82% of family members in the United States report that athletes improved their self esteem after participating in Unified Sports.

94% of athletes and partners say Unified Sports made them healthier and 91% of athletes and partners report Unified Sports improved their sports skills.

83% of athletes reported having more friends without ID after participating in Unified Sports.

85% of athletes reported exercising more every week as a result of Unified Sports participation conducted in 5 countries.

Coaches mentioned improved confidence, enhanced communication (including previously mute athletes talking in order to communicate with partners!) and improved social inclusion.

79% of Unified sports teammates without intellectual disabilities report increased understanding of people with intellectual disabilities.