



Special Olympics Health made possible by the Golisano Foundation, is working to ensure that Special Olympics athletes can perform at their best as, on and of the field, and have equal access to quality health care, health education, and resources.

Healthy Communities is a model Special Olympics Health program that addresses the severe health disparities faced by people with intellectual disabilities (ID) through immediate and long-term community-based solutions.

The goal is to reduce disparities in health status and increase access to community health and wellness resources for Special Olympics athletes and others with ID, so that can attain the same level of good health.

SPECIAL OLYMPICS PENNSYLVANIA IS FOCUSED ON:

Health education and prevention, fitness and wellness opportunities for athletes:

- Utilizing Health and Fitness Coordinators, who are athletes trained through Healthy Lifestyles at Athlete Leadership University. Their responsibilities include:
 - Creating a year-round fitness club.
 - Providing healthy menu input for events.
 - Partnering with health and fitness organizations.
 - Volunteering as a Healthy Athlete Assistant and working alongside a Clinical Director.
- Continuing to offer at least five Healthy Athlete events a year.
 - Inviting non-competing athletes and extending times/dates of Healthy Athlete events.
 - Increasing the average number of screenings conducted annual to 1,200 by 2020.
 - Engaging coaches/families while athletes are being screened by providing them with health & wellness education.

- Expanding to offer two standalone MedFest's in conjunction with other Healthy Athlete disciplines.
- Broadening Healthy Habits.
- Participating in Fit 5 to achieve fitness and personal best with physical activity, nutrition and hydration.
- Participating in Team Trainer to ensure that athletes are being treated like athletes and like any other sports organization are following the athletic model of coach, and trainer.

Expanding access health care resources and services in the community:

- Creating a network of follow-up care providers who are willing to provide care to people with intellectual disabilities for all Healthy Athlete disciplines.

Partnership development:

- Expanding and steward partnerships to ensure athletes receive follow-up care for all Healthy Athlete disciplines state-wide.
- Engaging students & training more health professionals.
- Inviting influential leaders to events to see health disparities.
- Creating a health advisory committee made up of a Board of Director Member, Staff, Coach, Health and Fitness Coordinator and Clinical Director.

INFUSE HEALTH THROUGH ALL SPECIAL OLYMPICS PROGRAMMING.

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities