

Healthy Communities 2016-2019

3-Year Grantee Project Overviews

Each 3-year grantee has the following required objectives as part of their project plan:

- Increase the sustainability of health programming by securing at least 50% of Healthy Athletes event costs annually through local funding or value-in-kind support.
- Increase access to follow up care by ensuring a minimum of 70% of athletes who receive referrals at Healthy Athletes (HA) have a place to go for follow-up care following a HA examination for at least two HA disciplines per year.
- Improve health status of athletes by offering health, fitness and wellness programming outside of Healthy Athletes clinics for athletes involving partners, coaches and/or families as appropriate and ensuring at least 20% of athletes are enrolled in a wellness program per year.

Africa

Kenya

Total Athlete Population: 43,739

Geographic Focus: Kajaido and Nakuru Counties

Overview: Through the Healthy Communities project, Special Olympics Kenya intends to create geographic areas of excellence for inclusive health in two counties (Kajaido and Nakuru) to serve as models for expansion across all of Kenya's 47 counties. Special Olympics Kenya has many partnerships in place, including a formal agreement with 26 counties who support the athletes and local programming in Kenya. This suggests that further support around inclusive healthcare is attainable. Special Olympics Kenya has existing relationships with Lions Clubs, including the Lions SightFirst Eye Hospital, Catholic Relief Services, Kenya Red Cross, National and County Government structures and UNICEF Kenya. These existing and additional new partnerships will be leveraged to ensure that the project is adopted comprehensively amongst all stakeholders in a sustainable and scalable manner. Special Olympics Kenya previously implemented a 1-year Healthy Community project in Kajaido focused on wellness activities, athlete leadership, family health education and establishing partnerships with local county government structures as well as hospitals. The 1-year project served as a useful pilot with important lessons learned and project design being improved for this 3-year project plan. Some initial relationships were established in 2015 and these will be strengthened as a part of this 3-year Healthy Community grant and various new elements are being introduced such as training of hospital staff, ensuring that facilities are disability friendly, involving hospitals and their staff directly during screening events and for effective referrals. Due to discrimination and stigma in Kenya, fathers often leave their wives for having a child with intellectual disabilities, proper health care is not available and employment opportunities are minimal. However, the government has ensured that most public primary schools have a special unit with trained

teachers in special education and have set up a National Council for Persons with Disability to provide public awareness around disabilities and offer financial assistance to caregivers of those with severe disabilities.

Health Outcomes: Improvements in oral health, audiology, nutrition, fitness, water & sanitation and stress management education.

Athlete Leadership: Train 20 athlete leaders as health advocates with an emphasis on fitness, nutrition and water and sanitation (WASH); engaged athlete leaders in positive parenting trainings and community health volunteer trainings

Follow-Up Care Plan: Develop a referral system with the respective Kajiado and Nakuru County hospitals and sub county health facilities; Expand existing relationship with Lions Sight First Eye Hospital; train local health care workers on working with people with ID.

Wellness Opportunity Plan: Training community health volunteers to provide WASH and positive parenting training to athletes, families and caregivers; establish walking clubs for 400 athletes; Expand Early Childhood Development programming with CRS to include: motor skills development, positive parenting, physical therapy services and community health worker training. Increasing Healthy Athletes disciplines by offering FUNfitness and Healthy Hearing.

Additional Objectives:

- To increase athlete knowledge about health issues, resources and prevention techniques by leveraging coaches and 20 athlete leaders as health advocates
- Facilitate the inclusion of ID into the curriculum of Kenya Medical Training Colleges (KMTC) including their satellite campuses which are spread all over Kenya.

Uganda

Total Athlete Population: 9,298

Geographic Focus: Wakiso District

Overview: In addition to developing partnerships to support access to follow-up care with the medical school and also the community health centers, SO Uganda will focus on malaria, sexual health, fitness and personal hygiene of the athletes. The project will open up doors for more opportunities to access medical services, reduce the number of athletes that die every year due to malaria and related problems, and improve the well-being of athletes and their performance in sports. SO Uganda intends to build on the existing relationship that it has with the Ministry of Disability and Ministry of Health and to use their Community Health Educators (CHE) to provide outreach in the community to people with ID and their families. The CHEs and athlete leaders will train the athletes with their families, coaches and the community that will be involved in the project ensuring that many individuals will benefit from this project during its term. In 2014 SO Uganda successfully carried out a 1-year Healthy Community Grant in Hoima District that focused on malaria and hygiene in which they successfully partnered with the Korea International Cooperation Agency (KOICA), local district health providers and Village Health Educators to educate families on the prevention, signs and symptoms of malaria. This 1-year grant opened up many doors for athletes to access medical services. Now Hoima district athletes registered with Special Olympics are able to easily access medical services with the help of the district health department. The current 3-year grant will leverage this partnership throughout the Wakiso District. By the end of the project the goal is that 600 athletes in Wakiso

and the community in Wakiso will have improved health outcomes and also better access to health services.

Health Outcomes: Reducing incidence of malaria, sexually transmitted infections (STIs) and improving personal hygiene, fitness, oral health and eye health.

Athlete Leadership: Athlete leaders will work in conjunction with CHEs to train and educate athletes and family members on health issues.

Follow-Up Care Plan: Increase access to follow-up care in Opening Eyes and Special Smiles by partnering with district health department to ensure medical facilities are available free of charge; train medical professionals in the health centers across Wakiso and partner with KOICA to offer mobile clinics in areas where there is limited accessibility to health centers.

Wellness Opportunity Plan: In partnership with KOICA, develop curriculum for malaria and sexual health education. Develop ongoing fitness programming.

Additional Objectives:

- Formalize a partnership with Makerere University medical school's dental department to train students, screen 100 athletes annually and provide free dental treatment to all referred athletes.

Asia Pacific

Australia - TO BE ADDED

Pakistan

Total Athlete Population: 20,000

Geographic Focus: Year 1 - Karachi, Year 2 and 3 will expand into Shur and Sukkur

Overview: In Pakistan, health is one of the most neglected sectors, which means the situation is dire for people with ID and their families. One of the major health issues in Pakistan is access to clean drinking water. SO Pakistan's Healthy Community program will aim to address clean drinking water, Hepatitis C, gastroenteritis, increase physical activity and create a cultural shift among families and coaches around health and wellness. Gaining government support of SO Pakistan's program is the key to success. Their project will engage government officials through seminars. Targeting the 42 Special Schools within Karachi will be an initial entry point to reaching this population.

Health Outcomes: Reducing risk of Hepatitis C and improving athlete health around dentistry, water & sanitation, optometry and physical activity.

Athlete Leadership: Athlete leaders will be trained to deliver grooming and hygiene classes/sessions to athletes.

Follow-Up Care Plan: Develop memorandum of understandings (MOUs) with health institutions and organizations including Karachi Medical and Dental School and Darul Sehat Teaching Hospital (Dental) and the Lion's Club (Opening Eyes support); Maintain and strengthen partnership with existing follow up care partners: Altamash Dental College and LRBT Hospital (optometry).

Wellness Opportunity Plan: Design a physical activity program to be delivered to athletes such as yoga, walking club or dance classes to be delivered a minimum of 6 times per year for a minimum of 400 athletes in special schools (15) in the HC focus area.

Additional Objectives:

- Expand follow up care and wellness opportunities to the interior of Sindh Province (Thar) in year 2.

Samoa

Total Athlete Population: 400 athletes

Geographic Focus: All of Samoa

Overview: SO Samoa's Healthy Community project will work to create a referral network and garner support through the Ministry of Health and health care providers to leverage the mobile health services they provide across the islands. This project will work to educate family members and people with ID on the importance of healthy living and where to access health services since most athletes are limited to being screened by a health care professional only during MedFest. Samoa would like to build partnerships with universities and colleges that will provide scholarships for athletes, volunteers or family members to take health related courses. This partnership will work to grow Health Champions (athletes and family members) to support people with ID across the country in improving their health outcomes. These Health Champions will assist in training community based volunteers and family members on health issues, health follow-ups and treatments. Through the project, Special Olympics Samoa will hold a consultation with community groups to seek the existence barriers to lack of health care check and or follow up.

Health Outcomes: Improved healthy weight, access to health care services

Athlete Leadership: The Health Champion program will train athletes to be educators and trainers.

Follow-Up Care Plan: SO Samoa will hold consultations and community programs to provide trainings on health issues and develop follow up care partnerships and plans with health care providers. SO Samoa will Partner with the Ministry of Health to conduct mobile/community visits to the islands. SO Samoa will also focus efforts to education family members on where to access referral services.

Wellness Opportunity Plan: Utilizing athlete health champions to lead ongoing health education sessions including Zumba classes and health lifestyle choices.

Of Note: 85% of SO Samoa athletes live in rural areas and do not attend school or access disabilities services. Samoa had just signed a Convention of Rights for People with Disabilities and currently awaiting to be ratified.

East Asia

China

Geographic Focus: Beijing, China

Overview: The Healthy Communities project in China will begin by focusing on the city of Beijing, specifically the Tuanjiehu community and the Mentougou community, serving more than 200 athletes. The two communities represent the urban and suburban contrasting geographic locations, which will then become successful models for future expansions of the health programming to two to three additional cities by the end of project period. China Administration of Sports for Persons with Disabilities (CASPD) has been authorized by Special Olympics China

to implement the Healthy Communities project. CASPD will support China's Healthy Communities by providing event venues, equipment, staff, volunteer, transportation, accommodations, event materials, cooperating with medical institutions to provide follow-up care for athletes and matching SOIs funds to support Healthy Athletes screenings. CASPD will be working with two special schools and two Medical Institutions – Beijing Jingmei Group General Hospital and Beijing Tongren Hospital. Beijing Jingmei Group General Hospital has established a team of medical professionals dedicated to working with CASPD to provide training seminars to healthcare professionals and family members, and establish follow-up care connections with the hospital networks. A social media WeChat account will be used to disseminate health promotion messages to families, teachers and coaches to raise awareness. As part of the Government organizing structure, SO China and CASPD is looking forward to leveraging its government support to establish sustainable partnerships and programming to improve the health of Special Olympics athletes.

Health Outcomes: Improving athlete health in nutrition, fitness, eye care, and oral health.

Athlete Leadership: SO China will select and train at least two athlete leaders as health advocates to attend project activities such as training workshops and to speak publically to increase awareness about health issues faced by people with ID, educate families and athletes about how to stay healthy and where to access resources and to bring support of the community.

Follow-Up Care Plan: A health information profile will be created for each athlete screened at a Healthy Athletes event to be presented to medical professionals at follow-up care to ensure the health issues identified will be addressed. Access to follow-up care will be established through medical partnerships for Opening Eyes, FUNfitness and Health Promotion.

Wellness Opportunity Plan: Training courses on nutrition and fitness will also be offered to athletes, community members, coaches and teachers to increase knowledge and improve healthy behavior.

Additional Objectives:

- Expand to at least one additional geographic area/city in China after Year 1, reaching an additional 300 athletes, approximately.

Europe Eurasia

Belgium

Total Athlete Population: 9,417

Geographic Focus: National

Overview: The Healthy Community project of Special Olympics Belgium will focus on three Healthy Athletes disciplines: Healthy Hearing, Health Promotion and Special Smiles. Healthy Hearing will focus on four sub-projects: (1) community-based hearing screening and guidance for follow-up to increase valuable data on ear and hearing outcomes in people with ID in different settings, (2) increasing follow-up care for SO athletes after Healthy Hearing screenings; (3) education of audiology students, and (4) vestibular screening to identify specific etiology of vestibular problems. The Health Promotion project will focus on nutrition and exercise for people with severe and multiple ID by bringing this target group together with students, parents and personnel of institutions (chefs, educators, medical staff) through workshops and education

sessions. The Special Smiles project is largely research in focus and consists of two parts: (1) studying the oral health condition of people with intellectual disabilities who live in a residential facility in Flanders in comparison to data from Special Olympics Special Smiles to determine differences in oral health for those dependent on residential caregivers and not.; And (2) compare the effect of different oral health promotion protocols in three different programs to: a) determine the most cost-effective way of oral health promotion in a residential facility for people with ID, b) compare a protocol focused on electric tooth brushing with a protocol focused on manual tooth brushing and c) test the efficacy of a train-the-trainer model for oral health promotion in a residential facility for people with disabilities.

Health Outcomes: Improved care delivery and increased follow-up for audiology, improved oral hygiene for people with ID in residential facilities, improved nutrition and increased exercise for people with severe and multiple disabilities.

Follow-Up Care Plan: Healthy Hearing - Interview athletes/coaches/families about existing access to care, potentially partner with the board of professional federations, provide a referral to a doctor or audiologist, confirm with doctor/audiologist that follow up care occurred, and research follow up care patterns of athletes. Special Smiles- a list of providers will be provided for athletes to seek follow-up oral health care.

Wellness Opportunity Plan: Focuses on 6 institutions for people with severe and multiple disabilities. Provide training to staff on nutrition and exercise for people with chew and swallow challenges.

Additional Objectives:

- Increase caregiver knowledge and skills for providing daily oral hygiene care to people with ID (200 caregivers). Increase oral health of residents at 6 institutions through caregiver training.
- Increase follow up audiology care for community-based hearing screenings (150 individuals screened).
- Increase knowledge among audiology students on how to care for people with ID (100 audiology students). Increased follow up care for SO athletes who have vestibular (inner ear) screenings at SO events (300 athletes).

Czech Republic

Total Athlete Population: 3,432

Geographic Focus: Will reach six areas targeting 300 athletes in each area: Hradec/Dvůr Králové, Zlín, Praha, Brno, České Budějovice, Ostrava or Olomouc or Plzeň

Overview: Special Olympics Czech Republic's (SOCZ) Healthy Community is working towards creating systems change in six localities through a collaborative partnership that includes SOCZ, a local university, and government representation. They are continuing their work in increasing physical activity and fitness of athletes. Within each of the six areas, SOCZ will conduct assessments and Healthy Athletes screenings and educate/train athletes, coaches, students, municipality representatives. SOCZ will create an online database of fitness variables with a longitudinal trajectory, assessment of health care status and health care accessibility in the selected localities. Through the project, SOCZ plans to screen at least 300 individuals with ID, enrolling 60 of them in a fitness program and follow-up care system for 3 years; and provide education to 90 coaches-teachers, 90 family members, and 180 health providers. To ensure

success, SO CZ will partner with local universities for health screenings and follow-up care, local city authorities for advocacy, lobbying, media relations, and sponsorship. Additionally, they will set up a “Unit Triangle” of Special Olympics, a University, and a municipality that will work cooperatively to achieve the objectives and goal of Healthy Communities within each of the six geographic areas.

Health Outcomes: Improving athlete health in fitness and podiatry.

Follow-Up Care Plan: Identify a network of 12 community-based providers (two per region) and six university-based providers (one per region) to provide follow-up care in FUNfitness and FitFeet, create training resources, provide 12 trainings/workshops for healthcare professionals, provide 18 Family Health Forums for parents/caregivers and monitor activity for follow-up care for athletes.

Wellness Opportunity Plan: Within each geographic area, train student volunteers to organize inclusive wellness programs, engage athletes in wellness programs and improve each athlete's personal perception of wellness.

Additional Objectives:

- Improve physical activity indicators of health for athletes by ensuring that 50% athletes who receive referrals from HA participate in a physical activity program.
- Publish two academic articles and present at two academic conferences per year to raise awareness on the health of people with ID.

Poland

Total Athlete Population: 15,587

Geographic Focus: 4 regions in the first 15 months- *Śląskie, Wielkopolskie, Kujawsko-Pomorskie, and Łódzkie*. Expansion to additional regions, replicating successes and lessons learned.

Overview: SO Poland has been involved with Healthy Athletes for 13 years and has partnerships with many health care providers and schools/universities. SO Poland will focus their Healthy Communities work on building health awareness in Polish society - improving the health care system, increasing the awareness of professionals, government representatives and communities and working toward policy changes. This work will be done in collaboration with medical centers, medical universities and schools and Health Ministry. They plan to involve athletes as leaders, to focus on families, and to train experts on the health status of people with intellectual disabilities. They will use pre-existing curriculum including: ‘*Healthy Back of My Mom!*’ which focuses on healthy parents and will be done in cooperation with Physical Education University in Katowice; ‘*I know and I am not afraid!*’, a breast self-examination campaign for women with ID and their families/friends; ‘*Be FIT!*’, a weight management program; and ‘*Healthy Heart!*’, cardiology examinations. They will also expand their database of medical clinics and experts who are trained by Special Olympics Poland and provide trainings for family members, caregivers, coaches, teachers and athletes to become health educators for other people with ID.

