



# BUILDING **HEALTHY** COMMUNITIES





BUILDING  
**HEALTHY**  
COMMUNITIES

2016 - 2021



Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**

# CONTENTS

HEALTH EQUITY ON THE HORIZON

MESSAGE FROM TIMOTHY SHRIVER

MESSAGE FROM MARGARET TURLEY

A CATALYST FOR TRANSFORMATION

BUILDING HEALTHY COMMUNITIES

EVOLUTION OF HEALTHY ATHLETES TO  
HEALTHY COMMUNITIES

GOLISANO HEALTH LEADERSHIP AWARDS

## AFRICA REGION

Cote d'Ivoire  
Ghana  
Kenya  
Mauritius  
Nigeria  
Rwanda  
Senegal  
Uganda

## ASIA PACIFIC

Bangladesh  
Bharat  
Cambodia  
Fiji  
Maldives  
New Zealand  
Nippon  
Pakistan  
Papua New Guinea  
Samoa  
Serendib  
Timor Leste  
Vietnam

## ASIA PACIFIC

China  
Chinese Taipei  
Macau  
Mongolia

## EUROPE EURASIA

Belgium  
Cyprus  
Czech Republic  
Ireland  
Israel  
Italy  
Malta  
Netherlands  
Poland  
Slovenia  
Sweden  
Ukraine

## LATIN AMERICA

Chile  
Costa Rica  
El Salvador  
Guatemala  
Nicaragua  
Panama  
Paraguay  
Puerto Rico  
Venezuela

## MIDDLE EAST/ NORTH AFRICA

Egypt  
Jordan  
Lebanon  
Mauritania  
Morocco  
United Arab Emirates

## NORTH AMERICA

Alaska  
Alberta  
Arizona  
Arkansas  
British Columbia  
Colorado  
Connecticut  
District of Columbia  
Florida  
Hawaii  
Indiana  
Iowa  
Kansas  
Kentucky  
Louisiana  
Manitoba  
Maryland  
Michigan  
Minnesota  
Missouri  
Montana  
Nebraska  
New Jersey  
New Mexico  
New York  
North Carolina  
Northern California & Nevada  
Ohio  
Ontario  
Pennsylvania  
Prince Edward Island  
Quebec  
South Carolina  
Southern California  
Tennessee  
Texas  
Washington  
Wisconsin

# HEALTH EQUITY ON THE HORIZON

ALICIA BAZZANO  
MD, PHD, MPH

Looking back on the last five years, it is clear that the partnership between the Golisano Foundation and Special Olympics has made some extraordinary strides in inclusive health. Healthy Communities is addressing the issues that create health inequities for people with intellectual disabilities. The gap between the identification of a health problem and receiving the appropriate care is closing. Health professionals and students around the globe are being trained to deliver a higher quality of care to people with intellectual disabilities. Parents and athletes are being activated as health advocates. In addition, ongoing health and fitness programming is helping people with intellectual disabilities live longer and healthier lives.

Despite the successes achieved to date, this work is not close to completion. The next five years will be even more exciting and filled with new possibilities, as Special Olympics seeks to grow its health footprint and reach an ever-expanding population in need. This will be accomplished by modernizing and further utilizing technology to allow for better electronic data collection, dissemination of information, and realization of measurable results faster through more evidence-based interventions.

## Special Olympics' PATH to health equity for people with intellectual disabilities focuses on four key areas:

- **Play to Prevent:** Ongoing Prevention & Fitness;
- **Assess to Address:** Early Detection and Care Coordination;
- **Train to Treat:** Training the Health Workforce;
- **Healthy Systems Transformation:** Partnerships, Policy, and Self-Advocacy to Promote Health Equity

As the leading advocate for the health of those with intellectual disabilities, Special Olympics is opening access to life-changing healthcare for this population. In partnership with the Golisano Foundation, Special Olympics has demonstrated that significant impact on the health inequities faced by people with intellectual disabilities around the world is possible. The strength of the partnership between Special Olympics and the Golisano Foundation lies in a shared, relentless determination to ensure that people with intellectual disabilities get the healthcare they need and deserve. **In building successful and sustainable community partnerships and unleashing the power of human compassion, health equity is on the horizon.**



## BY 2027, SPECIAL OLYMPICS WILL:



Complete **three million** in-person and virtual **health screenings** in over **100 countries**



Ensure **follow-up care** is received **by those with a need**



**Improve** the overall health and fitness of **600,000 athletes** and **reach an additional 650,000 young children** with intellectual disabilities and their families



Create the **Golisano Virtual University** to provide **training to 100,000** more **health care professionals**



Create the first-ever **Global Report on the Health of People with Intellectual Disabilities** to highlight disparities that exist across health systems

## MESSAGE FROM TIMOTHY SHRIVER

Dear Tom,

Ten years ago, you and I had never met, but your reputation preceded you. I knew of your vast accomplishments as a leading visionary and entrepreneur and your passion for inclusion. When we met, we had no track record to prove that I or the team at Special Olympics could build a global movement to improve the health and quality of life of people with intellectual disabilities. But nonetheless, you took a chance when others wouldn't. You believed what others couldn't see. You invested when others talked. You challenged us to imagine the possibilities and made it possible for us to work together to make them a reality.

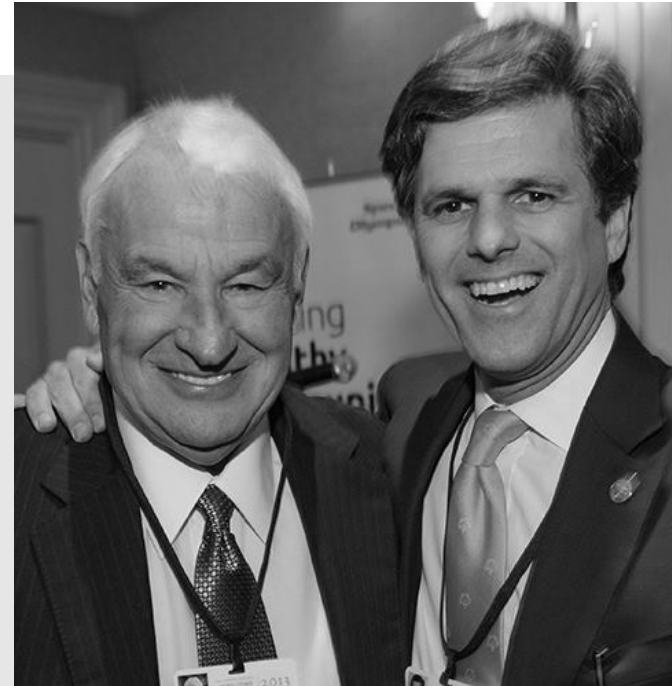
Ten years later, look at how far we've come together! The images, stories, and real-life experiences of the hundreds of thousands of people our partnership has impacted are showcased on the pages of this book and represent your commitment to changing the world for people with intellectual differences. They are but a snapshot of the extraordinary, world-wide web of trained, committed, and transformed health professionals. And they are only representations of the real changes in health, fitness, and quality of life for people with intellectual disabilities, as well as for all of us who care about and love them. I can't imagine a more noble or impactful outcome.

The world of Special Olympics thanks you. More importantly, the world thanks you. Injustice, intolerance, and inactivity are cancers in our culture, but you have been the cure. We still have miles to go to overcome many deep and painful problems, but we are miles ahead of where we dreamed we might be. The smiles, the hope, and the health of countless Special Olympics athletes are your great legacy.

On behalf of our entire Special Olympics movement, we couldn't be more grateful for the justice and joy you have made possible.



**Timothy P. Shriver, Ph.D.**  
Chairman, Special Olympics International



“The images, stories, and real-life experiences of the hundreds of thousands of people our partnership has impacted are showcased on the pages of this book and represent your commitment to changing the world for people with intellectual differences.”

## MESSAGE FROM MARGARET TURLEY

My name is Margaret Turley, and I am an avid basketball player, a gym fanatic, and a confident public speaker. When I joined a Special Olympics basketball team, I immediately felt a connection with my teammates. I wanted to be good. I wanted the crowds to cheer when I scored for my team. But I wasn't fast and I wasn't scoring any points. Special Olympics Ireland quickly helped me to realize that if I wanted to be a strong sport competitor, I needed to focus on eating healthier foods and improving my fitness. I joined a gym, changed my diet, and began to see the impact.

My Special Olympics team recommended that I become a Health Messenger and it changed my life. Health Messengers are Special Olympics athletes who are trained as health leaders, advocates, and role models. We lead our fellow athletes to pursue a healthy lifestyle and we advocate for healthcare providers and governments to adopt inclusive policies. The training and opportunities I have been given as a Health Messenger have opened the door for me to become a confident public speaker and self-advocate.

The accomplishments I am most proud of include:

- Addressing the Irish Government at the Joint Committee on Disability Matters to ask that people with intellectual disabilities (ID) be consulted and included in policy making.
- Serving as a guest lecturer at the University of Dublin.
- Working with students from Trinity College Dublin and University of Munich to design solutions to the challenges people with ID face in accessing sport and fitness activities in the community.
- Co-producing, with Mental Health Ireland, a 5-workshop series on mental wellbeing for people with ID. A complement to Special Olympics' Strong Minds discipline.
- Landing a permanent position as an Executive Assistant at Ernst and Young.

Healthy Communities in Ireland has been a game-changer for me and so many other athletes. I know that this impact is happening all around the world and it gives me hope. I am confident that together, we can build a truly inclusive world.

**Margaret Turley**

Special Olympics Ireland Health Messenger



“Being a Health Messenger has changed my life, and I know that it is doing the same for so many people around the world. Together, we can build a truly inclusive world.”



# A CATALYST FOR TRANSFORMATION

Since 2012, Tom Golisano and Special Olympics have partnered to promote health equity around the world for people with intellectual disabilities through Healthy Communities. In total, Mr. Golisano and his foundation have committed \$67 million to Special Olympics to support this work globally.

**September 23, 2012**

**Former President Clinton, Tom Golisano, and Timothy Shriver Announce Groundbreaking Donation**

Former President William J. Clinton announced at the 2012 Clinton Global Initiative that businessman and philanthropist Tom Golisano would provide \$12 million to expand Special Olympics' health services for people with intellectual disabilities—launching a new Healthy Communities pilot initiative in 8 countries and 6 US states. “This unprecedented gift by Tom Golisano is going to impact lives worldwide,” said Special Olympics Chairman Timothy Shriver. This was the largest single gift Special Olympics had ever received from an individual and the first gift made by Golisano to have international impact.



**July 25, 2015**

**Special Olympics Receives Largest Gift by an Individual in 47-Year History**

At the Special Olympics World Games in Los Angeles, Special Olympics announced the largest single private gift in the organization's 47-year history - \$25 million from Tom Golisano. This generous gift helped Special Olympics accelerate our activity, engage more partners, train more health care professionals and students, and activate Healthy Communities in more places around the world. Tom's legacy of breaking down barriers and expanding access to health care is changing the world, and Special Olympics is honored to be his partner as we catalyze and scale this work.



**September 16, 2021**

**Tom Golisano Gifts \$30 Million to Special Olympics to Expand Critical Health Services**

In his third major gift to Special Olympics, the largest single private gift in the organization's 53-year history, Tom Golisano will provide \$30 million to expand Healthy Communities. “This new gift comes at a critical time for our global community, as we have seen during this pandemic just how little this population has been prioritized,” says Special Olympics' Chief Health Officer Dr. Alicia Bazzano. This partnership will allow Special Olympics to move the world closer to inclusion and health equity for people with intellectual disabilities.

# BUILDING HEALTHY COMMUNITIES

## OVERVIEW

On average, people with intellectual disabilities die 16 to 20 years sooner than their counterparts in the general population.<sup>1</sup> Often, this is not due to their disability but instead to preventable health conditions. People with intellectual disabilities experience significant challenges accessing quality healthcare to detect and address health conditions early, and they lack opportunities to engage in fitness and wellness. These contribute to pronounced health disparities.

**Special Olympics data indicate that on a team of 10 adult Special Olympics athletes:**



4 have **untreated tooth decay**  
2 is in need of **urgent dental care**



6 are **overweight or obese** and at risk for chronic health conditions



5 have **strength challenges** and 6 have **flexibility challenges**, placing them at a higher risk for falls and injury



4 need a **new prescription for glasses**

Special Olympics Health, made possible by the Golisano Foundation, and in the United States, in collaboration with the U.S. Centers for Disease Control and Prevention, is creating a world where people with intellectual disabilities have every opportunity to be healthy. Healthy Communities started as a pilot in 8 countries and 6 U.S. states in 2012 and has since become a global force for inclusion and health equity across 75 countries and 45 U.S. states and territories.



Healthy Communities has expanded the reach of Healthy Athletes around the world and brought screenings to new communities each year. Furthermore, it emphasized connecting athletes identified with health conditions to healthcare services and providers who could address their health needs with quality care.

Healthy Communities is a transformational, community-based model focusing on overcoming health inequities for people with intellectual disabilities. To achieve this outcome, Healthy Communities has focused on:

**PROMOTING HEALTH ACROSS THE LIFESPAN**

**IDENTIFYING AND ADDRESSING HEALTH CONDITIONS**

**INCREASING ACCESS TO QUALITY HEALTHCARE**

**ADVOCATING FOR INCLUSIVE HEALTH REFORMS**



## PROMOTING HEALTH ACROSS THE LIFESPAN

### YOUNG ATHLETES

Special Olympics Young Athletes is an early childhood program for children aged 2-7 years. It provides children with opportunities to advance in core developmental milestones and sets the stage for a life of physical activity, friendship, and learning. One study found that children with intellectual disabilities who took part in Young Athletes developed motor skills more than twice as fast as those who did not.<sup>2</sup>

### FITNESS

Physical activity, adequate nutrition, and hydration enhance sport performance and overall health and quality of life. Evidence suggests that athletes most at risk for cardiovascular disease, who participate in Special Olympics fitness programming, experience weight loss and reductions in blood pressure.<sup>3</sup>

### ATHLETE & FAMILY HEALTH

Providing a space for the families and caregivers of people with intellectual disabilities to engage with and learn from peers, health professionals, and community leaders creates a foundation for instilling healthy behaviors in the home. At Family Health Forums, topics are set to meet the needs of athletes and families and have included diabetes prevention, mental health and behavior management, the prevention and treatment of tropical diseases, and navigating the health care and social support systems.

## IDENTIFYING AND ADDRESSING HEALTH CONDITIONS

### HEALTHY ATHLETES®

In 1997, Special Olympics Healthy Athletes® began offering free health screenings and education in a welcoming, fun environment, alongside sports competitions. Since then, more than 2 million free health screenings have been delivered and nearly 300,000 health professionals and students have been trained to treat people with intellectual disabilities. Screenings, led by trained, volunteer health professionals who serve as Clinical Directors, are offered in:



**MedFest®**  
(health history & physical)



**Healthy Hearing**  
(audiology)



**Special Smiles®**  
(dental & oral health)



**FUNfitness**  
(physical therapy)



**Health Promotion**  
(prevention & nutrition)



**Strong Minds**  
(mental health)



**Special Olympics  
Lions Clubs International  
Opening Eyes**  
(vision & eye health)



**Fit Feet**  
(podiatry)

## INCREASING ACCESS TO QUALITY HEALTHCARE

People with intellectual disabilities deserve to receive quality care from trained healthcare providers who treat them with dignity and respect. Lack of training can lead healthcare providers to misattribute symptoms of a health problem to a disability diagnosis, resulting in inadequate treatment. Healthy Communities ensured training was provided to healthcare providers and students, the next generation of care providers, through Healthy Athletes. It also contributed to training in partnership with professional programs – from dentistry to physical therapy to nursing to audiology – at nearly 100 universities.

## ADVOCATING FOR INCLUSIVE HEALTH REFORMS

The only way to end exclusion is to have the people who face the daily challenges of health inequity create the solution. Special Olympics Health Messengers are athletes who are trained to serve as leaders, educators, advocates, and role models within their communities. Since the Health Messenger program launched in 2016, nearly 4,000 athletes have been trained. Special Olympics partners with ministries and departments of health, United Nations agencies, and other international organizations to create sustainable health systems and quality healthcare services that are inclusive of people with intellectual disabilities. Healthy Communities worked toward national, regional, and international reform in policies, services, and resources, promoting more inclusive practices for the benefit of people with intellectual disabilities.

1 Heslop, P., Blair, P.S., Fleming, P., Houghton, M., Marriott, A. & Russ, L. (2013). The Confidential Inquiry into the premature deaths of people with intellectual disabilities in the UK: a population-based study. *Lancet*. 383 (920), 889-95.  
2 Favazza, P.C., Siperstein G. N., Zeisel, S.A., Odom, S.L., Sideris, J. H., & Moskowitz, A.L. (2013). Young Athletes program: Impact on motor development. *Adaptive Physical Activity Quarterly*, 30, 235-253.  
3 Rubenstein E., DuBois, L., Sadowsky, M., Washburn, K., Forquer, M., Stanish, H., & Shriver, T. (2020). Evaluating the potential of Special Olympics fitness models as a health intervention for adults with intellectual disabilities *Disability & Health Journal*, 13, 100850.



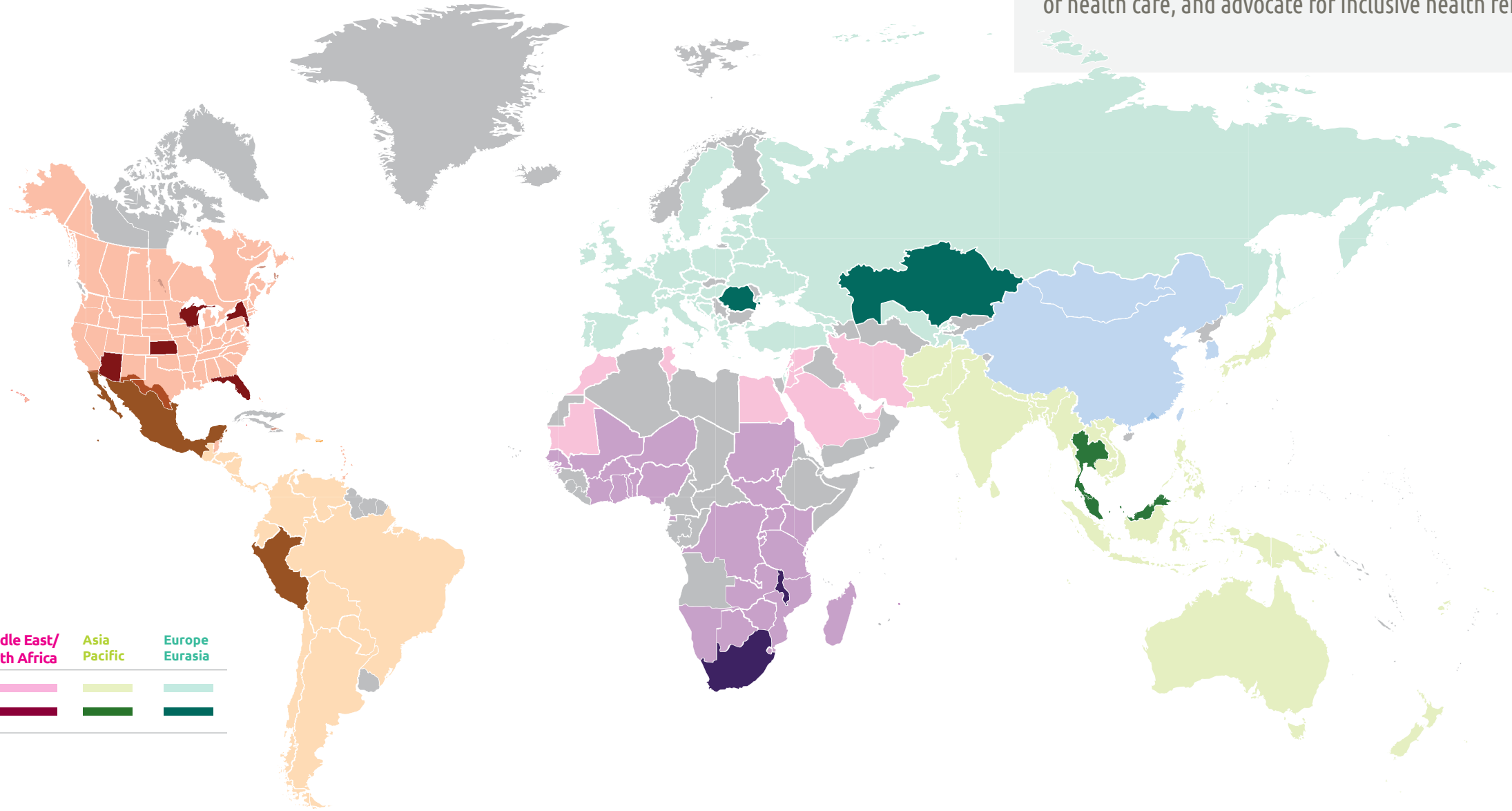
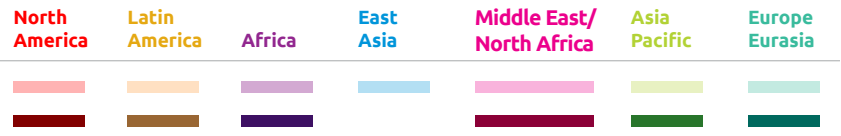
# THE FOUNDATION FOR GLOBAL EXPANSION



*From 2012 - 2015*  
**8 countries and  
6 US states piloted  
Healthy Communities**

Special Olympics Region

Healthy Athletes  
Received Funding for a 3-Year Healthy Communities Project



Established in 1997, Healthy Athletes® screenings are the base of Special Olympics’ health work. Healthy Communities expands health work to prevent and address health conditions, improve the quality of health care, and advocate for inclusive health reforms.

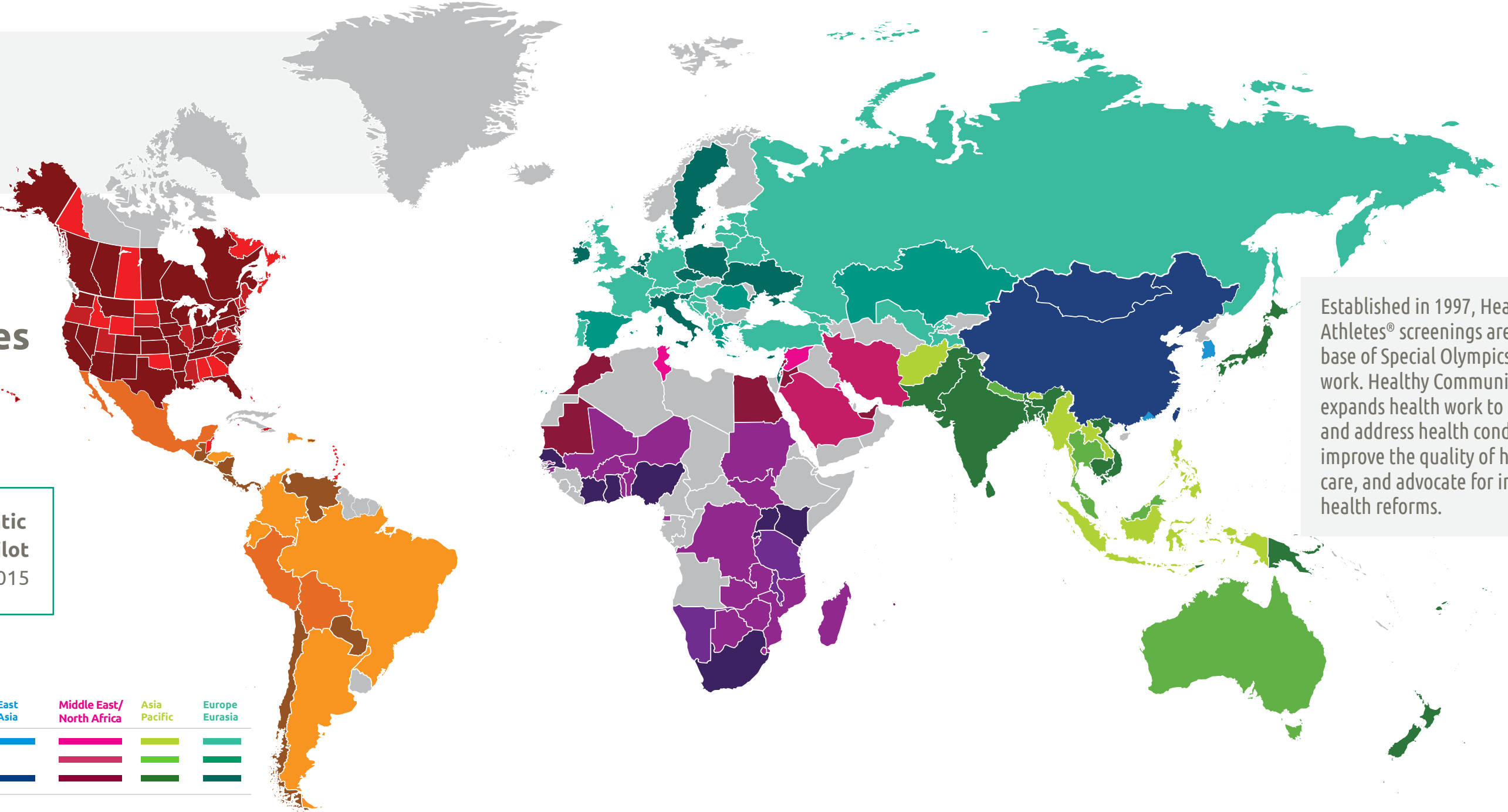
# A WORLD OF CHANGE

Between 2016-2021  
75 countries and  
45 US states and territories  
engaged in Healthy  
Communities



Healthy Communities saw a **dramatic expansion from the original 14 pilot sites** conducted between 2012 - 2015

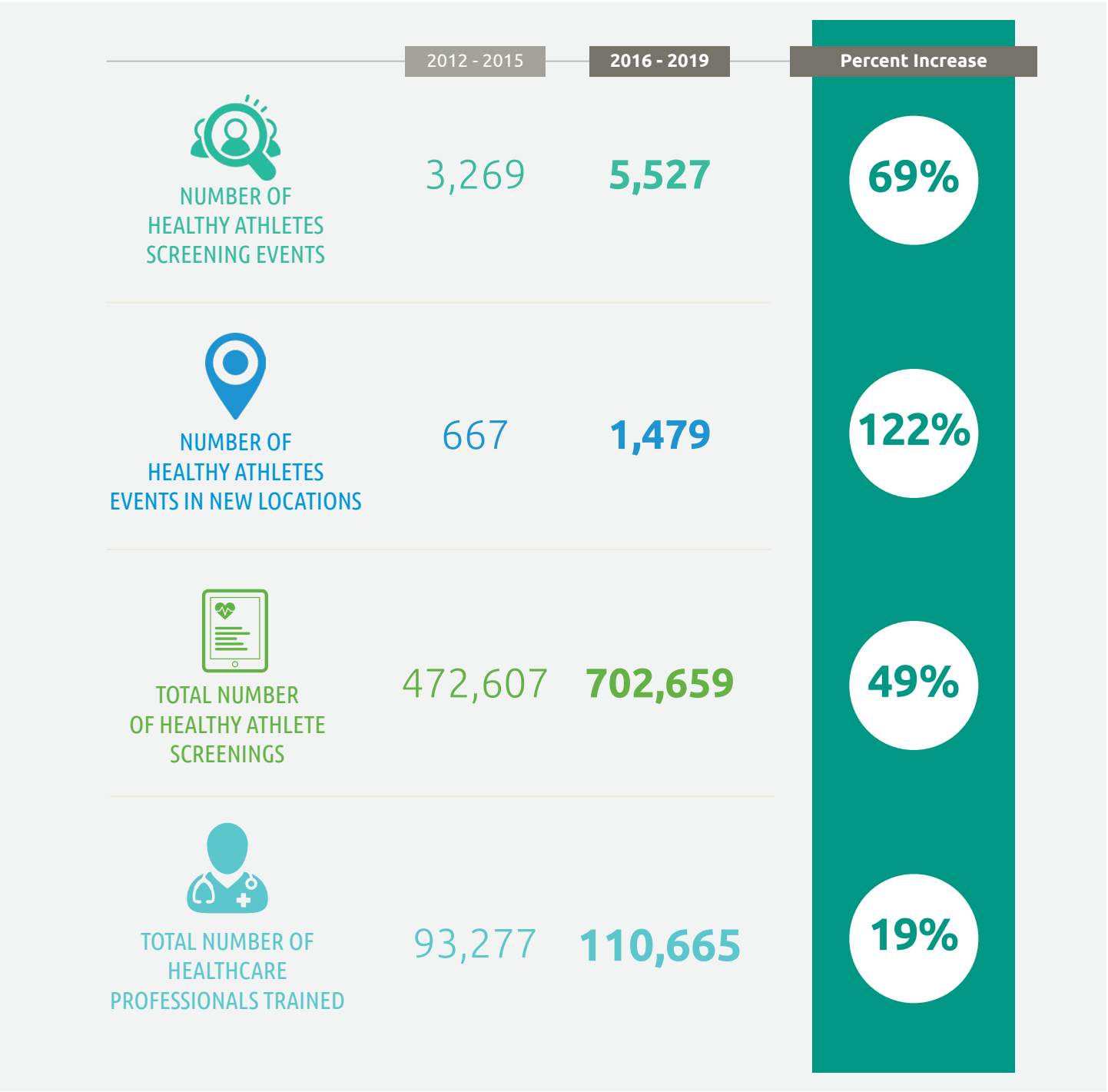
Special Olympics Region	North America	Latin America	Africa	East Asia	Middle East/ North Africa	Asia Pacific	Europe Eurasia
Held a Healthy Athletes Event							
Initiated Healthy Communities Work							
Received funding for a 3-year Healthy Communities Project							



Established in 1997, Healthy Athletes® screenings are the base of Special Olympics’ health work. Healthy Communities expands health work to prevent and address health conditions, improve the quality of health care, and advocate for inclusive health reforms.

# EVOLUTION OF HEALTHY ATHLETES TO HEALTHY COMMUNITIES

In addition to growing the number of Special Olympics Programs engaging in Healthy Communities work, there were major gains made from 2016 – 2019 to in health screenings and training of health care professionals at events. The following figures represent comparisons of the 4 – year span of Special Olympics Healthy Athlete Screening for 2016 – 2019 (excluding 2020 because of the worldwide COVID pandemic) to the preceding 4 – year period (2012 – 2016).







# GOLISANO HEALTH LEADERSHIP AWARDS

**“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”**

- Margaret Mead

The Golisano Health Leadership Awards recognize health champions—leaders and organizations—that are making a significant contribution to equal access to health and fitness for people with intellectual disabilities. The awards also promote awareness of the progress and extraordinary efforts toward fulfilling the goals, values, and mission of Special Olympics Health work. This is the highest Special Olympics honor for health partners.

Local Golisano Health Leadership Awards are awarded by the Special Olympics Program to up to 3 local individuals or organizations each year. The Global Golisano Health Leadership Awards are awarded bi-annually by Special Olympics International and are given to the top individual or organization in each Special Olympics global region.





# 2017 GLOBAL GOLISANO HEALTH LEADERSHIP AWARD HONOREES

## Africa Region: Korea International Cooperation Agency

The Korea International Cooperation Agency (KOICA) was awarded this honor for their work ensuring that Special Olympics Uganda's athletes receive health screenings and follow-up care. KOICA has provided medical supplies and equipment, healthy meals, and volunteers to support Healthy Athletes events. Their volunteers, including two full-time volunteers dedicated specifically to Special Olympics Uganda, have provided fitness training to athletes and held free medical camps in communities where athletes live. KOICA also ensured that their mobile health program, which provides medical screenings and treatment for the community, is inclusive of people with ID.

## Asia Pacific Region: Rajanukul Institute, Ministry of Public Health

The Rajanukul Institute, Ministry of Public Health, has partnered with Special Olympics Thailand since 2008. The institute's healthcare and educational personnel have developed screening tools specific to the needs of athletes, prepared training resources for health care professionals and special educators, and provided health advice to athletes and their families. The Rajanukul Institute has expanded their model from 6 pilot schools to all 20 schools nationally. They have provided services to over 5,000 athletes and trained over 140 health care professionals, and their employees serve as Clinical Directors for Special Smiles and MedFest.





### East Asia Region: Beijing Tongren Hospital, Capital Medical University

Beijing Tongren Hospital coordinates with medical professionals throughout China to ensure sustainable eye health and treatment services are available to Special Olympics Athletes. Every year, they provide free consultation to over 300 people with ID who are identified as needing follow-up vision care. The Beijing Tongren Hospital has selected their most experienced medical experts to become Clinical Directors for Healthy Athletes and created opportunities for its team to engage with various Special Olympics Health events. And, they consistently provide medical equipment, health professional volunteers, and help to promote the Special Olympics Health initiatives to the public.

### Europe / Eurasia Region: Lions Club International MD 112 Belgium

Lions Clubs International MD 112 Belgium supports Healthy Athletes by covering the cost of supplies for multiple Healthy Athletes events each year. Each year, they provide 100-120 volunteers to support Healthy Athletes screenings and have been instrumental in Special Olympics Belgium finding new sponsors for Healthy Athletes. Lions Clubs International MD 112 Belgium has helped Special Olympics Belgium to create awareness about the Healthy Athletes program and health problems in people with ID. Lions Clubs International MD 112 Belgium has played an important role, thanks to their financial and logistical support.

### Latin America Region: Universidad Científica del Sur – Escuela de Estomatología (FCS)

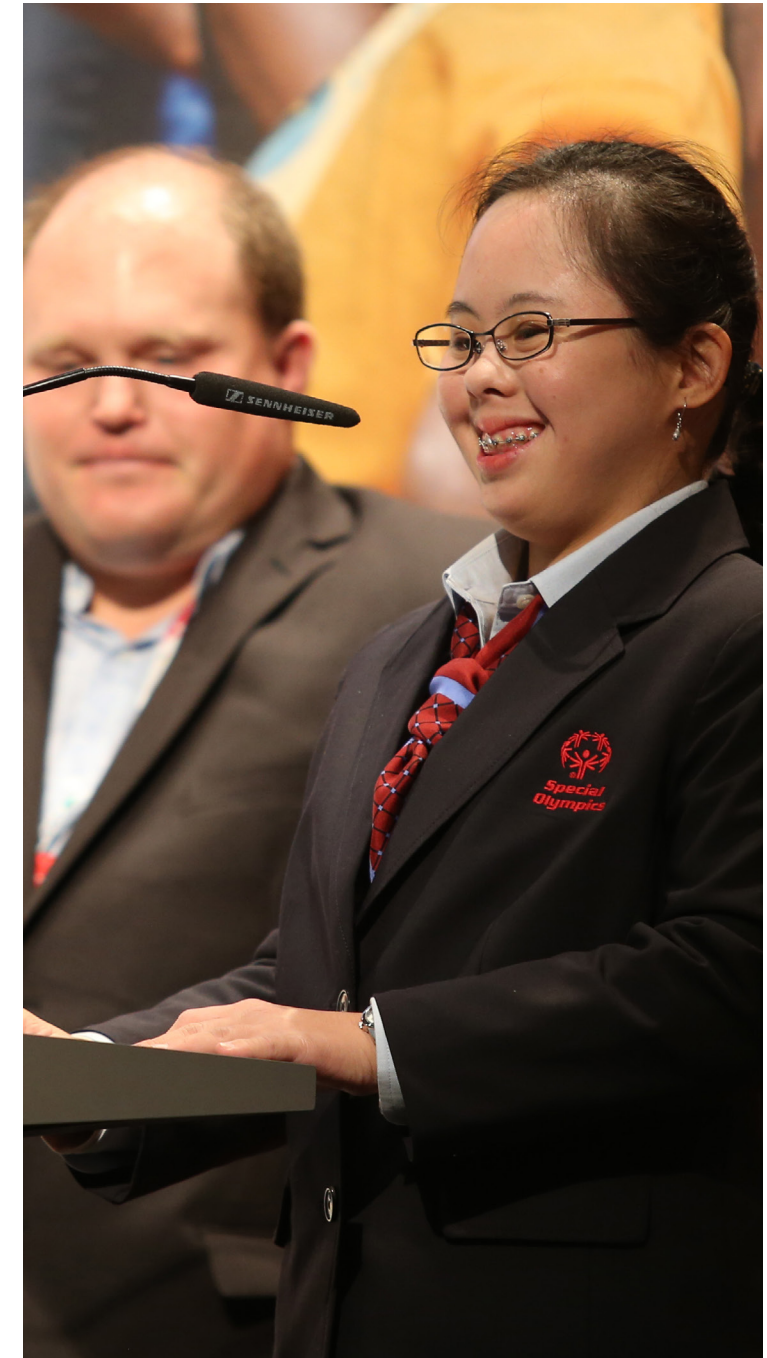
Universidad Científica del Sur is a long-term partner of Special Olympics Peru. The academic curriculum of the dental program has been updated to include 8 mandatory hours to train students how to approach and interact with patients who have special needs, and residents of the Pediatric Dentistry Residency Program participate in Special Smiles screening events. They are working to expand this model in the medical school at the university. Additionally, Universidad Científica del Sur provides free dental care for people with intellectual disabilities at a dental clinic that is open 3 days a week.

### Middle East / North Africa Region: Dr. Mohamed Askar

Dr. Mohamed Askar is one of the most active Healthy Athletes Clinical Directors in Egypt. In addition to leading health events, Dr. Askar encourages other medical professionals in Egypt to get to know people with intellectual disabilities personally and to provide quality care to them at their clinics. In his private orthopedic clinic, Dr. Askar provides free medical care to Special Olympics Egypt's athletes. Dr. Askar uses his connections with medical companies and universities to secure equipment and supplies for Special Olympics health events. His dedication and support makes him a role model for health professionals across Egypt.

### North America Region: Dr. Stephen Sulkes

Dr. Stephen Sulkes is the co-Director of the Strong Center for Developmental Disabilities. He has secured funding to improve the fitness of Special Olympics New York athletes, founded the Rochester, NY student chapter of the American Academy of Developmental Medicine and Dentistry, and encourages students to volunteer and coach with Special Olympics. Dr. Sulkes' work is also reflective of the unique commitment of the University of Rochester to make inclusive health a part of its strategic plan — advancing access to care in multiple arenas — from providing exceptional medical and oral health care to training the next generation of clinicians to care for people with intellectual disabilities.





