

Special Olympics Health Promotion

Clinical Director Manual Chapter Four Healthy Athletes Software (HAS)



SpecialOlympics.org/Health

Special Olympics

Healthy Athletes Software system (HAS)

The Healthy Athletes Software system (HAS) enables the electronic capture of screening data across the Healthy Athletes disciplines and is the world's largest and highest quality health database on individuals with intellectual disabilities. As mentioned in Chapter 3, the survey can be done as one survey station where all the questions are asked at once or you can separate the questions and ask them at specific relevant stations (e.g., questions about eating habits at a nutrition education station and questions about sun safety at the sun safety education station). This is a decision that you as a Clinical Director, along with your Special Olympics Coordinator can make. Either way, be sure that you use the data during the check-out station counseling session.

One thing to note is that Special Olympics is currently in the process of transitioning the data collection process to a new system, but the questions will remain the same regardless of the platform (e.g. paper or tablet). However with the development of the tablet software Programs will have the option to do direct data entry using a tablet (if they own tablets), instead of using paper copies. For those Programs still using paper copies (as many Programs will), they will be able to more easily enter their data into the online system, post-event. For Programs that choose to use the electronic tablet process, you will receive a separate instruction guide for using the tablets from your local Special Olympics Program coordinator.

The local Special Olympic Program that you are working with will advise you as to the process they are using to collect and report the data, but this Chapter will give you a sense of the data being collected in the Health Promotion HAS form and also shares an example data report. In <u>Chapter 5</u>, you will also see how the questions correspond to each individual screening and education station, if you have chosen to ask the questions at the individual station, rather than at a single survey station.

2015 Health Promotion HAS Form: Available

at: http://resources.specialolympics.org/Topics/Healthy_Athletes/Healthy_Athletes

Tips for Completing the HAS Form

- Make sure you **indicate the Location and Date of the event for all forms** (it may help to have Special Olympics local office pre-populate those fields before printing the forms for the event that will save the check-in volunteers from having to do that.
- Be sure to write legibly.
- Ensure that the Athlete Last Name and First Name, Gender, and Birth Date is included on the form for each athlete (this helps with Data analysis).
- If they have an ID, please make sure that is marked down.
- Make sure you are measure and write down the BMD for both the right and left heel and that you indicate a + or before the t-score.
- If a measurement or survey question can't be answered just mark why not.

t Name	•	astname			
				HAS ID	
2	U Male		O Athlete D Ur	ified	Age (years) 🗆 Not sure
t	Location		partner		Sport
gation			SO Program	<u></u>	
phone number	ontional It	may be used to call	Number is A		Parent's / Guardian 's
		nay be used to call	or send terninders		recommended arter screening.
Body Composition					
Height	cm 		Height _ Measure u	inches p to 1/8 inch	Special Olympics Health Promotion
Weight • Measure up 0.1 kg	_ kg		Weight Measure u	lbs p to ½ oz	_oz. 🖗
BMI (20	years of ag	e and over)		BMI Percen	tile (under 20 years of age)
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Jone Pillerai Della	any rest (ale to test	
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Health Promotion

First Name	Lastname	
		HAS ID
Physical Activity		
How many days each weel	do you exercise for at least 30 minute	es?
🗆 no days 🛛 1 day 🛛	🗆 2 days 🛛 3 days 🖓 4 days	🗆 5 days 🛛 6 days 🗌 7 days
Do you exercise outside of	your Special Olympics training? 🛛 🗅	res 🗆 No
If yes, what do you do? (S	elect all that apply)	
🗆 Weights 🛛 Run/Jog	🗆 Walk 🗆 Dance 🗆 Sports 🗆 Exercis	e DVD, Wii 🗆 Job 🗆 Other
If no, what is the reason?	(Select all that apply)	
No interestDo not know howNo transportation	No moneyPhysically unableNo one to do it with	No time No place to exercise Other
How many hours a day do	you watch television or play computer	/video games?
🗆 0 hours 🛛 1	−2 hours □ 3-4 hours □	5-6 hours 🛛 Over 6 hours
Hand Washing		
When are the most import	ant times to wash your hands? (select	all that apply)
After using the tailet	- Refere enting or tauching feed	
Did you use soap when las	t washing your hands? 🗆 Yes 🗆 No 🛛	Do you have soap at home? I yes L No
Sun Safety		
Do you do anything to prot	ect your skin in the sun? 🛛 Yes 🗆	No
If yes, what do you do to p	protect your skin in the sun? (select all	l that apply)
🗆 use sunscreen 🛛 wear a	hat 🛛 wear long sleeves 🗆 seek shade	🗉 🗆 wear sunglasses 🛛 I do nothing
If no, what is the reason?	(select all that apply)	
		Other
 Don't get sunburned 	□ Like to be tan	
Tobacco Use		
Do you use tobacco? 🛛 Y	es 🗆 No If yes, how frequently?	? 🗆 daily 🗌 weekly 🔲 monthly
Do any of your friends or f	amily members smoke near you? 🛛	Yes 🗆 No
If yes, what do you do whe	en they are smoking near you? (select	all that apply)
□ Ask them to stop □ Lea	ave the room 🛛 Smoke 🗆 I do not do	anything 🗆 Other
Check out: Follow up care to	commended?	
	No O Urgent O Not Urgent	
BMD 🗆 Yes 🗆	No O Urgent O Not Urgent	
BP 🗆 Yes 🗆	No O Urgent O Not Urgent	

