

Healthy Athletes



INTRODUCTION

The mission of Special Olympics Healthy Athletes®, developed in 1996 by Special Olympics International, is to improve athletes' ability to train and compete in Special Olympics. Healthy Athletes is designed to help Special Olympics athletes improve their health and fitness, leading to enhanced sports experience and improved well-being. Healthy Athletes offers exams in six disciplines, including Fit Feet, FUNfitness (Physical Therapy), Healthy Hearing, Health Promotion, Opening Eyes®, and Special Smiles®.

OBJECTIVES

- To improve access and health care for Special Olympics athletes at event-based health exams
- To make referrals to local health practitioners when appropriate
- To train healthcare professionals and students in the health professions about the needs and care of people with intellectual disabilities
- To collect, analyze and disseminate data on the health status and needs of people with intellectual disabilities
- To advocate for improved health policies and programs for persons with intellectual disabilities

DISCIPLINES OFFERED

- **HEALTH PROMOTION**
is a free screening that offers health information and advice in the areas of nutrition, sun safety, bone density, tobacco cessation, and physical fitness. Health Promotion is designed to convey and reinforce key concepts on healthy living, healthy lifestyle choices, and nation-specific health issues.
- **MEDFEST**
is a free health screening that facilitates the standard sports physical that is required under the General Rules of Special Olympics, Inc. Led by volunteer physicians, nurses, and medical students, the MedFest screening consists of the following stations: medical history, height and weight, blood pressure, cardiology test, musculoskeletal test, orthopedic tests, abdominal evaluation, and a check out station.
- **OPENING EYES**
is a vision and eye health screening in partnership with the Lions Clubs International Foundation. Led by volunteer vision care professionals, Opening Eyes is able to offer prescription eyewear, sunglasses, and sports goggles to Special Olympics athletes.
- **SPECIAL SMILES**
offers free dental screening, oral health information, and instructions on brushing and flossing properly to participating Special Olympics athletes, as well as preventative supplies like toothpaste and toothbrushes.
- **HEALTHY HEARING**
is a free hearing screening designed to ensure proper audio logical care for participating Special Olympics athletes. Led by volunteer professionals, Healthy Hearing tests for cerumen (ear wax) and otoacoustic emissions tests.
- **FIT FEET**
is a free pediatric screening for participating Special Olympics athletes evaluating ankles, feet, lower extremity biomechanics, and proper shoe and sock gear.
- **FUNFITNESS**
is a physical therapy screening program that is designed to assess and improve physical strength, flexibility, balance, and aerobic fitness, educate athletes and parents on the importance of becoming and staying physically fit.

FREE SCREENINGS

For more information regarding upcoming opportunities for Healthy Athletes screenings, please visit www.soindiana.org for a detailed schedule of events. If you need more information on times and locations please contact Shadreck Kamwendo (skamwendo@soindiana.org).

