



1969-2019

Health Promotion

Healthy Athletes Discipline



Special Olympics
Indiana



ONE OF SIX DISCIPLINES OF INDIANA'S HEALTHY ATHLETES PROGRAM

Health Promotion uses interactive educational tools and displays, motivational literature, and demonstrations to help athletes learn how small changes in their behavior can help them improve and maintain good health and sports performance. Screenings focus on three key areas: body mass index, blood pressure, and bone mineral density. Indiana's *Health Promotion* Clinical Directors are Dr. Mary Ciccarelli and registered nurses Amanda Ernest and Lauren Hansley.



"We need to ensure that the dialogue on health equity also includes intellectual disabilities, which has traditionally not been the case. Special Olympics has the tools to support your inclusive health journey."

Vice Admiral Jerome M. Adams, MD
Surgeon General of the United States