## 2019 GLOBAL GOLISANO HEALTH LEADERSHIP AWARD HONOREES

### Africa Region: Lions Sight First Eye Hospital

The Lions Sight First Eye Hospital provides follow-up vision care to Special Olympics Kenya athletes. The hospital sends at least five vision specialists to every Opening Eyes screening event in Kenya and provides treatment and services to athletes referred for care. Between 2014 and 2019, the hospital conducted more than 15 surgeries, free of charge, for Special Olympics Kenya athletes and donated more than 1,000 pairs of eyeglasses. Almost 4,000 Special Olympics Kenya athletes have directly benefited from the hospital. And thousands more have benefited through Family Health Forums, where Lions members provide health education to athletes and families.

### Asia Pacific Region: Dr. Ashok Dhoble

Dr. Ashok Dhoble, an orthodontist and dental surgeon, is the Honorary Secretary General of the Indian Dental Association (IDA). Under his leadership, the IDA signed an MOU with Special Olympics Bharat, creating year-round access to oral health care for athletes and care givers. Athletes screened at Special Smiles are provided follow-up treatment at the clinics of IDA members. Through this MOU, Dr. Dhoble has provided visibility to SO Bharat through the 7 journals of IDA. This print media has created national awareness amongst the dental community about the health needs of people with ID. IDA invites articles on care for people with IDD in its scientific journal. And, all IDA National Conferences allocate space for scientific papers and poster presentations on issues related to the health of people with IDD.





## East Asia Region: Hua Dong Hospital / China

Hua Dong Hospital, based in Shanghai, has formed a medical volunteer team to support Healthy Athletes screenings and established a year-round Special Olympics Health Project Team. This team is led by Health Promotion Regional Clinical Advisor Dr. Ying Feng, and it has had a large influence in local society, promoting the equal health rights of people with ID in China. The Health Project Team has conducted the Healthy Athletes event in 17 cities and completed more than 12,000 screenings. Dr. Ying Feng was invited to lead the Healthy Community project in 2017 and Hua Dong Hospital supported the access to athlete referral and follow-up care. The hospital works with special schools and community centers to introduce the wellness program, as well as rehabilitation training, to benefit 100 athletes who need referral and follow-up care every year.

## Europe / Eurasia Region: Belgian Dentist Collaboration Platform

The Belgian Dentist Collaboration Platform was created in 2003 by Luc Marks and Michel de Decker to support the oral health care needs of people with special health care needs in Belgium. They received this award for engaging the 4 major Belgian universities (UGent/KuLeuven, UCLouvain and VUBrussel) and all dental professional organizations in Belgium to provide oral health care to people with ID, and, for developing strong and long-term partnerships with Meridol, Colgate & Oral B, and P&G. This National Collaboration Platform is unique in Belgium, both at the academic and professional level. Additionally, members of multiple service clubs like Ladies Circle, Lions Club, Rotary, etc. are involved as volunteers.

## Latin America Region: Dr. Dorisel Ferreira

Dr. Dorisel Ferreira is a medical surgeon and the Director of the Third Health Region of the Ministry of Public Health and Social Welfare in Paraguay. She received this award for engaging staff from the Ministry of Public Health and Social Welfare in Healthy Athletes events; securing donations of equipment for Healthy Athletes events; and creating a follow-up care network for athletes to receive medical care, dental care, immunizations, and specialty care at local hospitals.



## Middle East / North Africa Region: Professor Kamal Bani-Hani - President of Hashemite University

The Hashemite University partners with Special Olympics Jordan in sports, education, and health. They received this award for hosting a Healthy Communities conference for over 100 staff and students and for adding modules to their curriculum to teach students in sport, education, and health training programs how to work with people with ID. Furthermore, student volunteers from this university provide invaluable assistance to Special Olympics Jordan at sporting and health events. Leading this collaborative work is the University President, Professor Kamal Bani Hani.

## North America Region: Dr. Peter Seidenberg

Dr. Peter Seidenberg is a family and sports medicine physician at Penn State Sports Medicine College. Dr. Seidenberg received this award for his contributions to the International Standard for Care for Sports Physicals and the development of MedFest at Special Olympics, for his work with Special Olympics Pennsylvania to create a directory of health providers for athletes, and for training healthcare providers to deliver quality care to people with ID. Dr. Seidenberg's work has a local and global impact in reducing health disparities for people with ID.



# AFRICA REGION OVERVIEW



## Healthy Community Spotlight: Special Olympics South Africa

A pilot site for Healthy Communities in 2012, South Africa has continued to sustain and strengthen Healthy Communities over the past 10 years. During the pandemic, they have hosted webinars and virtual Family Health Forums emphasizing COVID-19 prevention, nutrition, fitness, and mental wellness. Partnering with the Gift of the Givers Foundation, Special Olympics South Africa has procured a mobile health clinic and forged relationships with healthcare facilities to provide health care to people with intellectual disability.

“If there is one thing that I’m particularly grateful for, it is that Healthy Communities and the support from the Golisano Foundation reached us before the pandemic did. The way that so many Programs were able to respond to their athletes’ health needs during COVID showed me that they had built a strong foundation through their health programming and were able to leverage the network that they had grown. From delivering printed ‘Fit 5’ cards to athletes’ homes, to having Health Messengers lead handwashing training, to working with partners to create a nationally televised series of Fit 5 videos—our Programs innovated and delivered when our athletes needed it most!

Over the past 5 years, we have also learned that meaningful and sustainable change can be achieved, even over a short period of time. When we align our resources to support committed individuals, we’re always impressed by what is achieved. For example, in Nigeria, Uganda, and Kenya, progressive steps have been taken toward including individuals with ID in national health insurance schemes at affordable rates and ensuring that health educational materials and training become mandatory in special education schools. The systemic changes have far-reaching implications for the vision of Healthy Communities.

Healthy Communities has helped us realize that the prioritization of health programming is integral to the success of the Special Olympics Program as a whole. It is for this reason that in Africa, we have made health a mandatory component for new Special Olympics Programs and it is very rewarding to see the integration of health messaging and activities as part of their core offering to new athletes.”

**Mr. Charles Nyambe,**  
Regional President and Managing Director,  
Special Olympics Africa



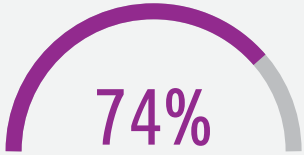
38,164

Healthy Athletes screenings



42

Average number of health partners engaged each year



Referrals connected to care



\$1,034,159

Total cash and value-in-kind



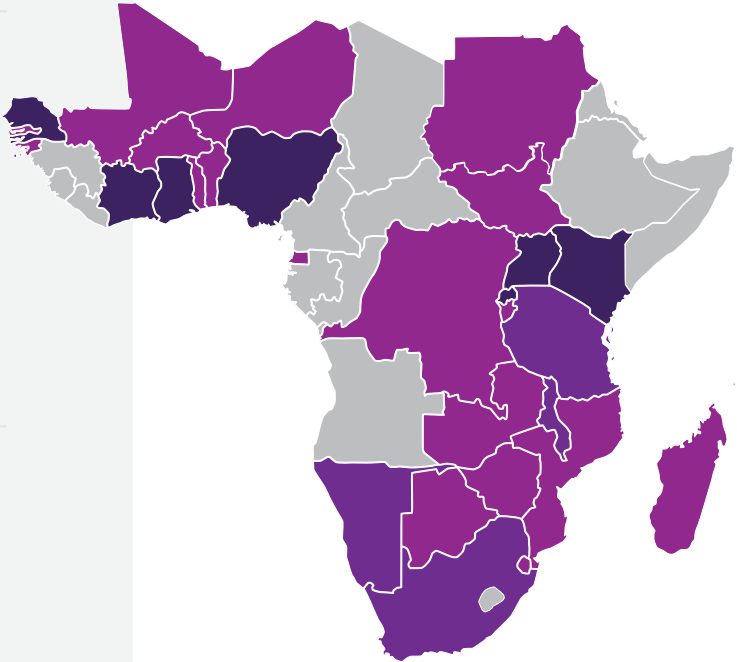
4,908

Average number of athletes in ongoing health each year



1,000

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Initiated Healthy Communities Work
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS CÔTE D'IVOIRE

FUNDED 2019-2020

The biggest transformation from the Healthy Communities work of Special Olympics Côte d'Ivoire has been in training the next generation of healthcare providers to provide patient-centered care to people with intellectual disabilities. Before Healthy Communities, it was often difficult to find doctors and nurses interested in providing healthcare to people with intellectual disabilities. Furthermore, communities provided only small numbers of healthcare providers to volunteer at Healthy Athletes. To address this gap, Special Olympics Côte d'Ivoire established a partnership with the Ministry of Health, which led to the development of a more inclusive healthcare system with a focus on achieving optimal health outcomes.

HEALTHY ATHLETES SCREENINGS



96

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



100%

TOTAL CASH AND VALUE-IN-KIND



\$2,000

ATHLETES IN ONGOING HEALTH  
EACH YEAR



225



"My son was very isolated before Healthy Communities, but now he has joined a fitness group and wants to become a Health Messenger. He is happier and much more social."

– Parent



## Golisano Health Leadership Award Spotlight

Coulibaly Madiarra Judith is a parent of a Special Olympics athlete and was instrumental in developing the partnership with the Ministry of Health in Côte d'Ivoire. Her work also secured funding for health activities.





# SPECIAL OLYMPICS GHANA

FUNDED 2020

Special Olympics Ghana worked through Healthy Communities to bridge the gap between healthcare access, healthcare provision, and health education for athletes and their families, as well as the broader intellectual disability population in Ghana. In Ghana, healthcare services are costly, and gaining access to healthcare is often the most challenging aspect of receiving care. To address this need, Special Olympics Ghana partnered with organizations that provide healthcare volunteers and follow-up care for athletes who present with health care needs. Their network of partners (e.g., UNFPA-Ghana and WHO-Mental Health Authority of Ghana) provides direction on how to access financial support for health care and health education and promotes inclusion and rights for people with intellectual disabilities.

REFERRALS CONNECTED TO CARE



100%

TOTAL CASH AND VALUE-IN-KIND



\$4,000



## Golisano Health Leadership Award Spotlight

The Ghana Education Service ensures that all Ghanaian children receive inclusive and equitable formal education, regardless of disability status. Their Special Education Division partnered with Special Olympics Ghana to support health programming and ensure athletes and their families have the resources they need to live healthy lives.



“It is exciting to work to improve access and healthcare for our athletes. The training and hands-on experience are so valuable. Healthy Communities makes it possible to collect, analyze, and disseminate data related to the health status of people with ID, which then allows us to advocate.”

– Dr. Lawrence Kofi Acheampong, MedFest Clinical Director



# SPECIAL OLYMPICS KENYA

FUNDED 2016-2018

The Healthy Communities work conducted by Special Olympics Kenya worked to transform the perceptions of local community members and healthcare providers towards people with intellectual disabilities. Prior to Healthy Communities, the healthcare needs of people with intellectual disabilities were ignored. People with intellectual disabilities are often marginalized and isolated from society and even from their own families. Through Healthy Communities, healthcare providers and medical students received training focused on developing more inclusive mindsets and skills to provide appropriate care. Training provided through Family Health Forums encourages parents and caregivers to engage directly with health professionals and share their lived experiences.



HEALTHY ATHLETES SCREENINGS



11,430

REFERRALS CONNECTED TO CARE



85%



## Golisano Health Leadership Award Spotlight

Lions Sight First Eye Hospital provided access to vision care for Special Olympics Kenya athletes. Over 4,000 athletes have directly benefited from free services, including surgery. They provided treatment for athletes who have vision, dental, and audiological care needs. Additionally, their healthcare providers led Family Health Forums, disseminating vital health education to both athletes and their families.

ATHLETES IN ONGOING HEALTH EACH YEAR



3,625

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



356

TOTAL CASH AND VALUE-IN-KIND



\$437,420

"For many years, I had a problem with my ears. I was not able to hear clearly, and it affected my learning in school. Other learners were not interacting with me. They either shouted for me to hear them or ignored me. After treatment by Special Olympics, I am able to hear, and I have gained more friends."

– Kevin Otieno, Special Olympics Kenya athlete





# SPECIAL OLYMPICS MAURITIUS

**FUNDED 2017-2020**

For Special Olympics Mauritius, Healthy Communities had a multifaceted impact. Prior to Healthy Communities, Healthy Athletes consisted of screenings in only Health Promotion. Now, Special Olympics Mauritius also offers MedFest, Special Smiles, and Strong Minds. Physical and mental health have become a year-round focus for coaches, athletes, and families, positively impacting sport performance and daily life. Greater advocacy and awareness efforts also drew attention to the importance of maintaining healthy lifestyles for people with intellectual disabilities more broadly. Partnerships were also established to strengthen the healthcare system for people with intellectual disabilities throughout the country.