Health Outcomes: Improve athlete health through dental health, audiology, podiatry, women's health, healthy weight and cardiology.

Athlete Leadership: Athlete leaders trained through ALPS, will become health mentors, and will present their experiences to healthcare providers at conferences.

Follow-Up Care Plan: Will create a database of at least 40 providers for follow-up care in Special Smiles, Healthy Hearing, and Fit Feet. SO Poland will provide an annual workshop for families on how the need for follow up care and how to access it. They will also develop an on-line tracking system to track follow-up care obtainment and will send a newsletter to more than 1,500 individuals on Healthy Athlete and Healthy Communities programs.

Wellness Opportunity Plan: Pilot *Healthy Parents - Healthy Back of my Mom* program with 300 family members; Implement *I know and I am not afraid* breast self-examination campaign and reach 1,500 female athletes; Implement *Be FIT* - Weight management program for 400 athletes and 200 coaches; and implement *Healthy Heart!* a cardiology exam at competitions and screen at least 600 athletes.

Additional Objectives:

- Increase the knowledge of new healthcare professionals and students, family members/caregivers, and coaches/teachers on how to work with people with ID
- Develop improved policy for healthcare for people with ID in cooperation with non-profit organizations for disabled people, public institutions, and universities.

Latin America

Costa Rica

Total Athlete Population: 31,754 athletes

Geographic Focus: Alajuela with 470 athletes, San Jose with 530 athletes, Coto Region with 500 athletes, Limon with 200 athletes, Talamanca with 100 athletes, and Cartago with 548 athletes. SO Costa Rica will focus on two communities per year over the three year project plan.

Overview: Despite government policies set up for people with disabilities across Costa Rica, people with ID are still facing significant health barriers. In Costa Rica there are only two health care facilities prepared to serve people with disabilities, both intellectual and physical: CENARE (Centro Nacional de Rehabilitación) and National Children's Hospital, which is located in San José and only serves children between 0 and 15 years old. SO Costa Rica's Healthy Community project will partner with organizations in each geographic area focused on health care and health education; universities and regional hospitals and health centers to provide opportunities for follow-up care and health programming for people with ID as well as to provide training to health care providers on ID.

Health Outcomes: Improving athlete health in Vision, Oral Health, Health Promotion, Fitness

Athlete Leadership: Utilize athlete leaders in each location to lead trainings and education.

Follow-Up Care Plan: SO Costa Rica's goal is to develop partnerships with educational institutions, hospitals and companies to support Healthy Athletes events, establish a database of providers within each region to provide follow-up care services to athletes and to train health care providers on working with people with ID.

Wellness Opportunity Plan: Conduct health and wellness programming with eight sessions that will include the development, recommendations and good practices for at least four disciplines: Opening Eyes, Special Smiles, Health Promotion, and Fun Fitness.

Additional Objectives:

- Create a network of health professionals who will receive training, information and access to Special Olympics Health resources.

- Conduct health fairs in the selected communities to ensure screenings of at least three disciplines.

Paraguay

Total Athlete Population: 13,155

Geographic Focus: Región Capital, Región NORTE 2, Región Cordillera

Overview: Within Paraguay, there is a lack policies around health care for people with ID. Partnerships with the Ministry of Public Health and Social Wellbeing, private and public universities of health sciences, and with the Lions Club, in the area of ophthalmology, have helped SO Paraguay address some of the health needs of their athletes. The Healthy Communities project will work to further strength and increase these partnerships and outreach to families of people with ID to increase their advocacy and knowledge of services and resources that exist. SO Paraguay plans to involve the government to raise awareness and generate resources, work with universities to include subjects related to disabilities in their curricula and encourage health care professionals and health centers to serve people with ID by continuously providing training opportunities. Within Paraguay, there is a high prevalence of dengue, zika, and chikungunya. The project will educate athletes and their families about these infections and how to prevent them. SO Paraguay will develop partnerships to provide vaccines for influenza, yellow fever, tetanus, rubella, and measles for athletes.

Health Outcomes: Improvements in Healthy weight, oral health, vision; improved knowledge about dengue, zika, and chikungunya and consumption of iodine in diet.

Follow-Up Care Plan: Working within regional health centers; Explore the possibility of a certification for Paraguayan professionals in a virtual course “Dental attention for People with Intellectual Disability” from the Scientific University of the South in Peru; Offer ophthalmologic and dental checkups and referrals through established partnerships for athletes; Partner with the Ministry of Public Health and Social Wellbeing and the Institute of Social Prevision to increase access to services for people with ID.

Wellness Opportunity Plan: Providing oral health and nutrition/healthy weight wellness programming in 6-week increments.

Additional Objectives:

- Improve knowledge among health professionals in regards to the care and treatment of people with ID in hospitals in their zone.
- Increase the knowledge among parents and educators about the consumption of iodine in the household diet, and about prevalent viral epidemic illnesses such as dengue, zika, and chikungunya.
- Through partners, immunize at least 40% of athletes, providing vaccination services for athletes in the selected community against: influenza, yellow fever, tetanus, rubella, and measles.