Health Promotion Healthy Athletes Screening





		Number of athletes	Percent of athletes 1
Number of athletes registered for Event		1132	
Number of athletes screened		288	25.4 %
Male		176	61.1 %
Female		112	38.9 %
Age Range	8y 12m to 113y 5m		
Mean Age	28y 12m		
Weight			
Adults aged 20 or over			
Underweight (BMI <18.5)		3	1.6 %
Healthy weight (BMI 18.5 - 24.9)		47	25.5 %
Overweight (BMI 25 to 29.9)		52	28.3 %
Obese (BMI 30 and over)		82	44.6 %
Children and adolescents under age 20			
Underweight < 5th percentile		0	0.0 %
Healthy weight 5th to 84th percentile		0	0.0 %
Overweight 85th to 94th percentile		0	0.0 %
Obese >= 95th percentile		2	100.0 %
Bone Density - Adults (aged 20 or o	over)		
At risk for Osteopenia		8	26.7 %
At risk for Osteoporosis		0	0.0 %
Blood pressure			
Adults (aged 20 or over)			
Hypotension		4	2.1 %
Normal		128	68.4 %
Hypertension Stage 1		35	18.7 %
Hypertension Stage 2		15	8.0 %
Hypertension Stage 3		3	1.6 %
Hypertension Stage 4	2	1.1 %	
Children and adolescents under age 2	20		
Hypotension		7	7.4 %
Normal		64	67.4 %
Hypertension Stage 1		15	15.8 %
Hypertension Stage 2		3	3.2 %
Hypertension Stage 3		1	1.1 %
Hypertension Stage 4	4	4.2 %	

1 As % of athletes screened in each section Printed on 2014/12/02 at 16:06 Page 1 of 5

Health Promotion Healthy Athletes Screening

Special Olympics Health Promotion

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Percent of athletes 1 Number of athletes Athlete Self Reported Tobacco Habits 12 4.3 % Use tobacco products What do athletes do if someone smokes around them: Asks smoker to stop 11 19.3 % 29.8 % Leaves the room 17 1 1.8 % Smoke 26 45.6 % Do not do anything 2 3.5 % Other

Special Olympics Health Promotion

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Health Promotion Healthy Athletes Screening

	Number of athletes	Percent of athletes 1
Athlete Self Reported Beverage and Food Habits		
Reported beverage when thirsty:		
Water	210	73.9 %
Fruit juice	60	21.1 %
Soft drink	147	51.8 %
Diet	0	0.0 %
Non diet	0	0.0 %
Sports drink	34	12.0 %
Milk product (including Soy milk)	73	25.7 %
Energy Drink	1	0.4 %
Reported frequency of consuming:		
Sources of calcium		
Less than 1 serving per day	39	17.3 %
1-2 servings per day	63	27.9 %
3-5 servings per day	44	19.5 %
More than 5 servings per day	1	0.4 %
Never	79	35.0 %
Fruits and Vegetables		
Less than 1 serving per day	43	19.4 %
1-2 servings per day	89	40.1 %
3-5 servings per day	75	33.8 %
More than 5 servings per day	1	0.5 %
Never	14	6.3 %
Snack foods		
Daily	138	50.5 %
Weekly	82	30.0 %
Monthly	9	3.3 %
Never	44	16.1 %
Sweetened beverages		
Daily	167	62.3 %
Weekly	79	29.5 %
Monthly	7	2.6 %
Never	15	5.6 %
Fast foods		
Daily	15	7.0 %
Weekly	118	55.1 %
Monthly	63	29.4 %
Never	18	8.4 %

Health Promotion Healthy Athletes Screening

Special Olympics Health Promotion

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	Number of athletes	Percent of athletes 1
Athlete Self Reported Sun Safety Risk, Knowledge and	Behavior	
What do you do to protect your skin in the sun (assessed	l behavior)	
Use sunscreen	180	66.9 %
Wear a hat	121	45.0 %
Seek Shade	22	8.2 %
Wear sunglasses	47	17.5 %
Wear long sleeves	0	0.0 %
I Do not do anything	56	20.8 %
Use sunscreen in the winter months?	3	1.9 %
Reasons given for not protecting their skin in the sun:		
Did not know it was important	8	15.1 %
No money to buy protection	1	1.9 %
Do not get sunburned	39	73.6 %
Like to be tan	6	11.3 %
Other	1	1.9 %

1 As % of athletes screened in each section Printed on 2014/12/02 at 16:06 Page 4 of 5

Special Olympics Health Promotion

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Health Promotion Healthy Athletes Screening

	Number of athletes	Percent of athletes 1
Athlete Reported Physical Activity Habits		
Exercise for at least 30 minutes		
No days	17	7.6 %
1-2 days	39	17.4 %
3-6 days	62	27.7 %
Every day	106	47.3 %
Exercise outside of Special Olympics Training		
Yes	200	97.1 %
No	6	2.9 %
If yes, how		
Weight training	22	11.1 %
Run/Jog	46	23.1 %
Walk	109	54.8 %
Dance	11	5.5 %
Sports	42	21.1 %
Exercise Video	7	3.5 %
Other	28	14.1 %
Reasons for not exercising outside of Special Olympics		
No interest	2	100.0 %
Physically unable	0	0.0 %
Do not know how	0	0.0 %
No money	0	0.0 %
No transportation	0	0.0 %
No one to do it with	0	0.0 %
No available exercise facility	0	0.0 %
No time	0	0.0 %
Other	0	0.0 %
Hours per day spent watching television or plaving computer/	/video games	
0-2	81	36.2 %
3-4	68	30.4 %
5-6	53	23.7 %
Over 6 hours	22	9.8 %
Education Given	288	100 %

1 As % of athletes screened in each section Printed on 2014/12/02 at 16:06 Page 5 of 5