

Champions for Inclusive Health: Program-level Workshop

Purpose and expected outcomes of the workshop

- Participants have a better understanding of the health needs and healthy weight challenges of people with intellectual disabilities
- Participants understand Special Olympics role in facilitating inclusive health for individuals with intellectual disabilities
- Participants understand that by being more inclusive, they might play a role in reducing the health disparities of individuals with intellectual disabilities
- Participants define and pledge ways in which they may be more inclusive of individuals with intellectual disabilities

Agenda

Recommended topic	Suggested way of delivering the topic
Registration & Refreshments	Athletes to greet and welcome guests
Opening	Include 'Reveal the Champion' and/ or a short, inspirational video clip to set the scene Program Executive to provide opening
Understanding the health disparities of individuals with ID	Guest speaker/ SOI/ Health professional associated with the Program: Presentation including key pieces of data
Understanding the experiences of individuals with intellectual disabilities	An athlete panel presentation on their experiences achieving/ sustaining good health
Identifying Challenges and Proposing Solutions to Inclusive Health with a Focus on Healthy Weight	Best practice examples provided by existing partner organizations or case studies
Call to action – appeal to stakeholders to identify and implement ways in which they may be more inclusive in their field of work and influence	Motivating, charismatic speaker
Wrap-up and Next Steps	Identify and share Point of Contact Action plan template handout – to also serve as follow up tool Complete post-workshop survey