HEALTHY ATHLETES SCREENINGS



**3,575**

REFERRALS CONNECTED TO CARE



**100%**



## Golisano Health Leadership Award Spotlight

Mr. S. P. Roussety is the Commissioner of Health on Rodrigues Island. He secured medical equipment and volunteers to support the health work of Special Olympics Mauritius. He was also a strong champion of health, raising awareness of the health needs of people with intellectual disabilities.

ATHLETES IN ONGOING HEALTH EACH YEAR



**608**

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**114**

TOTAL CASH AND VALUE-IN-KIND



**\$133,543**

"I was a medical student when I started volunteering for Special Olympics Mauritius. Healthy Communities gave me the experience that I needed to understand patients with intellectual disability and see things from another point of view."

– Dr Rajiv Rai Sookha, Healthcare Provider





# SPECIAL OLYMPICS NIGERIA

FUNDED 2017-2020

Special Olympics Nigeria used Healthy Communities to change the status quo regarding health for people with intellectual disabilities. Historically, Nigerian families faced barriers to accessing quality healthcare for children with intellectual disabilities. Poor quality of treatment and attitudes from medical providers and lengthy waits resulted in families turning to local herbalists and engaging in self-medication, which, in many cases, worsened health conditions. Healthy Communities provided an opportunity to raise awareness of the severe health disparities between those with and without intellectual disabilities. Private and public partners were leveraged to promote inclusive practices and train and empower athletes and caregivers to become strong advocates for health equity and quality healthcare. Training and hands-on experience provided medical professionals and health science students with best practices for providing quality care to those with intellectual disabilities. Partnerships with organizations ensured athletes received quality healthcare services at little or no cost.



## HEALTHY ATHLETES SCREENINGS



5,075

## REFERRALS CONNECTED TO CARE



95%



## Golisano Health Leadership Award Spotlight

Max International provided charitable contributions to the Healthy Communities work of Special Olympics Nigeria, which supported the creation of inclusive communities. Their partnership included a focus on vision and oral health care for people with intellectual disabilities and generous donations of equipment for Opening Eyes and Special Smiles.

## ATHLETES IN ONGOING HEALTH EACH YEAR



2,256

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



312

## TOTAL CASH AND VALUE-IN-KIND



\$103,566

"I had been following Special Olympics Nigeria for many years on social media, but had not participated actively. I am now glad to be one of the doctors that treat these athletes. I hope that the fight for inclusive health for people with intellectual disabilities in health systems will be successful."

– Dr. Oladunjoye A.A., a healthcare provider in Nigeria





# SPECIAL OLYMPICS RWANDA

FUNDED 2018-2020

Special Olympics Rwanda made important strides toward improving health for those with intellectual disabilities. Healthy Communities provided community education on improving nutrition through better food selection, the importance of hygiene and sanitation to reduce the spread of disease, the use of bed nets and early detection to reduce the impact of malaria, and the importance of COVID-19 immunization for both athletes and their families. This educational programming translated into healthier lifestyles for people with intellectual disabilities. Beyond overall health education, fitness programming provides coaches, athletes, and families with tools to track daily nutrition and daily fitness participation. This work contributed to improved health outcomes for athletes throughout the country.

## HEALTHY ATHLETES SCREENINGS



2,000

## HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



100%

## REFERRALS CONNECTED TO CARE



13%



## Golisano Health Leadership Award Spotlight

Sulfo Rwanda Industries partnered with Special Olympics Rwanda on water, sanitation, and hygiene programming. Working with schools that serve children with special needs, Sulfo provided tippy taps, water drums, soap, and hand sanitizer to athletes. They also sponsored the National Games in Rwanda and provided healthy snacks and drinking water at competitions.



## ATHLETES IN ONGOING HEALTH EACH YEAR



120

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



52

## TOTAL CASH AND VALUE-IN-KIND



\$15,287

“During health training, I have been able to talk to families of children with intellectual disability, learning a lot from them about their children’s abilities. I will continue volunteering in the program whenever called upon.”

– Francoise Umurungi Kikissagbe,  
Healthcare provider and clinical  
volunteer in Rwanda





# SPECIAL OLYMPICS SÉNÉGAL

FUNDED 2017-2020

Special Olympics Sénégal focused their Healthy Communities work on ensuring healthcare access and quality for athletes. Prior to the start of Healthy Communities, the health system in Sénégal was not supportive of the needs of people with intellectual disabilities. Special Olympics Sénégal worked with healthcare providers and students to ensure they had the necessary training to provide care for people with intellectual disabilities. They ensured athletes had access to providers and healthcare settings that could meet their health care needs and empowered parents and caregivers with the tools necessary to advocate for quality care in those settings. Additionally, a partnership with the Senegalese Society of Pediatrics expanded their follow-up care network.



## HEALTHY ATHLETES SCREENINGS



13,371

## REFERRALS CONNECTED TO CARE



46%



## ATHLETES IN ONGOING HEALTH EACH YEAR



169

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



329

## TOTAL CASH AND VALUE-IN-KIND



\$157,786



## Golisano Health Leadership Award Spotlight

Speak Up Africa is an NGO specializing in advocacy that partnered with Special Olympics Sénégal to advocate for the health of people with intellectual disability. Focus areas include malaria, vaccinations, COVID-19 prevention, menstrual hygiene, sanitation and gender-based violence.

“After learning about COVID-19 from Special Olympics’ health awareness activities, I got vaccinated. I explained to my mother that I must be vaccinated, even if other members of the family didn’t want to be. As a Health Messenger, it is my responsibility to lead by example.”

– Gérard Diedhiou, Health Messenger for Special Olympics Sénégal





# SPECIAL OLYMPICS UGANDA

FUNDED 2016-2018, 2020

In Uganda, Healthy Communities focused on shifting attitudes toward creating an inclusive community for those with intellectual disabilities. Prior to Healthy Communities, healthcare providers had limited consideration for the health and healthcare needs of people with intellectual disabilities. Family members and their broader communities did not prioritize the health of people with intellectual disabilities, often due to a lack of information and financial burden. As a result of training and education, athletes and people with intellectual disabilities are now able to access the same health services as the general population. Communities have become more accepting, enabling athletes to live more fulfilled lives.



HEALTHY ATHLETES SCREENINGS



2,617

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



33%

REFERRALS CONNECTED  
TO CARE



72%



## Golisano Health Leadership Award Spotlight

Dr. Simon Peter Muwanguzi, an optometrist, is the longest-serving Healthy Athletes Clinical Director in Uganda. Dr. Muwanguzi is committed to promoting health for people with intellectual disability. He has provided vision care to athletes and trained student optometrists to deliver inclusive care.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



180

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



189

TOTAL CASH AND VALUE-IN-KIND



\$180,557

“I was never trained on how to provide care to people with intellectual disability. After working with Special Olympics, my mindset about this population has changed. I welcome people with intellectual disability into my medical practice and encourage my medical colleagues to do the same.”

– Dr. Charlotte Murungi



# ASIA PACIFIC REGION OVERVIEW



## Healthy Community Spotlight: Special Olympics Thailand

Special Olympics Thailand was one of the original 8 pilot sites for Healthy Communities. Ten years later, their partnership with Rajanukul Institute, the Office of Basic Education, the Department of Health, and UNICEF Thailand has installed an annual national health screening, led by public health professionals in school settings, that reaches 51 provinces. This national program has provided health screenings to over 30,000 children with intellectual disabilities and trained 1,237 healthcare professionals and volunteers. They successfully leveraged these relationships during COVID, resulting in a dedicated vaccine provision to athletes by the Department of Health.

“Towards the end of 2021, Special Olympics Asia Pacific hosted our first Regional Healthy Communities Expo. The virtual event was inspired by the richness of the health programming implemented across the region over the past 5 years through the support of the Golisano Foundation and our strong desire to grow this work. Each year, it has become more and more apparent that the Healthy Communities Programs were making incredible strides in the effort to improve their athletes’ health. This event created a platform to share successes among Special Olympics Programs, and their partners, and accelerate the momentum we have created.

The Expo highlighted how Programs have addressed the most significant barriers to care in their countries: In the Maldives, there is no financial barrier to primary care, but long waiting times make accessing care prohibitive. SO Maldives were able to address this by holding screenings and providing care in the disciplines and locations where the need was the greatest—effectively removing the waiting list. SO Pakistan was able to take this a step further and partner with Layton Rahmatulla Benevolent Trust Eye Hospital, who opened up their 19 eye hospitals and 58 clinics for priority free eye care for people with intellectual disabilities, including surgery. Special Olympics Papua New Guinea was able to advance this concept even further as their athlete leaders successfully secured the provision of a clause within the National Health Policy that specifies the inclusion of individuals with ID in health service provision.

There are countless more examples, from India to Japan, of innovation and reform, but I think our biggest achievement is not simply elevating the many successes, but driving an insatiable appetite across the region to deepen our health programming, to do more, and that is powerful.”

**Dipak Natali,**  
Regional President and Managing Director  
Special Olympics Asia Pacific



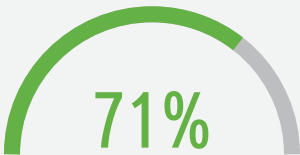
32,113

Healthy Athletes screenings



53

Average number of health partners engaged each year



Referrals connected to care



\$500,070

Total cash and value-in-kind



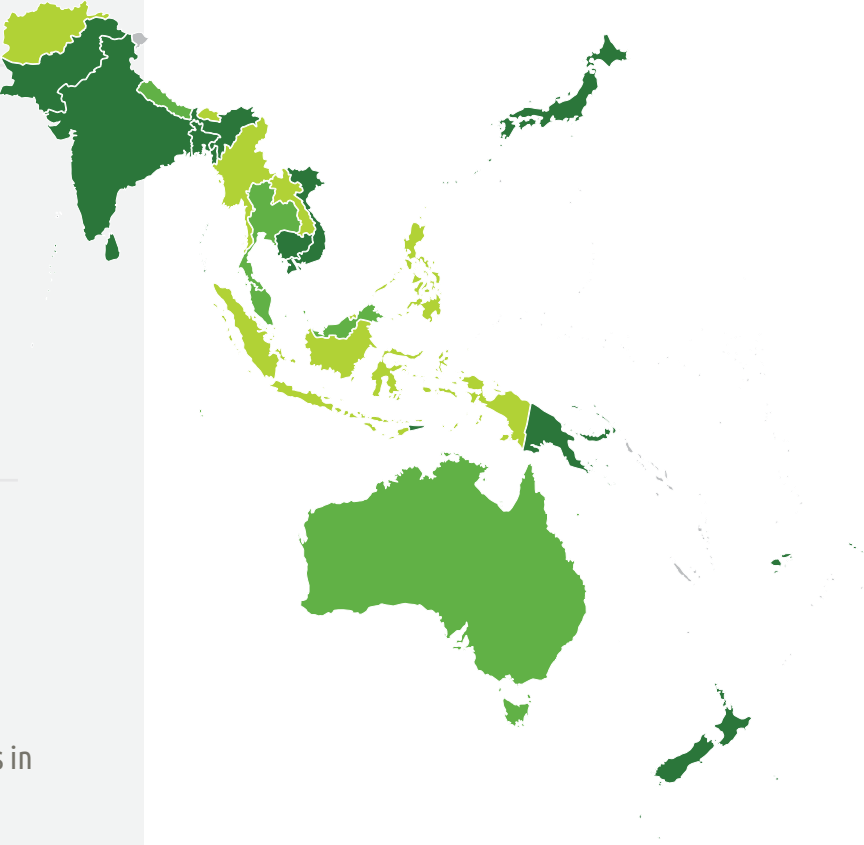
893

Average number of athletes in ongoing health each year



915

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Initiated Healthy Communities Work
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS BANGLADESH

**FUNDED 2016-2018**

In Bangladesh, Healthy Communities has focused on educating and empowering families, developing partnerships to open opportunities for health care. Before Healthy Communities was introduced, Special Olympics Bangladesh implemented Healthy Athletes screenings but found few opportunities for follow-up care. Special Olympics Bangladesh worked to raise awareness of health disparities for people with intellectual disabilities. Teaching effective communication and advocacy skills, they educated families on how to speak with health care providers about the health needs of their family members with intellectual disability. Special Olympics Bangladesh has also established many community-based partnerships, including ones with The Lions Eye Institute Hospital and Friends Dental, which have opened healthcare access for people with intellectual disabilities.



HEALTHY ATHLETES SCREENINGS



**2,435**

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



**32%**

REFERRALS CONNECTED  
TO CARE



**99%**



## Golisano Health Leadership Award Spotlight

Dr. Shahidul Haque is an Opening Eyes Clinical Director and optometrist with the Lions Eye Institute Hospital. He was instrumental in providing access to eye care for people with intellectual disability. Further, his work at the Lions Eye Institute Hospital provided personalized care to people with intellectual disability from healthcare providers and served as a model for other hospitals and partners in Bangladesh.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



**130**

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



**185**

TOTAL CASH AND VALUE-IN-KIND



**\$64,974**

"With the help of Special Olympics Healthy Communities, I am now aware of how we can get help from the health professionals for my son. I am expressing my gratitude to Special Olympics for making my child a healthy athlete."