Middle East / North Africa

Egypt

Total Athlete Population: 20,000

Geographic Focus: Greater Cairo Area

Overview: The Healthy Communities project in Egypt will focus on the greater Cairo area, which serves 20,000 athletes. They will work toward increasing Healthy Athletes through partnerships, educating families and making up follow-up care connections with the health care system. Hepatitis C, diabetes and obesity are issues facing athletes locally and the project will work to address these. Unified fitness and integration of healthy habits at all tournaments and competition will help infuse health throughout the Special Olympics experience. SO Egypt will develop a database of all trained doctors, medical hospitals, government hospitals, private hospitals and clinics who partner with the Program and who have trained healthcare professionals on treating people with ID and/or who are willing to give follow-up care for free or at reduced fees. A Special Olympics Egypt Healthy Athletes ID card will be created for all athletes to present to those partners to receive free follow-up care or reduced fees.

Health Outcomes: Improving athlete health around obesity and diabetes and Hepatitis C prevention.

Follow-Up Care Plan: Continue partnership with Misr University and expand to other universities to train students to volunteer at Healthy Athletes events; Continue partnership with Dar El Oyouun Eye Institute; Compile database of trained doctors and hospitals (FUNfitness, Special Smiles and Opening Eyes) who will see SO athletes for free or reduced fees

Wellness Opportunity Plan: Conduct 8 week unified fitness program at local schools; integrate Healthy Habits into local tournaments, using Family Health Forums to focus on Hepatitis C, diabetes and obesity.

Non-Required Objectives:

- Improving health and well-being of athletes by involving families and caregivers providing them with education about obesity Diabetes and Hepatitis C, ways of prevention and treatment through family health forums.
- Create awareness of the project and share successes and best practices with internal audience as well as the broader community and other external audiences.

North America

Arkansas

Total Athlete Population: 15,000

Geographic Focus: State-wide

Overview: SO Arkansas is integrating health into all aspects of their work, including training events, coach education and as a requirement for all staff members. SO Arkansas aims to increase the involvement of people with ID in state-wide health initiatives, wellness programs, health education and advocate for people with ID through involvement in government programs and policy changes. SO Arkansas has developed partnerships with Arkansas Department of Health, Arkansas Department of Education (which includes Cooperative Extension), Arkansas Department of Human Services and the Arkansas Council for Childhood Obesity. SO Arkansas is building on these partnerships and placing an emphasis on reaching healthcare professionals within their associations and workplace through trainings on how to work and care for people with ID. Of note, 40% of SOAR athletes live in group homes and/or participate in day center programs for work/life skills and will focus some activities to reach these athletes.

Health Outcomes: Improving athlete oral health, increasing physical activity, and improving nutrition.

Athlete Leadership: SO Arkansas includes athlete leaders in every meeting with partners and potential partners and will leverage their expertise in the development of all programming around their Healthy Communities grant.

Follow Up Care Plan: Focus initially on Special Smiles & Health Promotion. Provide health data to Clinical Directors and educate them on the health issues faced by SO Arkansas athletes, develop a follow-up reminder system with SMS text, partner with local universities to develop tracking system, and add follow-up care info to coaches training and website.

Wellness Opportunity Plan: Utilize support from interns to create wellness opportunities for athletes, engage 14 non-profit/health-focused community partners, train ten residential centers/group homes/schools to run wellness programs, and engage 3,000 athletes in year-round programming at residential centers/group homes/schools.

Additional Objectives:

- Provide *Live Healthy* education fairs providing health education to athletes and others with ID at ten new centers/schools/day programs (50% engagement by SO athletes at each site).
- Be recognized as an advocate for people with ID among State Departments.
- Provide *Live Healthy* education for young athletes in 250 Childcare and Pre-School Centers.

British Columbia

Total Athlete Population: 14,000

Geographic Focus: State-wide

Overview: SO Connecticut's Healthy Community is focusing in the areas of follow-up care, Unified Fitness Clubs and developing a wellness curriculum. In follow-up care they are developing a plan which not only trains medical providers, but also ensures that athletes have access to these providers and education on how to maximize the follow-up care experience. Unified fitness clubs are in their second full year and have already grown to 20 clubs, with plans to expand each year. These unified clubs range in size from 3 to 48 members and meet weekly for a brief lesson on fitness or nutrition and approximately an hour of exercise (predominantly walking). SO Connecticut has established strong partnerships with Living Lean with Rob Nevins, Cooking Matters run by the Community Health Network Foundation, UConn Center for Excellence in Developmental Disabilities and are working to combine multiple programs into one comprehensive wellness curriculum that will be extended to athletes across the state. SO Connecticut is working to partner with UCONN Center for Excellence in Developmental Disabilities (UCEDD) to assist with providing training to Connecticut Community Health Center, Inc. staff.

Health Outcomes: Increasing fitness, Healthy Weight, Follow-Up care for dental, podiatry, and audiology.

Athlete Leadership: Global Messengers and athlete leaders will be included in the planning and implementation of Health Programming and will give input on the revisions of the Cooking Matters curriculum. Additionally, athlete leaders will serve as wellness coaches.

Follow-Up Care Plan: Engage Clinical Directors, create a flow chart for follow-up process; partner with UCONN UCEDD to identify resources to link athletes to care and compile a list of providers in podiatry, dentistry and audiology; post list of identified providers to SO Connecticut website; invite those providers to participate in Healthy Athlete events; and develop a system to capture athlete contact information and screening results.

Wellness Opportunity Plan: Recruit 20 more Unified Fitness Clubs (with a combined membership of 200 athletes), identify wellness coaches to work with local programs on a 12 week health education program, modify Cooking Matters (healthy meal preparation course) into a 12 week SOCT Wellness curriculum, and have 20% of SOCT athletes participate in the SOCT wellness curriculum.

