People with ID are at increased risk for a number of preventable health conditions and experience higher mortality rates than the general population.
<table>
<thead>
<tr>
<th>4</th>
<th>Have untreated tooth decay and 1-2 are in need of urgent dental care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>N ever had an eye exam</td>
</tr>
<tr>
<td>4</td>
<td>Need a new prescription for glasses</td>
</tr>
<tr>
<td>2</td>
<td>Would fail a hearing test</td>
</tr>
<tr>
<td>2-3</td>
<td>Have low bone density even though they may look healthy</td>
</tr>
<tr>
<td>5</td>
<td>Will have problems with strength, placing them at risk for injury</td>
</tr>
<tr>
<td>6</td>
<td>Will have problems with flexibility</td>
</tr>
<tr>
<td>6</td>
<td>Are overweight or obese and at risk for chronic health conditions</td>
</tr>
</tbody>
</table>
Healthy Athletes

Provides Special Olympics athletes with free health screenings, education, and referrals for follow-up care in a fun, welcoming environment that removes the barriers people with ID often encounter.

Trains healthcare professionals and teaches them how to treat people with ID in their own practices.
Healthy Athletes

84% of health care providers feel better prepared to treat people with ID as a result of volunteering with Special Olympics.

Over half (54%) of medical school deans and students report that graduates are "not competent" to treat people with intellectual disabilities.
Healthy Athletes

Fit Feet

Volunteer foot specialists work with athletes to evaluate problems of the feet, ankles and lower extremity biomechanics.

Up to 50 percent of Special Olympics athletes experience one or more preventable or treatable foot conditions that can affect their sports participation.
Healthy Athletes

FUNfitness

Volunteer physical therapists offer expert guidance and exercises recommendations to prevent and reduce the risk of injury, and to improve the athletes’ optimal function in sports training and competition.

- 91% of Special Olympics athletes have flexibility problems
- 89% of Special Olympics athletes have balance problems
- 83% of Special Olympics athletes have strength problems
Healthy Athletes

Health Promotion

Athletes learn how small changes in their behavior can help them improve and maintain good health and sports performance.

60% of Special Olympics athletes are overweight or obese.
Healthy Hearing

Volunteer audiologists providing free hearing screenings and other medical services, including ear wax removal, swim molds, hearing aid maintenance and minor repairs.

4 out of 10 Special Olympics athletes have a blocked or partially blocked ear canal.
MedFest
Volunteer medical professionals offer the physical screenings that all athletes need prior to participating in Special Olympics sports.

90% of primary care residency programs in the U.S. offer no training in caring for people with intellectual disabilities

81% of graduating medical students in the U.S. report not having any training in the care of people with intellectual disabilities
Opening Eyes
Providing vision exams, refractions, and dispensing of appropriate eyewear to athletes during Special Olympics events.

Through the generosity of our corporate sponsors Essilor (lenses) and Safilo (frames), athletes choose from a selection of free eyewear. Athletes who do not need any corrective lenses receive plano sunglasses provided by Safilo.
Special Smiles

Volunteer dentists provide comprehensive oral health care information, offers free dental screenings and instructions on correct brushing and flossing techniques to Special Olympics athletes.

46% of Special Olympics athletes have periodontal conditions
36% of Special Olympics athletes have untreated tooth decay
Strong Minds

Volunteer health professionals provide interactive learning activities focused on developing adaptive coping skills that can be used in competition and in life.

12% of athletes report having no coping strategies

62% mostly use avoidant strategies (e.g., not think the stressor), which is associated with increased depression.
Problem solved!
Healthy Communities aims to create communities where Special Olympics athletes and others with ID have the same access to health and wellness resources and can attain the same level of good health as others.
Follow up care – ensuring that SOWA athletes are connected to a specific health care provider, partner, or place to go to receive the care they need.
Healthy Communities

FIT 5
SPECIAL OLYMPICS
WASHINGTON

Fit 5 – provides tips and information to lead a healthy lifestyle through physical activity, nutrition, and hydration. Fit 5 can be lead or co-led by SOWA coaches, athletes, and unified partners.

Three simple goals:
- Exercise 5 days per week
- Eat 5 total fruits and vegetables per
- Drink 5 water bottles of water per day
SOfit — an Unified approach to wellness, which pairs athletes with a Unified Partner, with the primary goal of the program being to guide, educate and encourage athletes and partners to maintain a healthy lifestyle through increased physical activity and improved daily nutrition. SOfit can be lead or co-lead by SOWA coaches, athletes, and unified partners.
**Performance Stations** – events held near the field of play at tournaments or Games that prepare athletes to compete to their personal best and make the connection between fitness and athletic performance.
Unified Fitness Clubs – a year round, Unified club that provides fitness, sport, and wellness opportunities to athletes and partners to improve their health.
Healthy Communities

Community is key.
The Impact

Healthy Communities Worldwide
- Conducted 88,785 Healthy Athletes screening exams
  Provided training in health education to 20,213 athletes
- 669 athletes trained as peer health educators
- Trained 15,130 healthcare professionals and students to work with patients with ID
- Referred 10,487 athletes for follow-up care

By 2020...
- 70% of athletes who receive referrals at Healthy Athletes® have a place to go for follow-up care
- Over 2,000 athletes offered health, wellness or fitness programming through Healthy Communities
- Sustainable programming!
Job Description

Wellness Coordinator (Volunteer Position)

Overview
The Wellness Coordinator plays an essential role in implementing all Healthy Communities programming in the Area. Additionally, this leadership position will direct athletes and family members to needed health services and resources.

Qualifications: Experience in a health field and knowledge of healthcare services and resources available for people with disabilities is a plus.

Supervisor: Area Director and Health & Wellness Manager

Principle Duties:
1) Behave in a manner consistent with SOWA's core values of mutual respect, positive attitude, accountability, teamwork and dedication.
2) Serve as the Area liaison regarding health and wellness matters.
3) Ensure Coaches are implementing health programming as intended during practices and competitions, and provide guidance when necessary.
4) Collect athlete health data from coaches and send to state office quarterly.
5) Understand both the Healthy Athletes and Healthy Communities programs offered, and represent SOWA at community events as needed.
6) Be familiar with health services and resources in the Area, and provide guidance to athletes and family members looking to access health services and resources.
7) Meet with Health & Wellness Coordinator on a monthly basis (Skype, phone, or in person).
8) Attend regular Area Leadership Team meetings.
Upcoming Events

Winter Games
March 2-4
 Wenatchee, WA
https://2018wintergames.my-trs.com/

Special Olympics USA Games
July 1-6
Seattle, WA
https://www.specialolympicsusagames.org/volunteer/

Summer Games
August 17-19
Everett, WA
Questions?
Thank you!

Samantha Thompson
Health & Wellness Manager
sthompson@sowa.org
(206) 681-9386
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Benefits:

Serving as a Wellness Coordinator for an Area allows opportunities for developing marketable job skills, creating personal and professional relationships, directing your own volunteer time, making a tangible difference in the lives of individuals with intellectual disabilities.

Contact Samantha Thompson at sthompson@sowa.org if you are interested in this position.