

# What is Project ALL STAR?

## What

- ★ Athletes contribute their health data and survey responses to understand how Special Olympics impacts athlete health **over time**.
- ★ **ALL STAR** stands for “**Active Life and Longevity: Special Olympics Transforming Athlete Results**”

## How

- ★ By **measuring** Special Olympics participation and physical, socio-emotional, and mental **health**.
- ★ Through **collaboration** between local Special Olympics Programs, athletes, scientists, the CDC, and others.

## Why

- ★ To make Special Olympics programs – and the impacts on athletes’ health – even **stronger!**



# How will I support the Special Olympics mission through participating in Project ALL STAR?



**Improve health** programs at Special Olympics.



Shape how Special Olympics measures athletes' health over time; this is the first project of its kind and **your voice matters!**



**Test out our data collection tools** and give us feedback on how we can make them better.



Join Special Olympics as a **global leader** in improving the health of people with intellectual disabilities.



**Inclusive health** means people with intellectual disabilities are able to take full advantage of the same health programs and services available to people who do not have intellectual disabilities.



## How is Project ALL STAR promoting inclusive health?

- ★ **Learning** more about athletes' health and participation to improve Special Olympics programs for everyone.
- ★ **Including** Special Olympics athletes, following an inclusive research model built on the principles of "Nothing About Us Without Us."

Members of the Project ALL STAR team went on the Inclusion Revolution Podcast. They talked about inclusive health and athletes' roles in its initiatives. **Scan this QR code to listen to the podcast!**



# In this first year, we will...

Begin answering our question: how does participation in Special Olympics impacts health (physical, mental, and social-emotional) over time?



Enroll athletes in 6 states to try out Project ALL STAR for a year and describe...

- Who Special Olympics athletes are
- What affects their health
- What affects their Special Olympics participation
- What are their health conditions

Test out the tools we have to track health over time, including:

- Surveys
- Fitbits
- Annual in-person fitness assessment



# What do I get for participating in Project ALL STAR?

**Consent and Enrollment:**  
T-Shirt and Fitbit  
Versa 4 Smartwatch



**In-Person Fitness Assessment:**  
Water bottle



**Goal Setting OR Daily Quick Surveys (after 3 months):**  
Stress ball



**Taking the first 2 surveys:**  
Notebook



**Fitbit (after 9 months):**  
Tote bag



**Finishing the first year:**  
Pin



**Focus Group:**  
Backpack



# What happens in Project ALL STAR?



Complete a consent form to join Project ALL STAR



You'll get a Fitbit device to track your physical activity.



Every year, you'll complete a health and fitness testing event.



You will meet with the team to discuss your goals and fitness results



You'll complete surveys asking about your health and Special Olympics.



You can also join a group discussion to share your thoughts about the project.