# Health Promotion
# Virtual Healthy Athletes

Overview of program resources for

Regional and Program Health Managers

and Health Promotion Clinical Directors

Special Olympics Health

MADE POSSIBLE BY Golisano FOUNDATION

CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

# Check out the materials on the Virtual Health Promotion Webpage

## Health Assessment Toolkit

Instructions for the Health Assessment, survey forms, athlete engagement, education sessions, follow-up, social media resources. DOCX | PDF

Health Assessment Invitation Email Template (DOCX)

Waist Height Measurement Guide (PDF)

Waist Height Instruction Slides with audio (PPTX)

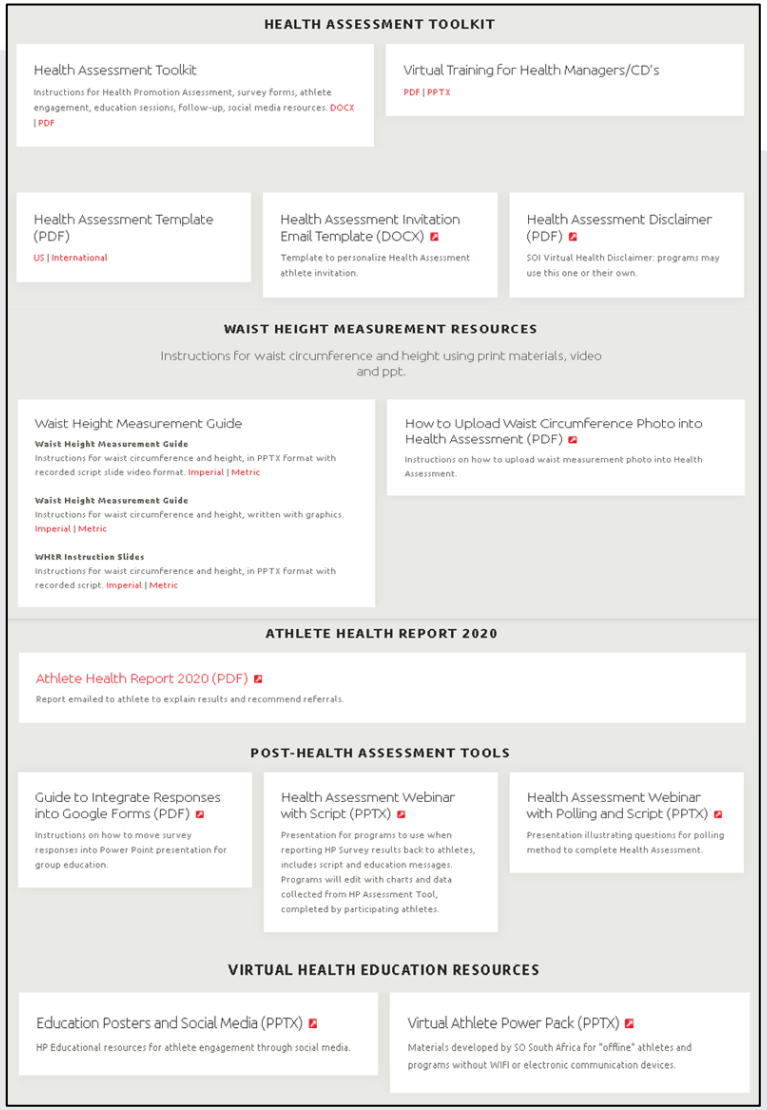
Health Assessment Template US (PDF)

Health Assessment Template International (PDF)

Health Assessment Disclaimer (PDF)

Guide to Integrate Responses into Google Forms (PDF)

Health Assessment Webinar with Script (PPTX)



