

ABOUT HEALTHY ATHLETES

Participation in Special Olympics promotes healthy, active lives among a segment of individuals who are more likely to face obesity and related health problems than the general population. Not considered a “medically underserved” group by the federal government; people with intellectual and developmental disabilities have limited access to healthcare. Special Olympics Healthy Athletes® is the world’s largest public health program for people with intellectual disabilities (ID). Athletes are given the opportunity to participate in this initiative that identifies major health issues.

In Kansas, Healthy Athletes provides athletes with free screenings in 5 areas, typically in conjunction with state competitions. Screenings are provided by health care professionals who receive special training and volunteer their time and talents to benefit the athletes. These volunteers walk away with a first-hand understanding of the disparities faced by Special Olympics athletes. In addition, Healthy Athletes collects, analyzes and disseminates data on the health status of people with ID; and advocates for improved health policies and programs for this population.

FIVE HEALTHY ATHLETES PROGRAMS

Healthy Hearing

Certified audiologists supervise Healthy Hearing screenings, assess athlete hearing and report back to coaches and caregivers if any follow-up care is needed.

Health Promotion

Health Promotion focuses on educating athletes about healthy lifestyles and the facilitation of healthy choices. People with intellectual disabilities frequently have medical conditions such as heart disease, obesity and diabetes, and they tend to develop these conditions at earlier stages of life. Health Promotion focuses on nutrition and exercise, as well as bone health, smoking cessation and sun safety using interactive educational activities and motivational information to encourage behavior change.

Special Smiles

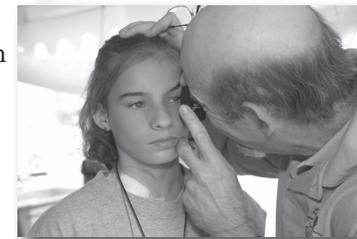
At a Special Smiles event, dental professionals provide oral screenings; oral health education & personal prevention products; and, individually fitted sports mouth guards if needed. Special Smiles refers athletes in need to potential sources of treatment and follow-up care.

Special Olympics Healthy Athletes continues to grow each year with help from a global network of volunteers. Get involved & make a difference in the lives of Special Olympic athletes and in your own life!

Funded in part by grants from the Employees Community Fund of Boeing Wichita and the Walmart State Giving Foundation

Opening Eyes

A global partnership between Special Olympics and Lions Club International brings vision screenings to athletes worldwide.



At Opening Eyes events, athletes receive extensive vision and eye health tests; prescription eyeglasses, if needed; prescription protective sports eyewear, if appropriate; and referral for follow-up care.

FUNFitness

FUNFitness provides fitness screening for athlete flexibility, functional strength, balance and aerobic condition. Physical therapy professionals educate athletes on components of good fitness programs for risk prevention and make recommendations for optimal function in sports training and competition.

Future Goals

- Ensure that 20% of all registered athletes attend Healthy Athletes at least once per year
- Combine all screenings into one health fair
- Offer the Fit Feet Program

JOIN THE MOVEMENT

PLEASE TELL ME MORE

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

I would like to stay connected! Please add me to your e-newsletter list.

E-MAIL _____

PHONE _____

I am the parent/guardian of an athlete
 I am a medical professional trained in the following: _____

I am interested in learning more about:
(please check all that apply)

Volunteering:

Day-Of Event Screening

Clinical Director

Other _____

Programs:

Special Smiles

FUNFitness

Healthy Hearing

Opening Eyes

Health Promotion

Please complete and return to:

Special Olympics Kansas
c/o Healthy Athletes
5280 Foxridge Drive | Mission, KS 66202

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www.kssso.org
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DID YOU KNOW?

People with intellectual disabilities have a 40% greater risk of preventable secondary health conditions than the general population.

One in five Special Olympics athletes show evidence of osteoporosis or osteopenia (weak bones).

A person with intellectual disabilities will have to contact, on average, 50 doctors before finding one who has specific training/experience in treating people with intellectual disabilities.

1/3 of Special Olympics athletes cannot see well and need new or different glasses. 6% have serious untreated eye diseases.

35% of athletes have obvious tooth decay, up to 50% have gum infections, and 15% require urgent care.

HEALTHY ATHLETES



Special Olympics
Kansas

Healthy Athletes™

“I can actually watch my friends swim now, and I love cheering them on.”

Kristina O'Neal