Connecticut

Total Athlete Population: 14,000

Geographic Focus: State-wide

Overview: SO Connecticut's Healthy Community is focusing in the areas of follow-up care, Unified Fitness Clubs and developing a wellness curriculum. In follow-up care they are developing a plan which not only trains medical providers, but also ensures that athletes have access to these providers and education on how to maximize the follow-up care experience. Unified fitness clubs are in their second full year and have already grown to 20 clubs, with plans to expand each year. These unified clubs range in size from 3 to 48 members and meet weekly for a brief lesson on fitness or nutrition and approximately an hour of exercise (predominantly walking). SO Connecticut has established strong partnerships with Living Lean with Rob Nevins, Cooking Matters run by the Community Health Network Foundation, UConn Center for Excellence in Developmental Disabilities and are working to combine multiple programs into one comprehensive wellness curriculum that will be extended to athletes across the state. SO Connecticut is working to partner with UCONN Center for Excellence in Developmental Disabilities (UCEDD) to assist with providing training to Connecticut Community Health Center, Inc. staff.

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Florida

Total Athlete Population: 31,000

Geographic Focus: Area 9 – Charlotte, Lee, Collier (year 1), Manatee, Hardee (year 2), Desoto, and Sarasota (year 3) Counties

Overview: SO Florida's Healthy Community will replicate the model they established in Hollywood and Tampa Bay and bring it to Area 9. The model includes a Healthy Community Center that serves athletes in the surrounding areas by offering regular Healthy Athletes screenings, conducting Family Health Forums, providing health and wellness classes and connecting athletes to care within the community.

Health Outcomes: Healthy Weight and improvement in Oral Health

Athlete Leadership: Athlete leaders help to lead wellness/fitness classes.

Follow-Up Care Plan: Compile a list of healthcare professionals/agencies in Area 9 for all Healthy Athletes specialties, identify providers in Area 9 that accept Medicaid, send a letter and registration form to identified providers asking them to be listed as a follow-up provider, staff visit identified healthcare providers, establish and maintain a database of providers. Healthy Community Outreach Manager will conduct care coordination services for all athletes receiving referrals in area 9.

Wellness Opportunity Plan: Identify locations that offer wellness classes for people with and without ID, identify partners to collaborate in offering Family Health Forums and/or fitness and wellness classes for families and caregivers.

Additional Objectives:

- Increase the number of Clinical Directors in Area 9.
- Conduct Special Smiles and FUNfitness screenings and utilize the Community Outreach Manager to coordinate follow-up care.

Hawaii

Total Athlete Population: 3,500

Geographic Focus: State-wide

Background: The most urgent health issues SO athletes in Hawaii face are untreated dental disease, impaired vision and overweight/obesity concerns. Current Hawaiian Medicaid Adult dental benefit only includes relief of infection and pain, most often resulting in the extraction of the problem tooth. To address some of these issues, SO Hawaii is working to develop partnerships with Lutheran Medical/Federally Qualified Health Centers and Hawaii Department of Health partnership to support follow-up care efforts, particularly in dentistry and optometry. In 2015, SO Hawaii received a 1-year Healthy Communities grant to pilot a new program, SOFit. SOFit educates athletes and encourage them to invest in their health by incorporating new habits that include daily exercise routines, improved nutrition and positive lifestyle choices. SO Hawaii trains Wellness Coaches who will work with local delegations and teams to incorporate SOFit into every practice. SOFit programming includes a coach's wellness certification, fitness regimes, healthy lifestyle lessons, achievement incentives and methods to measure and track athlete progress. Hawaii Department of Education has been actively involved in the planning and implementation of the SOFit program. Their 3-year Healthy Community grant will support the expansion of SOFit.

Health Outcomes: Improved athlete Oral Health, Vision, and Healthy Weight.

Athlete Leadership: Develop an athlete/family advocacy network and a Health & Wellness advocacy sub-group and train athletes to share their stories and how to influence stakeholders.

Follow-Up Care Plan: Develop a system, with a referral form, to link athletes to care; re-establish partnerships with Vision Bus Hawaii, Dental Lifeline Network, and Federally Qualified Health Centers to provide care (Special Smiles and Opening Eyes) to athletes; and train Clinical Directors on how to implement the referral system.

Wellness Opportunity Plan: Distribute revised SOFit curriculum and participant manuals to four SO Hawaii delegations, collect height and weight data of participants, promote SOFit to coaches not yet engaged in the program, and expand program annually.

Additional Objectives:

- Increase athlete participation in Healthy Athletes events by 20%.

Nebraska

Total Athlete Population: 5,000

Geographic Focus: Healthy Athletes funding & Follow-up Care: State-wide focus; Wellness Program: High school transition programs (9th grade - 12th grade) from 5 school districts (140 students total) in the Omaha Metro area and 2 Goodwill locations that employ the students in the transition programs.

Overview: SO Nebraska will focus on the health and wellness needs of their athletes by expanding Healthy Athlete screenings statewide and tracking athletes that need follow-up care. SO Nebraska will continue to build relationships with the academic medical community to ensure that future and current medical professionals are learning about the special health care needs and considerations necessary to treat patients with intellectual disabilities. SO Nebraska will focus wellness opportunities of students with ID in the high school transition programs of

participating Omaha metro schools. They will target five school districts in the metro area to work with the 9th grade through transition teachers to develop curriculum and seek out community resources to help these students integrate their personal wellness goals into an action plan they can carry out into their community upon graduation. This work will also include two Goodwill locations that employ these students so that they can practice their healthy habits in the workplace setting.

Health Outcomes: Improvements in athletes Oral Health, Podiatry, Nutrition and stress reduction and increased Fitness.

Athlete Leadership: Formation of an Athlete Input Council which will plan health activities including food to be served at competitions. Inclusion of lesson plans in all ALPS trainings on nutrition, fitness, and wellness. ALPS members with a passion for health can become Health Ambassadors. Athlete/family stories will be collected and used to engage partners/funders.

