
















Script for the [Virtual Health Promotion Health Assessment](#) Orientation Presentation February 2021

<p>1 :58 minutes</p>		<p>Welcome and thanks for joining us to learn more about Health Promotion’s Virtual Health Assessment. In Special Olympics we continue efforts to better engage with athletes. How do we bring them along on their journey towards better health and wellbeing?</p> <p>How do we tailor our services to best meet their evolving needs in our ever-changing world? We have some ideas and challenges to share in this presentation to help with delivery of our Virtual Health Promotion Program.</p> <p>We know that some athletes have never had the chance to participate in our Healthy Athletes programs. Adapting our services to a virtual platform will enhance our reach to engage more athletes, their families, caregivers and coaches.</p> <p>Today we will share our toolkit of resources and materials that will help you deliver an amazing and effective virtual Health Promotion event for more athletes than ever before.</p>
<p>2 1:01</p>		<p>The materials and guidance for delivery of the Health Assessment are posted on the Health Promotion Resources website under Virtual Health Promotion. They are organized to help programs easily incorporate the event into ongoing athlete services.</p> <p>You’ll find templates, athlete guidance taking their own height and waist measurements, suggestions on how to adapt the materials to your unique program needs. Also included are tools needed by your Clinical Director or clinical volunteer to deliver the health promotion education session, and guidance on post event documentation and follow-up. Documents are also listed and linked on this slide for your later reference.</p> <p>We have found this program to be fun and relevant to athletes, families and caregivers. Program staff have been impressed with the athletes participation and level of engagement. We hope you will too!</p>
<p>3 .23</p>		<p>As with any new program, people want to know who is responsible for what. This chart lays out suggested roles for Program staff, clinical directors and volunteers. Careful planning and trial runs can help your ensure success in the delivery of Health Assessment. Some may wish to use these steps as a checklist when planning delivery of the program.</p>

<p>4 .28</p>		<p>Health Messengers and Athlete leaders can play an important role in promoting the program with athletes via Social Media. They may help host the session, introduce speakers, pose questions to the audience during the session and present scripted health education on health habits during the webinar. They may also help wrap up the session by congratulating the athletes and challenging them to continue to embrace healthy lifestyles .</p>
<p>5 .37</p>		<p>So how do athletes actually register for the event? The invitation template, designed for Google Forms: However, the content can be easily adapted to another platform if preferred.</p> <ul style="list-style-type: none"> • explains the planned activities. • includes links for the athlete to register for the event and sign the Virtual Health Assessment disclaimer and • provides a link to directions on correctly measuring waist size and height. <p>Once registered, the online assessment form is shared with the athlete, to be completed and uploaded. Unified partners, coaches, staff and volunteers are also invited to participate in the Virtual Health Assessment</p>
<p>6 .32</p>		<p>We'll now review the components of the Health Assessment that athletes complete include demographics, clinical measures: self-reported weight, self-measurement of waist and self-reported health behaviors. We anticipate that athletes will have help from family or caregivers while responding to the questions and to measure their waist and height and upload the photo.</p>
<p>7 .40</p>		<p>Comparing waist size with height is a new and important screening in Health Promotion, called the Waist to Height Ratio. This compliments BMI and is more predictive of future several chronic diseases like Type 2 diabetes, cardiovascular disease, hypertension and other conditions.</p> <p>Athletes are asked to follow a link on the invitation to see directions to measure height and weight for the Waist to Height Ratio or WHtR.</p> <p>The graphic instructions and short slide presentation show correct placement of the measuring tape, how to read the tape and record the waist and height measurements. After measuring their waist, athletes are asked to upload a photo of the waist measurement. The referral criteria for the Waist to height ratio will be explained later.</p>

<p>8 1.06</p>		<p>Athlete newly measured height and waist size, and self-reported weight and health habits responses are reported back to the program in a Google sheets file. This can be saved as an excel file so screening results and be entered later into HAS. Charts and graphs can be developed from Google sheets or Excel. The resulting graphs may be added to the slides in the webinar template, found on the HP Virtual Health Promotion web page. Survey results and key education messages should be discussed with athletes during the educational webinar.</p> <p>The webinar may be presented by the HPCD or a clinical volunteer with help from a HM. Scripted education content for the webinar is also found at the VHP web page. When time for Q and A is included in the webinar, athletes can share thoughts and interest in further discussion of the topics covered.</p>
<p>9 .17</p>		<p>Athlete responses for weight, height, waist size and health habits responses are seen in the Google sheets file, it can be saved as an excel file for later transfer into HAS. Charts and graphs can be developed from Google sheets or Excel.</p> <p>Survey results and key education messages should be discussed with athletes during the educational webinar. A Clinical Director or clinical volunteer may present the webinar. A scripted PowerPoint presentation is found on the HP Resources web page. Time for questions and answers should be included in webinar.</p>
<p>10 .20</p>		<p>If the BMI or waist to height ratio (WHtR) meet referral criteria shown on the Athlete Health Report, the HP referral and follow-up process should be followed. Remember to include your fitness programming as a referral source for athletes</p>
<p>11 .10</p>		<p>Additional resources for ongoing virtual health promotion and fitness messaging, are available on the Virtual Health Promotion webpage</p>
<p>12 .14</p>		<p>Additional virtual health promotion resources shared by other programs will be posted as updates are submitted. Here are examples of short cooking classes and interactive nutrition education classes.</p>
<p>13 .52</p>		<p>Over the years, Health Promotion has incorporated changes into screening protocols, we added the waist to height ratio . Our health habits interview has evolved to include additional relevant . We have new education resources and ways to discuss health education topics with athletes. Our referral protocols</p>

		<p>have been expanded to include Special Olympics fitness programming and community-based services and programs.</p> <p>These changes are reflected in our Online Health Promotion Train the Trainer modules and we encourage previously trained Clinical Directors to enroll in the course to learn of these important changes. We also ask Clinical Directors to review the updated Health Promotion Clinical Director Manual for changes, and to see additional resources to enhance your program.</p>
14 .29		<p>Thanks for your time and interest in the Health Promotion Virtual Health Assessment overview. The materials referenced are found at the Health Promotion Virtual Healthy Athletes link on the Special Olympics website.</p> <p>And our sincere thanks go to all the Special Olympics Health Managers, Health Promotion Clinical Directors, Health Messengers, and volunteers who help make Virtual Healthy Athletes fun, engaging and effective. And remember.....</p>
15 .07		<p>You can do it! We can help Best wishes and great success in your virtual Health Promotion Programming.</p>

For information and support on Virtual Health Promotion Program, please contact:

Health Promotion Senior Manager
Special Olympics International
healthpromotion@specialolympics.org
202-824-0287

Mary Pittaway, MA, RDN, LD
Global Clinical Advisor
Special Olympics International
mpitt59802@aol.com
406-544-3969 (call or text)

Alice Lenihan, MPH, RD
Global Clinical Advisor
Special Olympics International
lenihanaj@aol.com