



## 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](#)