Follow-Up Care Plan: Educate Clinical Directors on the need for follow up care, develop a Special Smiles & Fit Feet follow-up tracking system, develop a network of ten podiatrists, train a Special Smiles Clinical Director from Creighton Dental School who can then link athletes there for care, and partner with the Nebraska Dental Association on Mission of Mercy events.

Wellness Opportunity Plan: Implement Healthy Habits Program (nutrition, fitness, and stress reduction) at 2 Goodwill Centers and with two Special Olympics teams in the Omaha metro area. Partner with Omaha Metro schools to provide health, wellness, and leadership activities to 140 students.

Additional Objectives:

- Provide training to 30 dental health professionals on the needs of people with ID.
- Add two more Healthy Athletes events and increase athlete participation in Healthy Athletes by 5%.

North Carolina

Total Athlete Population: 40,000

Geographic Focus: Five county region (450 registered athletes in this 5-county region. However eligible population is 4,500 in the region and will work to outreach other non-registered athletes).

Overview: SO North Carolina's Healthy Community will engage strategic health partners that they have cultivated, while expanding their network to include new partnerships that will result in a more comprehensive and sustainable referral system and program structure. Of particular significance is a newly formed three-year partnership with Cardinal Innovations Healthcare, the country's largest specialty health plan, serving individuals eligible for Medicaid, and the uninsured. This partnership will allow SO North Carolina to access to an established provider network that will ultimately translate into statewide coverage for athletes who are referred for follow-up care based on Healthy Athletes screenings. As a part of SO North Carolina's collaboration with Cardinal Innovations, the Healthy Communities initiative will be focused on a five-county area that is serviced by this managed care organization.

Health Outcomes: Healthy Weight (obesity/overweight, nutrition education, and access to healthy foods), increased Fitness, and increased access to healthcare and follow-up for all Healthy Athletes disciplines.

Athlete Leadership: Athlete leaders from SO North Carolina's Athlete Council will set personal health goals and be empowered to lead healthier lives themselves. Athlete Council members will gather and provide feedback on the feasibility and sustainability of wellness programs. Athletes will be part of a Health Council which will be formed in year 2.

Follow-Up Care Plan: Sign a written agreement with Cardinal Innovations that they will manage referrals and follow up for athletes following Healthy Athlete events, provide 12 Healthy Athletes screenings in the five-county region, leverage the Cardinal Innovations network to establish new

partnerships in additional counties, have Cardinal and other partners manage referrals and provide care.

Wellness Opportunity Plan: Create a wellness program that includes tracking of fitness gains, train 45 coaches on implementation of the program, enroll 200 individuals (25% of this total will be individuals without ID), and grow the program alongside Unified Sports.

Additional Objectives:

- Increasing stability and sustainability by creating a full-time staff position, forming a health advisory council, and establishing at least one health partner per county within the target region.
- Expand Healthy Athlete Programs by 20% and add 1 new Healthy Athletes discipline.
- Train 50% (80 out of 161) of current athlete leaders to serve as health advocates/spokespeople.

2016 1-Year Grantee Project Overviews

Alaska – US (Wellness Opportunities)

- Establish a Healthy Athletes Advisory Committee with athlete, board member and health professional from each discipline;
- Establish partnerships with Alaska regional hospital, University of Alaska Anchorage School of Nursing and Nutrition Club, Native Tribal Health Consortium and Providence Hospital.
- Refer athletes to the SO Alaska Unified Fitness Club and the SO Alaska Strength and Conditioning Club.

Bangladesh (Partnerships for Follow-up Care)

- Identify health student volunteers and health care professionals to participate in MedFest, Opening Eyes and Healthy Hearing;
- Include athlete leaders in planning and implementation;
- Creating Partners for follow-up care;
- Develop an effective referral system for follow-up care and a database for athletes, partners and volunteers involved in HA.

Bolivia (Partnerships for Follow-up Care and Wellness Opportunities)

- Establish partnerships with organizations, universities and health service providers in multiple cities to coordinate follow-up care;
- Provide additional trainings and workshops to health care providers and students;
- Develop health fairs with Healthy Athletes screenings and health preventative messaging at multiple universities.

Indiana - US (Partnerships for Follow-up Care and Wellness Opportunities)

- Establish a HA advisory council with a clinical director from each discipline, two SO Indiana Board of Directors and three SO Indiana constituents (athlete, volunteer, family member);

- In health and fitness, SO Indiana will secure funding for health and fitness programming, create a Unified Fitness club model and integrate health and fitness messaging in all SO internal communications and create a follow-up care plan;
- Establish partnerships and advocate with state government officials to fund health and fitness.

Korea (Partnerships for Follow-up Care)

- Create database of athletes for follow-up care services;
- Establish partnerships with hospitals and other organizations to ensure easy follow-up care and additional sponsorship;
- Highlight successful stories of follow-up care through media and published materials to share.

Missouri - US (Partnerships for Follow-up Care and Wellness Opportunities)

- Work with existing partners to assist in designing a wellness and follow-up care plan;
- Improve athlete health by increasing Healthy Athletes disciplines from two to four at State Outdoor Games and athletes health and implementing six one-hour health and wellness sessions to improve athlete's wellness knowledge;
- Build the Training for Life Campus (opening in 2018) which will include a sports arena, exercise and wellness center, classrooms and space to hosts HA events to engage athletes, healthcare providers and community partners;
- Identify volunteers and health care providers to secure HA involvement.

