMMUNITIES

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Special Olympics
Health

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WHAT SPECIAL OLYMPICS HEALTH PROGRAM REACHES THE MOST ATHLETES IN THE US?

- **ANSWER:** Training and competition
- **THEN:** Healthy Athletes
- **BUT DON'T FORGET:** Unified Champion Schools
- **OR:** Young Athletes
- **OR:** Athlete Leadership

Everything we do can support athlete health...

A high performing athlete needs to attain optimum levels of fitness and health



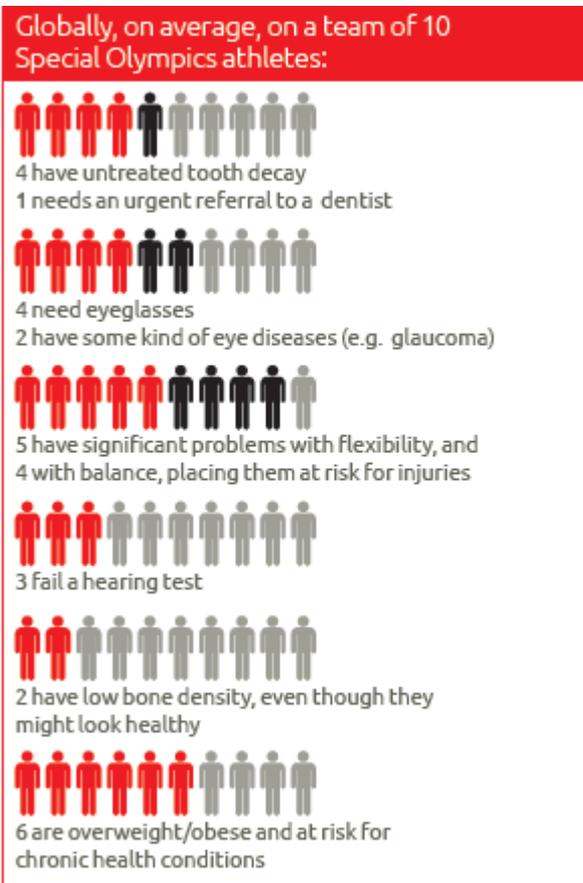


WHY DO DISPARITIES EXIST?

- Often, multiple and complex health issues
- Insufficient provider training
- Reimbursement issues
- Diagnostic overshadowing
- Transportation and time issues
- Limited prevention education
- Limited self-advocacy
- Discrimination
- Increased poverty
- No recognition as medically underserved population



IN THE US, ON AVERAGE A TEAM OF 10 ATHLETES



People with intellectual differences die 16 years prematurely because of undiagnosed and untreated conditions.

University of Bristol and UK Department of Health, 2013.



WHAT IS HEALTHY COMMUNITIES?

A recognition program for the Special Olympics Movement focuses on:

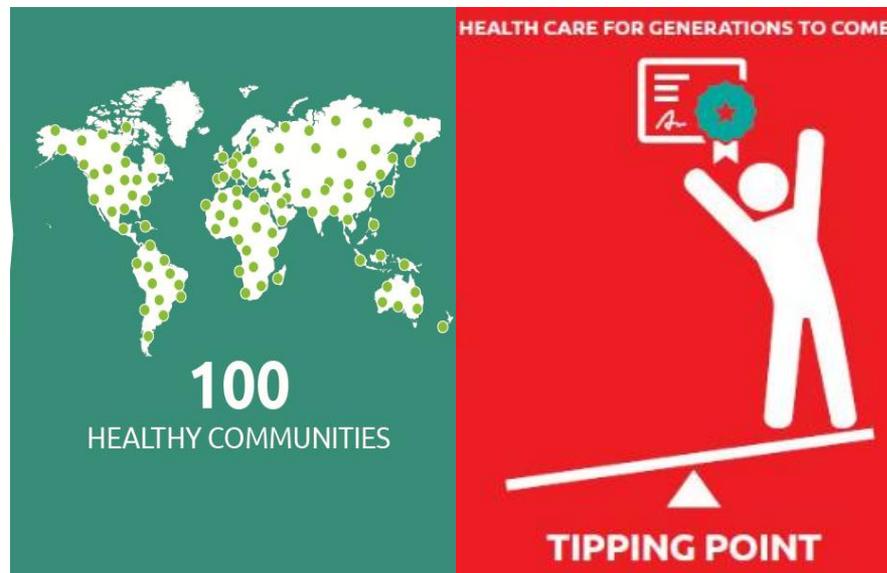


- Health education and prevention, fitness and wellness opportunities for athletes
- Expanding access to health care resources and services in the community
- Partnership development
- Infusing health through all Special Olympics programming

The goal is to increase access to healthcare and improve health status of people with intellectual disabilities around the world.



WHAT IS A PICTURE OF SUCCESS?



Achieving HC Status: Arizona, Florida, Kazakhstan, New Jersey, Romania, South Africa, Thailand & Wisconsin

In The Process Of Achieving HC Status: Alaska, Arkansas, British Columbia, Connecticut, Hawaii, Indiana, Nebraska, Ontario, Oregon, Pennsylvania & Washington



HEALTHY ATHLETES AND HEALTHY COMMUNITIES

Two complimentary programs working together to strengthen existing systems of care, not build new ones.

Healthy Athletes	Healthy Communities
Episodic	Continuous, Year-Round
Screen, Identify, Refer, Some Care and Education	+ Care and Education
Limited Referral Ability	Continuing Care Partnerships
Universally Relevant Issues	+ Locally relevant health issues
Static, Snapshot Data	Longitudinal, high impact data
Health outcomes often unknown	Technology to close referral loop



3 YEAR HEALTHY COMMUNITY FOR SPECIAL OLYMPICS **PENNSYLVANIA**

- Will receive 3 Year Healthy Community grant funding from April 1, 2017 to March 31, 2019
 - \$60,000 a year / \$180,000 total

- Out of the 3 regions in the state, Pennsylvania will focus their efforts in the eastern portion of the state specifically on 3 (Bucks, Montgomery and Bethlehem) local programs with expansion to at least 2 additional per year.
 - By 2019, this grant will have impacted at least 7 local programs.

WHAT IS FIT 5?

Athletes want to perform their best at every competition. You can do this by being fit. **Fit 5 is a plan for physical activity, nutrition, and hydration.** It can improve your health and fitness to make you the best athlete you can be.

Goals of FIT 5



EXERCISE

5
days a
week



EAT

5
total fruits and
vegetables per
day



DRINK

5
water
bottles
per day



HEALTH AND FITNESS COORDINATOR

A Health and Fitness Coordinator is an athlete committed to promoting healthier lifestyles for athletes, unified partners, coaches and families!

- Health and Fitness Coordinator evolved from athletes during the 2014 Athlete Congress.
- Each local program is required to have a Health and Fitness Coordinator who is a Special Olympics athlete that wants to promote healthier lifestyles in his/her local program.
- The Health and Fitness Coordinator is not a member of the local program management team, however may be asked to report out on an as needed basis.



POSITION DESCRIPTION BREAKDOWN

1. Health and Fitness Coordinator for Local Program.

- Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.

(*Key: led by athletes for athletes, unified partners and families)

Examples of club activities include: Walking, Running, Fitness Center, Cooking, Healthy Eating, Exercising Habits and Hygiene Club. The possibilities are endless!

- Provide healthy menu input at local program competitions.

Suggestions you could provide: Serving salads/wraps in place of sandwiches or pizza, Serving fruit, vegetables and/or baked chips in place of fried chips and Providing beverage options other than soda such as: Gatorade/Powerade, fruit juice, flavored water, etc.

- **Optional:** Help the local program partner with health and fitness organizations.

Partnership suggestions: Local YMCA with reduced rates, Food companies to provide healthy snack / beverage options at competitions and local fitness professionals and dieticians for sport-specific advice.

QUESTIONS?

If health is infused into the movement, there will be an increased self - health knowledge, which in turn leads to better attitude and behaviour.



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