

# General Population Comparison of Health Indicators

When comparing the prevalence rates of a number of health indicators in Special Olympics athletes to those in the general population, disparities become evident. One of the largest discrepancies exists in obesity. In Special Olympics athletes, 31% of the adult population globally were obese compared to 13% of the general population. However, within the United States, a higher percentage of adult SO athletes were sufficiently active compared to the general population.

**Table A. Comparative health indicators for Special Olympics athletes and the general population (2007-2017)**

Health Indicator	Special Olympics Athletes, Global	Special Olympics Athletes, US	General Population, Global	General Population, US
Untreated Tooth Decay	36.7%	25.1%	35.4% <sup>1</sup>	27.0% <sup>2</sup>
Missing Teeth <sup>15</sup>	28.5%	29.4%	-	52.0% <sup>3</sup>
Obesity (BMI≥30) (20+)	31.0%	45.8%	13.0% <sup>4</sup>	30.4% <sup>5</sup>
Sufficient Aerobic Activity (3 or more days per week)	53.8%	65.4%	-	49.7% <sup>6</sup>
Insufficient Aerobic Activity (1-2 days per week)	38.5%	29.4%	-	19.9% <sup>7</sup>
Inactive- Aerobic Activity (No days per week)	7.7%	5.0%	-	30.4% <sup>8</sup>
Balance Problems	67.7%	77.0%	-	35.4% <sup>9</sup>
Skin/Nail Problems	51.4%	45.8%	-	27.0% <sup>10</sup>

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<sup>15</sup>SO athletes often have many missing teeth and it is possible the metrics for the general population may reflect more people with 1 or 2 missing teeth.