# Steps to Planning for the Health Assessment

| Program Health Staff | Clinical Director or Volunteer |
|---|---|
| Share overview of the Virtual Health Promotion program with Clinical Director and decide on date(s). | Review the waist measurement instruction and the Health Assessment Webinar with Script. |
| Provide Health Messengers with an overview of the program, discuss dates and their role. | Discuss the overall program and resources with Program Health staff and Health Messengers. |
| Send the invitation with Health Assessment survey link and disclaimer form to athletes. | Assist with resource development for the Education Webinar. |
| Prepare athlete survey results (charts and/or graphs) and embed into the Education Webinar slides. | Assist Health Messengers to create their Health Assessment promotional messaging. |
| Test the system with a trial run, to ensure delivery success. | Deliver the Education Webinar. |
| Set your goal for the number of athletes you hope to engage in the Health Assessment.<br>• Plan the number of sessions needed to serve your athlete population.<br>• Consider mailing the Health Assessment to athletes who can't participate online.<br>• Decide if you will post an archive of the webinar for future viewing. | Based on athlete interest in topics discussed during the webinar, chat entries, and screening results, determine ideas for follow-up education sessions. |
| Determine what incentives you will use to reinforce participation. | |
| Follow-up on athlete referrals according to referral protocols. | |

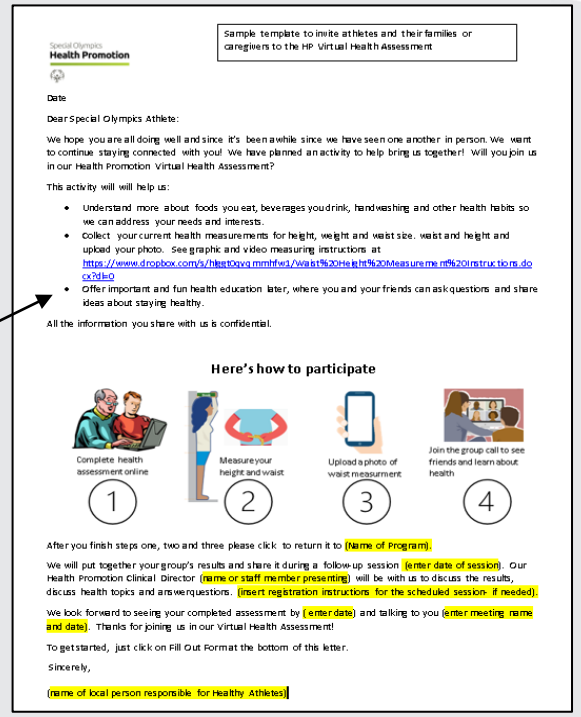
# Enhance your Education Session with Health Messengers

- Sponsor and promote the Health Assessment activities.
- Send a personal message and invitation to athletes and post on Facebook and other social media.
- Challenge fellow athletes to register and attend the session.
- Act as co-host for session, deliver speaker introductions and help moderate.
- Present scripted messages on healthy habits during the webinar.
- Thank athletes and presenter.
- Follow-up with recap and thanks in social media after the webinar.

# Athletes Register

- Use the invitation template which includes a link to the athlete Health Assessment.
- The template is designed for Google Forms.
- Athletes are invited to register and sign the disclaimer *and
- Follow the guidance on **measuring their waist and height**.
- Once registered, the online assessment form is shared with the athlete to be completed and uploaded.

**Invitation Template**



Sample template to invite athletes and their families or caregivers to the HP Virtual Health Assessment

Special Olympics Health Promotion

Date

Dear Special Olympics Athlete:

We hope you are all doing well and since it's been awhile since we have seen one another in person. We want to continue staying connected with you! We have planned an activity to help bring us together! Will you join us in our Health Promotion Virtual Health Assessment?

This activity will will help us:

- Understand more about foods you eat, beverages you drink, handwashing and other health habits so we can address your needs and interests.
- Collect your current health measurements for height, weight and waist size. waist and height and upload your photo. See graphic and video measuring instructions at https://www.dropbox.com/s/hkeat0qvqmmhfw1/Waist%20Height%20Measurement%20Instructions.docx?dl=0
- Offer important and fun health education later, where you and your friends can ask questions and share ideas about staying healthy.