– Mst Sufia Khatun, Parent



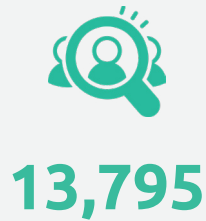


# SPECIAL OLYMPICS BHARAT

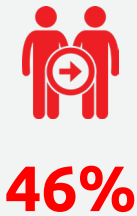
FUNDED 2018-2020

Special Olympics Bharat utilized Healthy Communities to transform access to health care for athletes. Prior to Healthy Communities, athletes had access to health care in emergency scenarios but did not have access to regular healthcare services. Special Olympics Bharat educated healthcare providers to see the inequity in care for those with intellectual disabilities and to provide access to routine health checkups and preventive services. In Bharat, athletes and their families felt a particular problem was with access to dental services. Special Olympics Bharat developed a partnership with the India Dental Association (IDA). The IDA committed to providing year-round access to oral health care for athletes and their families at member clinics.

HEALTHY ATHLETES SCREENINGS



REFERRALS CONNECTED TO CARE



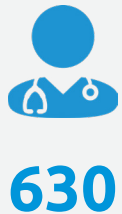
## Golisano Health Leadership Award Spotlight

The Aruna Abhey Oswal Trust supports Healthy Athletes and Family Health Forums throughout India. They provided significant funding and partnership through support of Lions Club Hospitals, health screenings and follow-up care, inclusive sports, and leadership development.

ATHLETES IN ONGOING HEALTH EACH YEAR



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



TOTAL CASH AND VALUE-IN-KIND



“Engaging with the athletes sensitized me to things that I may have missed out in my theory lessons. Theory can’t possibly connect you with an individual as much as engaging does. Being part of Special Olympics is not just about volunteering but it is about my personal growth and journey”

– Smruti Mishra, Healthcare Student





# SPECIAL OLYMPICS CAMBODIA

FUNDED 2020

Special Olympics Cambodia focused their Healthy Communities work on communication and community engagement. Employing radio and social media, Special Olympics Cambodia worked to disseminate educational and health messages throughout the country. They partnered with the Ministry of Health to reach Special Olympics athletes to inform them of COVID-19 protocols, stay-at-home orders, immunizations, and other COVID-19 prevention strategies. Special Olympics Cambodia also implemented virtual and at-home training programs to promote healthy living, including Unified Fitness clubs and Fit Families and Friends. At-home activities offered an opportunity to reach a large percentage of people with intellectual disabilities with fun and highly cost-effective programs. As a part of Healthy Communities, Special Olympics Cambodia also established strong health partnerships, including one with a government-funded charity, which provided a card to allow access to free or low-cost health care.

REFERRALS CONNECTED TO CARE



100%

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



28



"People with intellectual disabilities have the same rights as all people."

– Dr. Ung Sarann, Healthcare Provider

ATHLETES IN ONGOING HEALTH EACH YEAR



73

TOTAL CASH AND VALUE-IN-KIND



\$2,000

Beyond health education, Special Olympics Cambodia implemented Unified Fitness clubs and Fit Families and Friends, both of which were adapted to virtual and at-home training formats. At-home activities expanded the reach of programming while encouraging athlete and family participation at a low cost. As a part of Healthy Communities, Special Olympics Cambodia has also established strong health partnerships. This work led to a government-funded charity card that provided access to free or low-cost health care for people with intellectual disabilities and the broader community.





# SPECIAL OLYMPICS FIJI

**FUNDED 2017-2019**

Through Healthy Communities, Special Olympics Fiji focuses on raising awareness about the health disparities experienced by people with intellectual disability. Prior to Healthy Communities, Special Olympics Fiji was not engaging in health work. With the start of Healthy Communities, they established a team of trained volunteers to focus on Healthy Athletes and created partnerships with schools, sport, and healthcare organizations. Additionally, Special Olympics Fiji educated athletes and their families on healthy behaviors and provided referral information when athletes were identified with unmet health care needs at Healthy Athletes screenings.



HEALTHY ATHLETES  
SCREENINGS

**1,104**



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

**48%**



REFERRALS CONNECTED  
TO CARE

**100%**



AVERAGE ATHLETES IN  
ONGOING HEALTH EACH YEAR

**15**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**48**



TOTAL CASH AND VALUE-IN-KIND  
**\$47,550**



"I am so pleased that I did not have to take my daughter for special medical treatment. The Healthy Communities continued screening at all Special Olympics events and encouraged my daughter giving her a positive mindset to challenge her condition and live a healthy lifestyle and strive for more in her life."

– Parent

# SPECIAL OLYMPICS MALDIVES

**FUNDED 2020**

Through Healthy Communities, Special Olympics Maldives has created access to health care for athletes. Previously, athletes could receive free basic medical care in the Maldives, but other barriers prevented comprehensive care. Those with intellectual disabilities found access to medication difficult and had few access points for specialized care and preventive services. Special Olympics Maldives established partnerships to provide vision and dental care. This was transformational for athletes, as such services were often cost-prohibitive. Beyond screenings and access to health care, during the COVID-19 pandemic, Special Olympics Maldives trained coaches to conduct outdoor fitness sessions for athletes, contributing to positive physical and mental health outcomes.



HEALTHY ATHLETES  
SCREENINGS

**96**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**8**

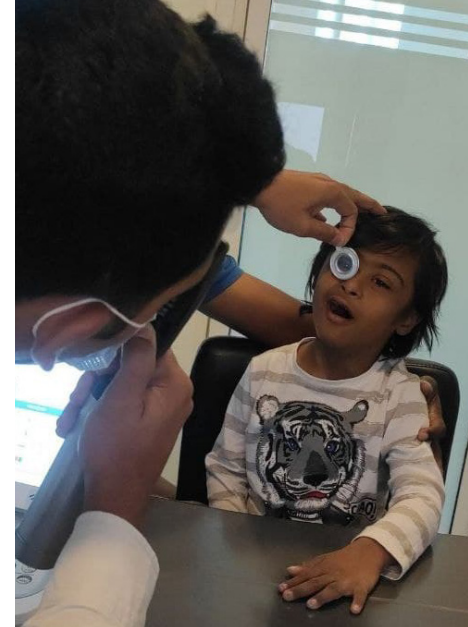


ATHLETES IN ONGOING  
HEALTH EACH YEAR

**17**



TOTAL CASH AND VALUE-IN-KIND  
**\$574**





# SPECIAL OLYMPICS NEW ZEALAND

FUNDED 2017-2019

The Healthy Communities work of Special Olympics New Zealand has focused on improving vision and eye care for people with intellectual disabilities. Opening Eyes screenings uncovered that 1 in 3 Special Olympics athletes in New Zealand needed new eyewear. In total, they have provided more than 3,800 Opening Eyes screenings, dispensed 1,450 pairs of eyewear, and successfully referred 300 athletes to care. Beyond screenings, Special Olympics New Zealand trained 135 optometrists to provide quality care to people with intellectual disabilities. Another highlight of their work is activating Health Messengers to communicate across social media platforms, providing social support and being a positive role model in health and fitness to their peers.

HEALTHY ATHLETES SCREENINGS



8,342

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



38%

REFERRALS CONNECTED  
TO CARE



20%



## Golisano Health Leadership Award Spotlight

Dr. Jeanine Doherty has been involved in Healthy Hearing screenings since the start of the program in 2005. She was trained as a Clinical Director at the 2007 Special Olympics World Summer Games in Shanghai, and she became the first Regional Clinical Advisor in Asia Pacific in 2012. Additionally, she has been an Athlete Health Representative Board Trustee since 2015.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



672

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



121

TOTAL CASH AND VALUE-IN-KIND



\$49,646

“Being a part of the Healthy Athletes program has improved my desire and empathy to work with individuals with special needs and broadened my skills and equipment so I can provide appropriate care.”

– Evan Brown, Opening Eyes  
Clinical Director



# SPECIAL OLYMPICS NIPPON

**FUNDED 2020**

Healthy Communities allowed Special Olympics Nippon to expand health programming into more parts of the country. Special Olympics Nippon remained active throughout the COVID-19 pandemic by offering interactive virtual programming. Virtual fitness activities, such as the Online Marathon, bring hundreds of athletes and their families together to encourage fitness but also for social support through a difficult period. For example, virtual yoga and fitness classes (in partnership with Toyota Sports and Anytime Fitness) provide opportunities to stay healthy and engage with others who may be homebound or otherwise isolated. Special Olympics Nippon realized they also needed to reach out to those in leadership and mentoring roles. To do this, they hosted virtual health education seminars for athletes and coaches with a focus on physical fitness and wellness, but also on COVID-19 prevention. Athlete leaders also met regularly to provide Special Olympics Nippon with honest, up-to-date feedback on programming.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



70

TOTAL CASH AND VALUE-IN-  
KIND



\$60,000

“Since joining the health program, my athlete’s attitude has been more positive than ever. He never stretched at home, but now he does. He preferred eating fast-food, but the frequency is decreasing. That’s a good sign.”

– Parent

## Golisano Health Leadership Award Spotlight

Through the global partnership with Anytime Fitness, Fast Fitness provides Unified Fitness opportunities to athletes and their families. They also supported virtual fitness opportunities throughout the COVID-19 pandemic.

# SPECIAL OLYMPICS PAKISTAN

**FUNDED 2016-2018, 2020**

In Pakistan, inequities in access to health care are a major concern across the country. Additionally, individuals with intellectual disabilities are less active and at higher risk for chronic disease than their neurotypical peers. Special Olympics Pakistan focused their Healthy Communities work on expanding access to health care and to promoting fitness among their athletes. To address access to care, Special Olympics Pakistan developed a partnership with 14 teaching hospitals and trained 316 health care professionals on strategies to improve outcomes for patients with intellectual disabilities. They also partnered with LRBT Eye Hospitals, which offers accessible vision care at 77 locations throughout Pakistan, to ensure that athletes could access vision care and treatment. Additionally, Special Olympics Pakistan engaged over 800 athletes in Fit 5 and Fit Families challenges and trained 60 Special Olympics coaches in sports nutrition. The increased access to health care in the community and the ability to participate in ongoing fitness programming are contributing to better health outcomes for people with intellectual disabilities in Pakistan.



HEALTHY ATHLETES  
SCREENINGS

2,467



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

29%



REFERRALS CONNECTED  
TO CARE

100%



ATHLETES IN ONGOING  
HEALTH EACH YEAR

145



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

146



TOTAL CASH AND VALUE-IN-KIND  
\$50,271



## Golisano Health Leadership Award Spotlight

The Layton Rahmatulla Benevolent Trust Eye Hospital had a significant impact on the lives of athletes and their families. Across Pakistan, 19 eye hospitals and 58 clinics provided access to eye care for people with intellectual disability. They provided follow-up care, including treatment and surgery, free of charge. Furthermore, they incorporated the Opening Eyes training into their curriculum for healthcare providers.

“It has been an amazing journey working with Special Olympics’ Healthy Athletes program and I am looking forward to many more years together as a volunteer. I have learned to be more patient and also about the importance of inclusion.”

– Mina Maqsood, Healthcare Provider



# SPECIAL OLYMPICS PAPUA NEW GUINEA

FUNDED 2017-2019

Special Olympics Papua New Guinea was concerned that those with intellectual disabilities living in rural areas had little access to medical or preventive services. Poor access and high costs of care served as such a high barrier that many athletes had never seen a doctor or dentist. People with intellectual disabilities were often cared for by parents or other family members and were commonly hidden in their homes and communities because of the social stigma. Through lobbying and advocacy from Special Olympics Papua New Guinea, the National Healthy Policy of Papua New Guinea now includes a clause for the inclusion of people with intellectual disability in services provided by the health department. Additionally, a partnership with Port Moseby General Hospital has provided vision, audiology, and oral health services to over 500 athletes referred to them for care.

## HEALTHY ATHLETES SCREENINGS



617

## HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



42%

## REFERRALS CONNECTED TO CARE



93%



## Golisano Health Leadership Award Spotlight

Dr. Andrew Ame went above and beyond to ensure athletes in Papua New Guinea received access to health services at the Port Moresby General Hospital. He also trained his staff on how to appropriately treat patients with intellectual disability.

## ATHLETES IN ONGOING HEALTH EACH YEAR



23

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



99

## TOTAL CASH AND VALUE-IN-KIND



\$89,400

“It is a great experience when us, Athlete Leaders, are able to calm the athletes down when they are afraid. It’s a good feeling when they see us and we are able to talk to them.”

– Grace Dindillo, Athlete Leader





# SPECIAL OLYMPICS SAMOA

FUNDED 2020

Special Olympics Samoa utilized Health Communities to bring much needed healthcare services to rural and remote areas of the country. Prior to Healthy Communities, roughly 50% of athletes indicated they had never had a routine health check-up. Moreover, families only sought medical care if their child with intellectual disability had a serious or urgent health condition. Healthy Communities made sure that athletes in rural and remote regions could access free health screenings. Newly available one-on-one visits with doctors allowed families to understand the importance of routine healthcare for children both with and without intellectual disabilities. The resources provided through Healthy Communities were invaluable in bringing needed healthcare services to families of children with intellectual disabilities.

