



What are Health Projects?

[Health Projects](#) are health-related Innovation Projects designed and implemented by Youth Leaders. Special Olympics Health programs include **Healthy Athletes** and **Healthy Communities**.

Purpose

To encourage and inspire Youth Leaders to conduct Innovation Projects related to health and well-being in their schools and communities. While the inspiration for this resource started with siblings in the Africa region, the resource should be appropriate for all Youth Leaders.

Project Design

Project ideas could include but not limited to four broad categories:

- Fitness
- Health Promotion
- Family Health Forums
- Young Athletes

Examples of [Health Promotion Topics](#)

- [Water](#) – projects could cover proper hydration or clean water
- [Nutrition](#) – what foods you need to eat, what foods to avoid and the importance of a healthy diet
- [Handwashing, Sanitations and Hygiene](#) – this can cover areas including proper hygiene, importance of hand washing and prevention of illness such a Coronavirus
- [Healthy Relationships](#)
- [Social and Emotional Well-being](#)
- Other topics could include malaria or HIV prevention
- Please find resources [here](#)