All the information you share with us is confidential.

**Here's how to participate**



After you finish steps one, two and three please click to return it to (Name of Program).

We will put together your group's results and share it during a follow-up session (enter date of session). Our Health Promotion Clinical Director (name or staff member presenting) will be with us to discuss the results, discuss health topics and answer questions. (insert registration instructions for the scheduled session- if needed).

We look forward to seeing your completed assessment by (enter date) and talking to you (enter meeting name and date). Thanks for joining us in our Virtual Health Assessment!

To get started, just click on Fill Out Form at the bottom of this letter.

Sincerely,

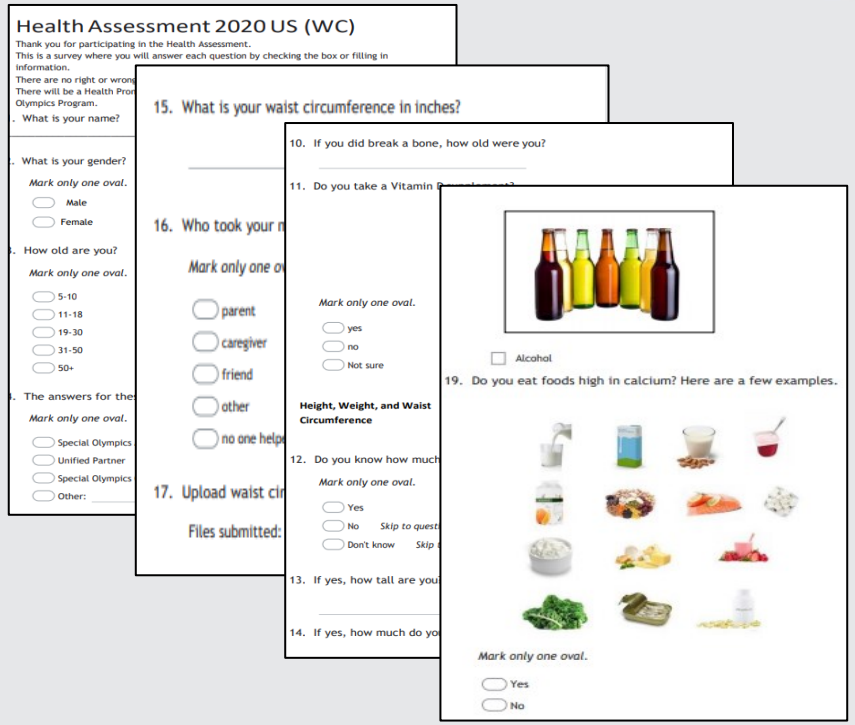
(name of local person responsible for Healthy Athletes)

***** The Virtual Health Assessment Disclaimer may be attached to the registration form or to the Health Assessment Template

# Athletes Follow The Link To Access The Online Health Assessment Tool

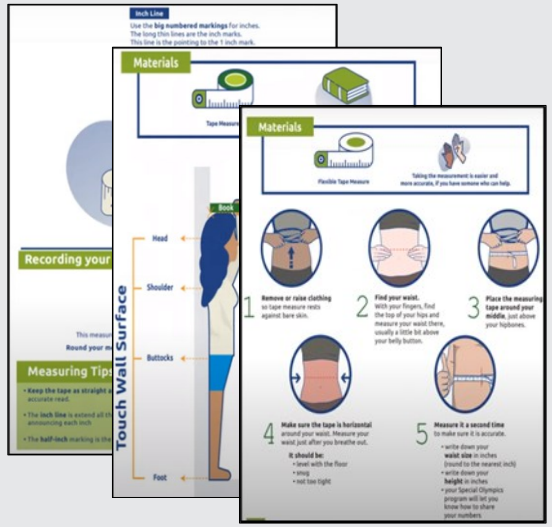
## The Health Assessment template includes

- Athlete demographics
- Height, weight and waist circumference
- Self-reported nutrition and health habits