HEALTHY ATHLETES SCREENINGS



1,097

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



71

REFERRALS CONNECTED TO CARE



46%



ATHLETES IN ONGOING HEALTH EACH YEAR



104

TOTAL CASH AND VALUE-IN-KIND



\$39,519

“Healthy Athletes is a good opportunity for me and other athletes who have difficulties in accessing health services in rural areas. It is very good for us to know how to care for our health and avoid any medical conditions that can easily affect us.”

– Falaniko Viane, Athlete





# SPECIAL OLYMPICS SERENDIB

**FUNDED 2019-2020**

Through Healthy Communities, Special Olympics Serendib expanded healthcare opportunities for people with intellectual disabilities to island communities with a significant need for healthcare services and access. Prior to Healthy Communities, Special Olympics Serendib did not have the resources to adequately serve these communities. Healthy Communities ensured they had the resources to provide Healthy Athletes screenings and could connect athletes in need to health care in their communities. To this end, Special Olympics Serendib partnered with a diverse team of medical staff, with expertise across specialty fields, to set up clinics to ensure that unmet longitudinal health needs were addressed. They also provided health education on the health needs of people with intellectual disabilities.



## Golisano Health Leadership Award Spotlight

Ms. Ivanka Fonseka is the manager of English Nursing of Sri Lanka and a longtime volunteer. Through her relationships with government and private hospitals, Ms. Fonseka encouraged doctors and other healthcare providers to work with people with intellectual disabilities. She referred athletes for care and ensured they received previously unavailable treatment and follow-up care.



"I was a student with visual impairment, but nobody recognized this until I was found to have a visual disability when my eyesight was tested at Special Olympics Serendib's eye clinic. The eye doctor gave me pair of spectacles after my screening. I can now see the letters and the pictures in my book and I can do all my work at school."

– Yasidu Dissanayake, Athlete





# SPECIAL OLYMPICS TIMOR LESTE

FUNDED 2019-2020

Through their Healthy Communities work, Special Olympics Timor Leste witnessed changes in attitudes towards people with intellectual disabilities at the community level. Before Healthy Communities, there was limited awareness of the social, emotional, and health needs of those with intellectual disabilities. Healthy Communities provided education to athletes, families, and community members on the needs of people with intellectual disabilities. Changes in perceptions towards people with intellectual disabilities have resulted in more inclusive communities overall. In addition to education, Special Olympics Timor Leste provides opportunities for people with intellectual disabilities to engage in regular physical activity and fitness. Ongoing, structured fitness programming leads to more physical activity and positive health outcomes for athletes.

HEALTHY ATHLETES SCREENINGS



251

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



40



ATHLETES IN ONGOING  
HEALTH EACH YEAR



50

“The families of athletes who participate in our Yoga and Zumba activities, say that the impact is positive on both physical and mental health. Athletes are able to keep their minds calm and find it easier to sleep comfortably. A positive impact for both athletes and their families.”

– Geraldino Da Costa, Special Olympics Timor Leste





# SPECIAL OLYMPICS VIETNAM

**FUNDED 2017-2019**

Through their Healthy Communities work, Special Olympics Vietnam has taken strides to engage family members and other key stakeholders in promoting health and fitness activities with athletes. Before Healthy Communities, families were not actively engaged in health and fitness. Instead, teachers were the primary support for athletes to participate in health and fitness programming. Healthy Communities enabled Special Olympics Vietnam to bring together families, coaches, and volunteers, both within schools and within the broader community. For example, they hosted biweekly fitness exercises and games for athletes and their families to promote physical activity. Special Olympics Vietnam also established partnerships with local and government sport centers so that families had ready access to facilities that made fitness possible.

## HEALTHY ATHLETES SCREENINGS



**726**

## HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



**43%**

## REFERRALS CONNECTED TO CARE



**89%**



## Golisano Health Leadership Award Spotlight

Ms. Kim Hop developed relationships with government sport centers to provide fitness opportunities for athletes. She also led virtual Fit5 initiatives and hosted Unified cooking classes for athletes and community members.

## ATHLETES IN ONGOING HEALTH EACH YEAR



**165**

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**106**

## TOTAL CASH AND VALUE-IN-KIND



**\$57,500**

“Seeing Special Olympics athletes full of energy and trying to practice every day to become better despite having to struggle with difficulties, has helped me grow a lot in terms of awareness.”

– Nguyenn Thi Hoang Kim,  
Basketball Coach



# EAST ASIA REGION OVERVIEW



### Strong Partnerships for Care:

In Mongolia, where nearly half the nation’s population lives in the capital city, partnerships are key to unlocking quality care for people with intellectual disabilities in both urban and rural communities. A collaboration between Special Olympics Mongolia and the World Health Organization developed in 2017 means people with intellectual disabilities are now included in the national health system. And partnerships with provincial health departments and medical universities have resulted in over 150 health care providers being trained to provide quality care to people with intellectual disabilities.

“In East Asia, we have consistently focused on the integration of our health programming with existing providers, especially Ministries of Health. For us, Heathy Communities are those with sustainable links to established providers who can provide the year-round care that we cannot.

Our Programs have achieved this in different ways. Special Olympics Mongolia has a myriad of partners, but it is their collaboration with the WHO that had the largest impact, as it resulted in all individuals with ID, including those in remote areas, being included in the national health information system.

Macau and Chinese Taipei also worked closely with their Ministries of Health and received recognition for their efforts, the latter of which developed a national-level government partnership to provide open access to health care for people with ID. Athletes with National Health Insurance now receive full physical examinations and specialty medical care in government clinics across the Programs. These services are inclusive and integrated into the medical care system for all people with ID and the care they provide is of a high quality as a result of the training provided by Special Olympics Chinese Taipei and Special Olympics Macau.

Special Olympics China has also built strong relations and developed a joint project plan with the Chinese government and their disability and sports agencies. This resulted in robust academic partnerships that continue to produce trained health professionals and open, year-round channels for medical consultations, health education, and some free treatment.

This evolution would not have been achieved without the support from the Golisano Foundation, for which we are most grateful. They provided us the resources to develop these relationships and demonstrate that integrated and inclusive health can be achieved in East Asia.”

**Freda Fung,**  
Regional President and Managing Director  
Special Olympics East Asia



19,075

Healthy Athletes screenings



29

Average number of health partners engaged each year



Referrals connected to care



\$482,055

Total cash and value-in-kind



439

Average number of athletes in ongoing health each year



1,223

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS CHINA

FUNDED 2016-2018

In China, Healthy Communities focused on developing local partnerships to ensure the sustainability of health programming. Special Olympics China identified two important partners: the Chinese government and the China Disability and Sport Agency, with whom they established partnerships with the prestigious Tongren Hospital (a leading eye hospital) and the Jingmei Group Hospital. These partners played an essential role in providing follow-up care to athletes. They ensured that athletes received comprehensive care, beginning with transportation to the hospitals, where experienced doctors were assigned to their care and provided consultation and free treatment. Additionally, Tongren Hospital is committed to providing over 300 free medical consultations per year for athletes. Special Olympics China also trained over 1,000 healthcare providers.



HEALTHY ATHLETES SCREENINGS

10,594



REFERRALS CONNECTED TO CARE

67%



AVERAGE ATHLETES IN ONGOING HEALTH EACH YEAR

71



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR

1,031



TOTAL CASH AND VALUE-IN-KIND

\$161,629



## Golisano Health Leadership Award Spotlight

The Hua Dong Hospital, based in Shanghai, formed a medical volunteer team for Healthy Athletes and established a year-round health project team. The team, led by Dr. Ying Feng, promoted equal health rights for people with intellectual disability in China. The Hua Dong Hospital also worked with special schools and community centers to introduce wellness programs and ensure year-round access to quality healthcare for people with intellectual disability.

# SPECIAL OLYMPICS CHINESE TAIPEI

FUNDED 2017-2019

In Chinese Taipei, Healthy Communities quickly established a partnership with the national government to provide easy, open access to healthcare for people with intellectual disabilities. Through the partnership, Special Olympics Chinese Taipei ensured athletes screened and identified with health care needs had access to comprehensive and free follow-up specialty care in government clinics across the region. Such services are inclusive and integrated into the national medical care system. Special Olympics Chinese Taipei also trained healthcare providers to provide quality care to people with intellectual disabilities and hosted Healthy Athletes screenings throughout the northern and southern regions.



HEALTHY ATHLETES SCREENINGS

4,606



REFERRALS CONNECTED TO CARE

100%



AVERAGE ATHLETES IN ONGOING HEALTH EACH YEAR

172



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR

228



TOTAL CASH AND VALUE-IN-KIND

\$77,700



“Exercise not only changes my body, it changes my mind also. Keep learning and moving forward. Don't be afraid of any challenge”

– Jerry Chen, Athlete



# SPECIAL OLYMPICS MACAU

FUNDED 2019-2020

In Macau, Healthy Communities worked to raise awareness on health issues for people with intellectual disabilities and the value of maintaining healthy lifestyles. Prior to Healthy Communities, Special Olympics Macau offered only sports training to athletes. They had no partners for their health work. Healthy Communities enabled Special Olympics Macau to partner with healthcare provider groups and educate providers from a variety of specialty healthcare fields on the unmet health care needs of people with intellectual disabilities. Training and education have helped to reduce the stigma attached to people with intellectual disabilities. Additional partnerships also allowed for the expansion of Healthy Athletes and the facilitation of follow-up care for athletes identified with health care concerns.



HEALTHY ATHLETES SCREENINGS



877

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



141

REFERRALS CONNECTED  
TO CARE



94%



## Golisano Health Leadership Award Spotlight

We Care Dental Center provided preventive dentistry and follow-up care at a significantly discounted rate to athletes. Follow-up care services include dental fillings, dental implants, and extractions. Their dental practitioners were also trained to work with people with intellectual disabilities and make any necessary accommodations during dental examinations and procedures.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



139

TOTAL CASH AND VALUE-IN-KIND



\$122,340

"After participating in Special Olympics I no longer have to worry about my son's health. My son was able to get a hearing aid through Healthy Athletes and now our daily conversations are much easier. He also takes the initiative to improve his lifestyle, has changed his dietary habits, and shares all that he has learned with me so that we can all be healthy"

– Chio Ha, Parent





# SPECIAL OLYMPICS MONGOLIA

FUNDED 2017-2019

In Mongolia, stigma and access were felt to be two priority issues that required attention to improve the health of those with intellectual disabilities. Special Olympics Mongolia established partnerships with ties to the community, including governmental health departments, private organizations, and hospitals. A collaboration with the World Health Organization led to the development of the Health of Children with Disabilities program. Beyond partnerships, Special Olympics Mongolia also educated state social welfare officers on intellectual disabilities to build their capacity to support families and increase access to social services for athletes. Additionally, Special Olympics Mongolia utilized wellness and fitness programming as a forum to reduce social stigma and build community acceptance for people with intellectual disabilities. Their Unified Fitness program had broad reach, engaging athletes, Unified partners, and families in rural regions of the country. They also provided health screenings and education through Family Health Forums in these rural areas.



HEALTHY ATHLETES SCREENINGS



2,998

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



57%

REFERRALS CONNECTED TO CARE



94%



## Golisano Health Leadership Award Spotlight

The National Trauma and Orthopedic Research Center of Mongolia engaged healthcare providers and medical staff in providing equitable healthcare access to people with intellectual disabilities. They organized a national training for orthopedic surgeons and promoted participation in Fit Feet. They also connected athletes to follow-up care as needed.

ATHLETES IN ONGOING HEALTH EACH YEAR



395

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



686

TOTAL CASH AND VALUE-IN-KIND



\$120,386

“As an Athlete and Health Messenger I have been encouraging other athletes to be fit and exercise. I have chosen a profession in fitness because of Special Olympics and currently attend the Mongolian National Institution of Physical Education to become a professional coach. I hope to help many more athletes in the future”.

– Amarsanaa Ulziibayar, Athlete



# EUROPE EURASIA REGION OVERVIEW



## The Heartbeat of the World

The Special Olympics World Games, hosted in Austria, was the largest sporting and humanitarian event of 2017. The Games brought together 2,700 athletes and 1,000 coaches representing 107 countries to compete in 9 winter sports. In total, 42 new Healthy Athletes Clinical Directors from around the globe were trained to lead health screening events in their home countries. Another 770 health care professionals and students gained hands-on-experience volunteering at Healthy Athletes. A total of 6,300 screenings were performed across 7 Healthy Athletes disciplines.

“With 58 diverse countries and established public health systems, one might have anticipated challenges in bringing about tangible, inclusive health reforms across Europe Eurasia. The focus and commitment offered by our national Special Olympics organizations have proved otherwise. We are proud to have leveraged the support of the Golisano Foundation to generate commitments from new partners like the European Economic Area and Norway Grants and the United Nations Population Fund, representing a growing cadre of key stakeholders driving significant programming across the region.

