

# Healthy Communities

## Fact Sheet



Special Olympics Health, made possible by the Golisano Foundation, is working to achieve inclusive health for people with intellectual disabilities, which means equitable access to quality healthcare, education, and services throughout the community. Healthy Communities is a recognition program for Special Olympics Programs that denotes achievement of 6 criteria (below) that build a foundation for inclusive health.

**Inclusive Health:** Inclusion of those with intellectual disabilities in mainstream health policies, programming and services, training programs, research, and funding streams.







**The Goal:** By 2020, 100 Special Olympics Programs recognized as Healthy Communities and 11 million people with intellectual disabilities have access to quality healthcare.

## Healthy Communities Criteria

To achieve Healthy Community recognition, all the criteria listed below must be met and reported on annually.

**Criteria 1 and 2** are to be achieved Program-wide. **Criteria 3, 4, 5 and 6** are to be achieved within a selected geographic area(s) where a Program is implementing their Healthy Community project. To maintain Healthy Community Recognition status, Special Olympics Programs will need to report on these criteria annually (15 April or 15 October).

Special Olympics Programs are encouraged to focus their work in geographic area(s) within their Program and then apply learnings and successes to additional geographic areas. The minimum requirement for a Program to receive Healthy Communities Recognition is one geographic area.

Criteria	Details
 <b>1 All health grant requirements met</b>	This includes former and ongoing Fitness, Family Health Forum, Healthy Athletes, and Healthy Communities grants. For Healthy Athletes events that received grant funding, all Healthy Athletes screening forms need to be submitted within 30 days of the event date.
 <b>2 Program locally funds at least 50% of Healthy Athletes event costs</b>	Local funding applies to costs of running Healthy Athletes events. No more than 50% of the costs of running Healthy Athletes events can be supported by Special Olympics International grants. 50% of Healthy Athletes costs need to be covered by local grants/sponsorship or value-in-kind (VIK). VIK cannot include volunteer time or SO Program staff time.
 <b>3 Program offers at least three Healthy Athletes® disciplines per year in geographic focus area</b>	Requires at least 3 different disciplines to be implemented at least once per calendar year resulting in a total of 150 athlete screenings within the geographic focus area.
 <b>4 70% of athletes in geographic focus area who receive referrals at Healthy Athletes have a place to go for follow-up care following a Healthy Athletes examination</b>	Criteria must be met for at least two disciplines per calendar year. For athletes that are given a referral, they either indicate they already have a doctor/dentist that they will book an appointment with or the Program provides them with a referral to a specific health care provider or partner.
 <b>5 20% of athletes in geographic focus area participate health and wellness programming outside of SO sport and Healthy Athletes events</b>	Health and Wellness Programming is defined as reoccurring health education and/or engagement to improve health or prevent illness. To qualify, athletes must participate in 6 sessions minimum. For example, this could be nutrition lessons at 6 practices, 6 HIV awareness classes or a 6 week weight management program.
 <b>6 Sufficient sustainable resources to achieve the above criteria and deliver the project</b>	Available staff and resources (including partners) necessary to achieve the criteria and maintain the work.

# Healthy Communities - Awareness and Partnership

## Special Olympics Programs that are having the most success with Healthy Communities are doing three things:

1. They are building awareness about the health disparities faced by people with intellectual disabilities and the need for change
2. They are integrating health into all aspect of their Special Olympics programming
3. They are partnering with other organizations in their communities to bring programming and resources to athletes. For example:
  - Governments, corporations, and NGOs can contribute health care, resources, and services to people with intellectual disabilities
  - Universities can prepare students to include people with intellectual disabilities as patients, clients, and co-workers in their future careers
  - Health and fitness professionals can receive enhanced training in order to better serve those with intellectual disabilities
  - Special Olympics athletes and families can become empowered as self-advocates
  - Ongoing health and wellness opportunities in communities can be inclusive of people with intellectual disabilities
  - Caregivers, Special Olympics coaches and athlete leaders can promote healthy lifestyles year-round for Special Olympics athletes
  - Special Olympics health information system and data can empower athletes, caregivers, and coaches
  - Special Olympics athletes can be connected to follow-up care in their communities



## What Healthy Communities Are and Are Not

### Healthy Communities

- Offer continuous year round health activities
- Focus on care, prevention and education
- Continue care with partnership
- Focus on locally important health issues such as diseases of extreme poverty
- Encourage healthy lifestyles through all Special Olympics activities
- Work with existing health systems to include people with intellectual disabilities
- Empower athletes and family members as advocates
- Change communities

### Healthy Communities are NOT...

- A one time event/activity
- A work of a single party/institution
- Only about care
- Only a one time partnership

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