# Instructions To Measure Waist and Height Are Found on the Virtual Health Promotion web page.

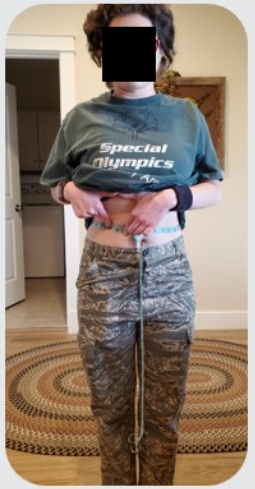
## WHtR Training materials




Graphic guides for measurement techniques are available for athletes

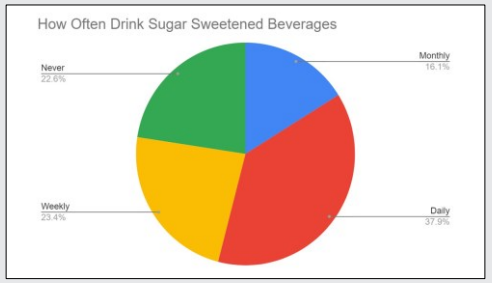
Scripted slides with and without narration are posted on web page

## Athletes measure their waist and upload a photo of their waist measurement.



# Health Assessment Webinar

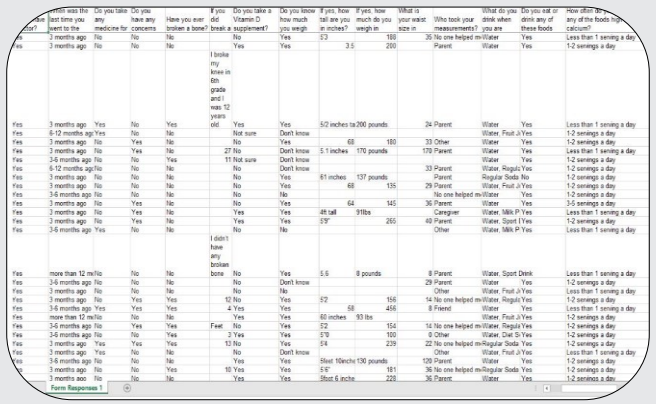
- Athlete weight, height, waist and health habits responses go into Google sheets file. These can be saved in Excel for transfer of screening results into HAS.
- Charts and graphs can be developed from Google sheets or Excel.
- Survey results and key education messages can be discussed with athletes during the educational webinar.
- A Clinical Director or clinical volunteer may present the webinar.
- Scripted education is found on the HP Resources Virtual Health Promotion web page.
- Time for questions and answers should be included in webinar.



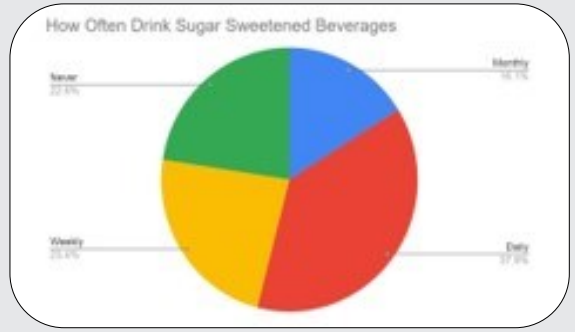
# Additional Information on Webinar

Athletes engaged in the Health Assessment education webinar.

Aggregated athlete responses presented on spread sheet.



Example of an aggregated response converted to pie-chart for webinar slides.



