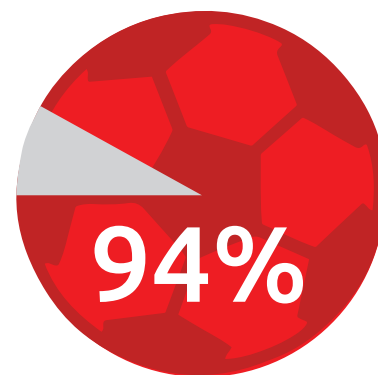


# Unified Sports Research Overview

Special  
Olympics



**82%** of family members in the United States report that athletes **improved their self esteem** after participating in Unified Sports



of athletes and teammates say Unified Sports made them **healthier** and **91%** of athletes and teammates report Unified Sports **improved their sports skills**

Coaches mentioned improved confidence, **enhanced communication** (including **previously mute** athletes talking in order to communicate with teammates!) and **improved social inclusion**



**79%**

of Unified sports teammates without intellectual disabilities report **increased understanding** of people with intellectual disabilities

**83%**

of athletes reported having more **friends without ID** after participating in Unified Sports

**85%**

of athletes reported **exercising more** every week as a result of Unified Sports participation