



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 1997, 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



MedFest



FUN Fitness



Health Promotion



Special Olympics  
Lions Club  
International  
Opening Eyes



Strong Minds



Special Smiles



Healthy  
Hearing

## Accomplishments:

- Provided more than 1 million screenings to Special Olympics athletes in the United States
- Trained more than 130,00 health care professionals in the specific health care concerns of people with intellectual disabilities
- 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

For more information, contact:

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## Importance and Impact:

The Healthy Athletes Software (HAS) System is the largest database on the health of people with intellectual disabilities. In the United States, Special Olympics athletes are:

46%

have at least one kind of skin or nail condition

25%

have untreated tooth decay

8%

have permanent hearing loss

46%

are obese adults over age 20

17%

have an eye disease