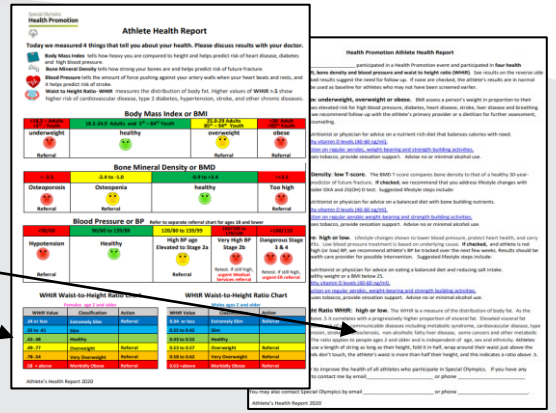
# Follow-up Referrals and Evaluation

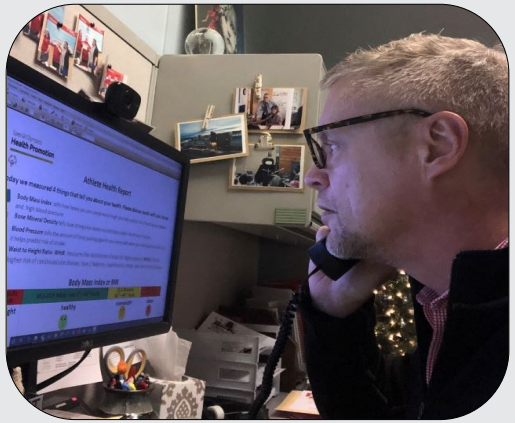
If either the BMI or waist to height ratio (WHtR) meets our **referral criteria**, the Health Promotion referral and follow-up process is followed.

Refer to the updated Athlete Health Report 2020 for WHtR referral guidelines.

Be sure to include fitness opportunities like Fit 5, SO Fit, Unified Fitness Club and others, offered through the Program as a referral option.

**Athlete Health Report 2020**



SOMT Health Director Bill Salonen following-up with athlete referral

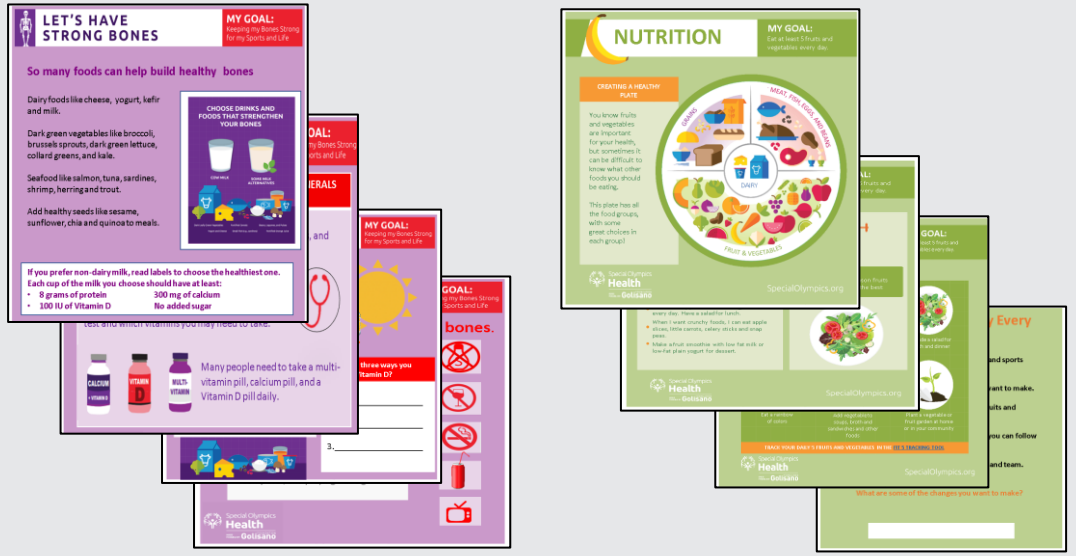
# Health Promotion and Fitness Resources for Social Media Use

## Virtual Athlete Power Pack

Materials developed by SO South Africa for offline athletes and programs without WIFI or electronic communication devices.

## Education Posters and Social Media

Examples of Health Promotion resources for athlete engagement through social media.



# Additional Social Media Resources and Content

As Programs and Regions share resources, they will be posted on Virtual Health Promotion web page. See examples below.

