



Healthy Athletes® is a Special Olympics program that provides free health screenings and health education in a fun, welcoming environment with a focus on removing the anxiety people with intellectual disabilities often experience when faced with a visit to a medical professional. The impact of Healthy Athletes on the health and wellness of Special Olympics athletes around the world is significant! Since 2002, Healthy Athletes has discovered undetected health problems, alleviated pain and provided health services that otherwise would not be available.

Healthy Athletes is not only a program for athletes but, through training and hands-on experience at screenings, it is a program for health care students and professionals to increase knowledge of best practices in caring for people with intellectual disabilities.

### Screenings are offered in eight different health areas:



Fit Feet



FUNfitness



Health Promotion



Healthy Hearing



MedFest



Special Olympics  
 Lions Club  
 International Foundation  
 Opening Eyes



Special Smiles



Strong Minds

### Accomplishments:

- Provided more than 2.1 million screenings to Special Olympics athletes worldwide
- Trained more than 240,000 health care professionals in the specific health care concerns of people with intellectual disabilities
- Held events in more than 135 countries
- Given away more than 260,000 pairs of prescription eyeglasses at no cost.
- Healthy Athletes Software (HAS) is the largest database of health data for people with intellectual disabilities in existence
- Contributed to establishment of the American Academy of Developmental Medicine and Dentistry and the signing of the Special Olympics Sports and Empowerment Act of 2004

### Importance and Impact:

The Healthy Athletes database (HAS) is the largest international database on the health of people with intellectual disabilities. Globally, Special Olympics athletes are at risk for:

53%

have at least one kind of skin or nail condition

37%

have untreated tooth decay

25%

have potential hearing loss

31%

are obese

16%

have an eye disease