Mongolia (Partnerships for Follow-up Care)

- Increase HA program awareness among special school workers (teachers, social workers, principals, school physicians etc.) by conducting health education Train-the-Trainers;
- Establish a firm partnership and MOU with an organization that will allow the use of facilities to hosts HA screening events;
- Develop a database of baseline health indicators and screening results of all athletes as a part of the follow-up care plan;
- Partner with specific organizations to provide follow-up care in SS, OE, HP and FF.

Netherlands (Partnerships for Wellness Opportunities)

- Build upon successful pilot "Personal Best" encouraging athletes to reach their personal record with "Scor (Score) Your PR (Personal Record) at the Games" and have 80% of athletes score better in at least one area, including BMI, balance, strength, knowledge about healthy lifestyle etc.;
- Create social media campaigns that focus on HA disciplines (FF, HP, OE, HH and SS);
- Create a detailed timeline to implement "Scor (Score) Your PR (Personal Record) at the Games" to engage 2000 athletes, 700 coaches and 300 family members in 2016.

New Zealand (Partnerships for Follow-up Care and Wellness Opportunities)

- Implement a national health education program to engage athletes, families, key influencers and other stakeholders;
- Target underserved communities in the Auckland and Waikato regions with Healthy Athletes with a special focus on the indigenous communities;
- Focus on 3 disciplines: Health Promotion, Healthy Hearing and Special Smiles and planning a longitudinal study on athletes who need follow-up care;
- Engage media to build profile and awareness for Healthy Athletes.

Nigeria (Partnership for Follow-up Care)

- Focus on follow-up care for Special Smiles and Opening Eyes by using staff to call, email, text and visiting athletes periodically and following up to make sure appointments are kept;
- Educate parents and caregivers through more Family Health Forums and ExxonMobil Skillz for Life initiatives;
- Develop a social media campaign to promote importance of early intervention and care;
- Engage existing partners, for example the University of Lagos as well as signing MOUs with additional organizations.

Ontario - Canada (Partnerships for Follow-up Care and Wellness Opportunities)

- Implement a Community Based Delivery Model (CBDM) to grow a network of HCP, universities and clinical partners to provide follow-up care;
- Develop a Healthy Athletes online component, “Athlete Passport to Health” which would help athletes keep track of health screenings and receive reward points (gaming engagement) for participating in follow-up care;
- Engage athletes in ongoing wellness opportunities with “Step into Action” and “Nutrition in Action” which both provide a comprehensive physical activity and nutritional online tracking tool that athletes, educators, coaches and others can use.

Oregon- US (Wellness Opportunities)

- Expand Oregon Team Wellness (OTW is a fitness and nutrition program) by identifying additional coaches to be trained and certified specifically in metro Portland;
- Partner with Oregon State University to monitor and evaluate data from OTW;
- Build relationships with foundations and corporate partners to create sustainable funding for OTW as it continues to grow.

Pennsylvania – US (Partnerships for Follow-up Care and Wellness Opportunities)

- Increase Healthy Athletes events annually and planning at least 2 additional events/competitions where HA is conducted to increase participation;
- Incorporate Healthy Lifestyles in their Athlete Leadership University curriculum and training athletes as Fitness Coordinators to deliver a peer health educator model and deliver a year-round fitness program;
- Form networks with healthcare providers and hospitals to coordinate follow-up care for at least 50% of athletes without primary care physician.

Slovenia (Wellness Opportunities)

- Implement monthly workshops for athletes and coaches with a nutritionist to increase knowledge around nutrition;
- Provide additional wellness opportunities for example healthy snacks, swimming and other wellness focused activities for athletes and coaches at monthly workshops and incorporate additional weekly fitness club training;
- Develop baseline data with health assessments for coaches and athletes (BMI, weight, body fat% etc.) to help address overweight/obesity risks.

Spain (Wellness Opportunities)

- Improve athlete's quality of life, self-efficacy and fitness levels through a multimodal intervention inclusive of fitness training and education specific for each athlete.
- Evaluate improved outcomes using both FF and HP screenings pre and post multimodal intervention;
- Develop a mobile app to support and reinforce positive health behavior and implement a scientific study to measure impact of the intervention, education and mobile app.

Venezuela (Partnerships for Follow-up Care)

- Engage additional partners (including MOUs) and HCP for the Healthy Athletes program by offering two conferences at the headquarters of Hospital de Especialidades Pediatricas that would introduce potential partners to HA who could provide follow-up care;
- Identify and train three participants to assume responsibility as coordinators of HA events;
- Implement a community engagement plan to create awareness of HA through the distribution of created promotional materials and placement of other marketing materials (i.e. posters);
- Develop a Unified experience "Healthy Inclusion" event with the support of the Lions Club.

Vermont – US (Wellness Opportunities)

- Increase year-round wellness opportunities by expanding their Unified Fitness Club program pilot which paired undergrad students with athletes and focused on fitness and nutrition. SOVT will target five communities and engage 100 athletes ,
- Expand their Farm to Athlete program initiative by creating local resources and introducing families to Community Supported Agriculture (CSA) foods (farm to table movement) as a way to improve nutrition and educate families on healthy cooking and grocery shopping;
- Develop a task force of community partners and families to review and analyze program data and make recommendations on how to expand to different communities.

Washington – US (Wellness Opportunities)

- Identify and train wellness coordinators in 16 designated program areas across Washington state, these coordinators will manage health and wellness programming in those areas;
- Focus on sports performance by activating a WA State Performance Wellness Coordinator to implement a program which will include balance, agility, speed etc.;
- Leverage new partnerships with health and wellness organizations to offer innovative programming to athletes, partners, coaches and family members.