- **Perfect Food Portions:** From SO Connecticut, a ready to use nutrition education presentation from SOCT, with athlete challenges and polling built into presentations. (Request approval from SOCT to join Facebook group.)

- **Snacks vs. Treats**: View Special Olympics Iowa Health Promotion Clinical Director, Judy Fitzgibbons showing the difference between treats and healthy snacks.

- **Fit 5 and Fitness Cards and Videos**: Resources for Programs looking to expand their fitness programming and initiatives.

- **School of Strength**: Introducing a new way to exercise. Work out with these videos five times a week to help you stay fit and reach your athletic goals.

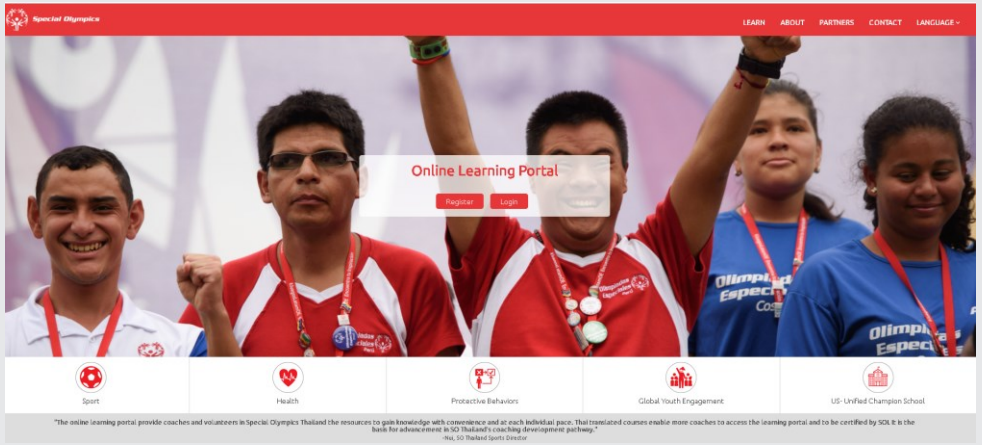
- **Proper Hand Washing Techniques:** Special Olympics athletes have skills and abilities beyond sports. In a new Expert Tip video series, athletes share their know-how on a range of helpful and popular topics.

- **COVID Handwashing poster** from SONH.

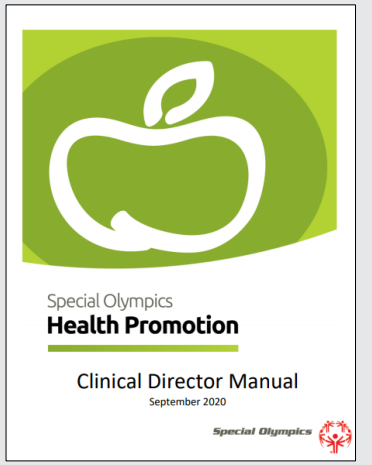
# SOI Online Health Promotion TTT

In recent years,  Health Promotion has incorporated changes into screening, education and referral protocols. Check out the updated resources below.

Clinical Directors and volunteers are invited to complete the Health Promotion Clinical Director Online TTT Modules.




The revised Clinical Director Manual content coincides changes included in the Online TTT.



# Thanks for viewing the Overview of the Health Promotion Virtual Health Assessment

The materials referenced in this presentation can be found at the Virtual Healthy Promotion link on the Special Olympics website.

Our thanks go to all the Special Olympics Health Managers, Clinical Directors, Health Messengers and volunteers who help make Virtual Healthy Athletes fun, engaging and effective.

Athletes will enjoy participating in the Health Promotion Health Assessment!

And remember…….

# You Can Do It.
# We Can Help.


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

***Mary Pittaway, MA, RDN, LDN***
Global Clinical Advisor
Special Olympics International
Mpitt59802@aol.com

***Health Promotion Senior Manager***
Special Olympics International
healthpromotion@specialolympics.org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