



Special Olympics **Healthy Athletes®**



Special Olympics Health provides athletes free health screenings, health education and links to follow-up care if needed.

We teach health professionals and students best practices for providing quality care to people with intellectual disabilities in their own communities.

We have provided more than 2 million free screenings in over 130 countries.



Fit Feet
podiatric screenings for ankles, feet, lower extremity biomechanics and proper shoe and sock gear



FUNfitness
screenings for flexibility, muscle strength, balance and ongoing health needs



Strong Minds
teaching positive coping strategies and the importance of emotional wellness



Healthy Hearing
hearing examinations and monitoring ear health



MedFest
sports physicals to compete in Special Olympics events



Special Olympics-Lions Club International Opening Eyes
eye assessments, prescription eyewear, sunglasses and sports goggles



Special Smiles
dental examinations, personal oral hygiene instruction, sport mouth guards and fluoride varnish treatment



Health Promotion
conversations about healthy living and lifestyle choices



Healthy Young Athletes
conversations about healthy living and lifestyle choices

This resource was supported by the Grant or Cooperative Agreement Number, NU27DD000021, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



Special Olympics Health

Special Olympics Health, made possible by the Golisano Foundation, is paving the way for inclusive health. **Special Olympics Programs throughout the world link athletes to providers in their communities to ensure year-round access to quality health care.**



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION

www.specialolympics.org/health

To be a
great
athlete,
you need
to be a
healthy
athlete



Millions of people with intellectual disabilities experience both poorer quality and diminished access to health services and systems, on top of the isolation, intolerance and injustice in their everyday lives.



People with intellectual disabilities deserve the opportunity to be healthy.

Special Olympics collaborates with global partners, governments and policy-makers to break down barriers to inclusive health, challenge misperceptions and eliminate stigma.

We create opportunities to engage with **year-round health programming.**