Progress has been achieved in large and small countries alike. Special Olympics Belgium influenced national policy by allowing reimbursements for people with identification in their national health insurance, affecting nearly 30,000 Belgians with Intellectual Disabilities. Special Olympics Cyprus influenced policy, ensuring Cyprus’ new national health system, which was rolled out in 2019, allows people with ID to enjoy lifelong coverage and choose any provider they like. These changes have been driven by Special Olympics health data and programming. In Sweden, data showed that gingival signs were 20% higher, and adult obesity rates 46% higher, in individuals with ID that were not Special Olympics athlete and demonstrated the value of Special Olympics and drove new levels of support from the Ministry of Health.

These are but a few of the many accomplishments in the Europe-Eurasia region—a clear reflection of how impactful the support from Tom Golisano is. His vision to improve the health of individuals with ID is being realized, and further still, he has inspired a generation of providers, institutions, and civil society leaders to make his vision a reality for all. We at Special Olympics Europe Eurasia are incredibly grateful.”

**David Evangelista,**  
Regional President and Managing Director  
Special Olympics Europe Eurasia

28,631

Healthy Athletes screenings

117

Average number of health partners engaged each year



Referrals connected to care



\$2,509,920

Total cash and value-in-kind



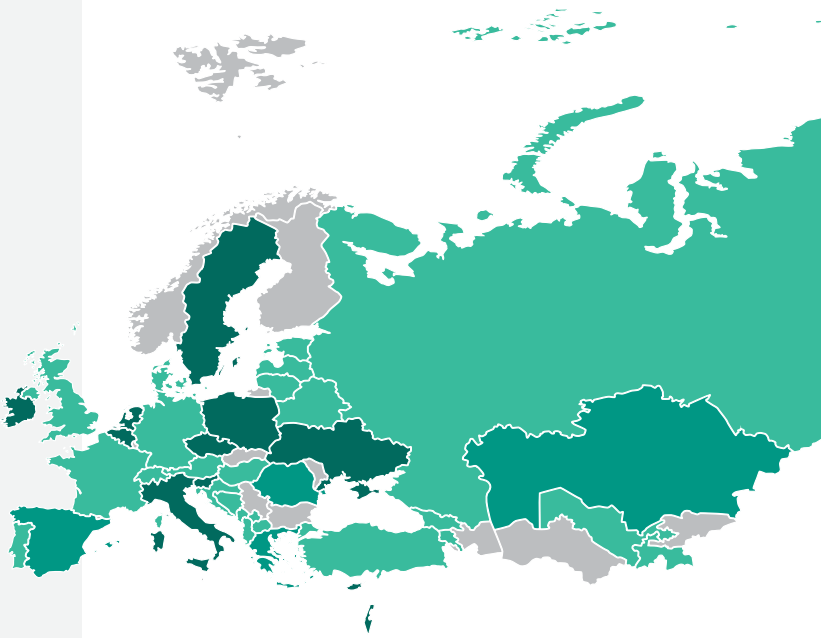
4,690

Average number of athletes in ongoing health each year



1,497

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Initiated Healthy Communities Work
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS BELGIUM

FUNDED 2016-2018

In Belgium, Special Olympics found that nutrition in institutional settings was a major concern for those with intellectual disabilities. As such, Healthy Communities in Belgium focused on improving nutrition for adults with intellectual disabilities living in these settings. They recruited nutrition experts to partner with key staff at residential institutions (e.g., chefs and leadership) and develop healthier menus that accommodated the needs of individuals with difficulty swallowing. Furthermore, Special Olympics Belgium established national partnerships with Nestlé Health Science and the Ministries of Health, which provided financial stability to health programming and promoted systematic change in healthcare access across Belgium. Special Olympics Belgium also educated healthcare providers, provided year-round health promotion activities for athletes, and increased access to follow-up care. To address poor access to dental care, Health Care Belgium worked to increase reimbursement for dental providers delivering care to people with intellectual disabilities, thereby increasing access for people with intellectual disabilities across the country.



HEALTHY ATHLETES SCREENINGS



9,097

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



41%

REFERRALS CONNECTED  
TO CARE



82%



## Golisano Health Leadership Award Spotlight

The Johnson & Johnson Family of Companies in the Benelux collaborated with Special Olympics Belgium and Special Olympics Netherlands to improve healthcare quality for people with intellectual disability. To achieve this goal, they trained healthcare providers and students to work with people with intellectual disability.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



39

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



559

TOTAL CASH AND VALUE-IN-KIND



\$932,038

“Healthy Communities has made Special Olympics Belgium even more credible in the field of health. It has allowed us to form partnerships with the Ministry of Health and attract two new health sponsors, Nestlé Health Science and Johnson & Johnson. We are truly improving the health of people with intellectual disability.”

– Annelies Matthe, Special Olympics Belgium





# SPECIAL OLYMPICS CYPRUS

FUNDED 2018-2020

Special Olympics Cyprus used Health Communities to obtain a commitment from their government to provide year-round health promotion education and activities for athletes and their families. They implemented health education workshops, expanded Healthy Athletes screenings, and raised awareness of the health inequities faced by people with intellectual disabilities. Special Olympics Cyprus also played an active role in changing health policy in their country. For example, they developed a governmental partnership that established a 2019 national law requiring the Cyprus general health system to provide free health services and increase access to people with intellectual disabilities.

HEALTHY ATHLETES SCREENINGS



523

REFERRALS CONNECTED TO CARE



87%



## Golisano Health Leadership Award Spotlight

Constandia Voniatis is the Lions Governor of North Greece-Cyprus. She played an important role as a spokesperson for Healthy Communities. Furthermore, Cyprus Lions provided health screenings in their mobile clinics and follow-up care at free or reduced cost to athletes.

ATHLETES IN ONGOING HEALTH EACH YEAR



130

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



155

TOTAL CASH AND VALUE-IN-KIND



\$37,473

“Now I know how to achieve my fitness goals through physical activity and nutrition. Through physical activities, I met other athletes who became my friends, and I am looking forward to spending time more together.”

– Christos Kasoulides, Athlete





# SPECIAL OLYMPICS CZECH REPUBLIC

FUNDED 2016-2018

In their Healthy Communities work, Special Olympics Czech Republic worked at the local level to implement the *Health Impact Triangle*. They reached out to local chapters, universities, and municipalities to develop partnerships to expand access to health care for those with intellectual disabilities. In six geographic regions, health triangles consisted of 1) a local Special Olympics club, 2) a university, and 3) a municipality. The teams worked collaboratively to develop education and outreach materials, provide access to regular fitness and wellness opportunities, and develop a system for follow-up care after Healthy Athletes screenings. Using this approach, Special Olympics Czech Republic expanded their health programming beyond health awareness into health implementation, which increased inclusion for people with intellectual disabilities.



## HEALTHY ATHLETES SCREENINGS



3,764

## REFERRALS CONNECTED TO CARE



60%



## Golisano Health Leadership Award Spotlight

Dr. Jiří Jandl and Dr. Olga Jandlova are Special Smiles Clinical Directors. Having volunteered for over 13 years, Dr. Jandl and Dr. Jandlova were exceptionally committed to providing screenings and quality dental care to thousands of athletes.



## ATHLETES IN ONGOING HEALTH EACH YEAR



214

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



408

## TOTAL CASH AND VALUE-IN-KIND



\$35,099

"It is my first time in this event (speaking of a health program). I have some problems with health. This could be good for my health."

– Jane, Athlete



# SPECIAL OLYMPICS IRELAND

FUNDED 2017-2019

Special Olympics Ireland focused their Healthy Communities work on ensuring health activities and partnerships made Ireland more inclusive for athletes and their families. For example, they trained healthcare providers and health science students to understand the unique health needs of people with intellectual disabilities. These programs opened doors and improved both access and understanding of those with intellectual disabilities. Special Olympics Ireland also expanded Young Athletes. Just a few years into the program, enrollment grew from 35 to nearly 400 athletes. The impact of Young Athletes had a ripple effect, with benefits extending beyond the athletes to their families and communities. Additionally, Special Olympics Ireland has developed extensive partnerships across the nation. Healthy Communities was essential to developing the Health and Wellbeing Program in Ireland. Members of this forward-thinking program include Dental Health Ireland, Mental Health Ireland, University College Dublin, and Trinity College, among others.



HEALTHY ATHLETES SCREENINGS



2,707

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



44%

REFERRALS CONNECTED TO CARE



94%



## Golisano Health Leadership Award Spotlight

Alan McCague is a Fit Feet Clinical Director and the Fit Feet Regional Clinical Advisor for the Special Olympics Europe Eurasia Region. He played a key role in the 2003 World Summer Games in Ireland and has continued to lead the Fit Feet program. He also delivered training to new Fit Feet Clinical Directors to ensure the sustainability of the discipline.

ATHLETES IN ONGOING HEALTH EACH YEAR



4,949

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



161

TOTAL CASH AND VALUE-IN-KIND



\$487,736

“We had a Health Promotion WhatsApp group, which really helped the athletes motivate each other, especially encouraging their competitive side in their ‘Steps Challenge’. I provided daily health tips so knowledge from each workshop could be reinforced in everyday life. I feel like the athletes now understand the role of food in their health and sports performance.”

– Seanin, Healthcare Provider



# SPECIAL OLYMPICS ISRAEL

## FUNDED 2020

In Israel, Healthy Communities work focuses on changing policies and integrating healthy choices into the daily lives of people with intellectual disabilities in their local communities. Prior to Healthy Communities, Israel had limited policies ensuring adults with intellectual disabilities residing in residential centers received opportunities for physical activity. As a result, many people with intellectual disabilities lived sedentary lives. To address this gap, in partnership with the Ministry of Social Welfare, Special Olympics Israel developed fitness workout guidelines for institutions, based on Fit5 and School of Strength. Notably, they also worked to change day center policies to establish a minimum physical activity requirement for people with intellectual disabilities. Special Olympics Israel also created an inclusive health platform to provide health education materials and resources to athletes in easy-to-read formats.



AVERAGE ATHLETES IN  
ONGOING HEALTH EACH YEAR

**1,150**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**181**



TOTAL CASH AND VALUE-IN-KIND  
**\$231,00**



“Prior to Healthy Communities, I had no one to talk to about the anxiety I felt when visiting the doctors. Special Olympics gave me the confidence to ask the doctor to speak slowly and repeat what he said. It was the first time I went to the doctor by myself.”

– Orit Musli, Athlete

### Golisano Health Leadership Award Spotlight

Ziv Israeli is the National Director of the School Sports Federation in Israel. Ziv and his team played an instrumental role in establishing sports clubs and sports programming within special schools for students with intellectual disability.

# SPECIAL OLYMPICS ITALY

## FUNDED 2020

Special Olympics Italy utilized Healthy Communities to focus on education for healthcare providers and the activation of Health Messengers. Prior to Healthy Communities, Special Olympics Italy had limited health activities beyond an annual Healthy Athletes screening event. With the start of Healthy Communities, they turned their focus to integrating prevention and wellness programming into their work. They hosted health seminars and trained Health Messengers on healthy lifestyles and health advocacy. During the COVID-19 pandemic, Special Olympics Italy developed new methods for dissemination of health education and prevention activities, including early COVID-19 detection and vaccination. They also provided virtual health screenings and virtual programming to facilitate continued athlete participation. Health Messengers were engaged to promote healthy behaviors with peers.



HEALTHY ATHLETES  
SCREENINGS

**127**



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

**60%**



REFERRALS CONNECTED  
TO CARE

**13%**



AVERAGE ATHLETES IN  
ONGOING HEALTH EACH YEAR

**2,996**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**90**



### Golisano Health Leadership Award Spotlight

Vito Cozzoli is the President of Sport and Health. He advocated the importance of inclusion in sports and school courses. During the COVID-19 pandemic, Sport and Health were instrumental in addressing the need for virtual programming.

“The Healthy Communities program is a wonderful initiative because in addition to improving the health of our children, we don’t feel alone in facing intellectual disability.”

– Angiolo Batignani, Parent



# SPECIAL OLYMPICS MALTA

FUNDED 2018-2020

Through Healthy Communities, Special Olympics Malta focused on moving beyond sports programming to working with the educational system, including universities, to serve people with intellectual disabilities. For example, the Faculty of Dental Surgery at the University of Malta introduced an educational module focused on Special Care Dentistry. Healthy Communities also contributed to more health-conscious athletes. With increased health programming in nutrition and fitness, athletes became more aware of their health and took ownership of their lifestyle choices. To reinforce health messaging, Special Olympics Malta trained Athlete Leaders to advocate for healthy lifestyles. Athlete Leaders shared their health knowledge and prescriptions for heath in their role as mentors to peers and community members.



HEALTHY ATHLETES SCREENINGS



3,355

REFERRALS CONNECTED TO CARE



100%



ATHLETES IN ONGOING HEALTH EACH YEAR



394

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



121

TOTAL CASH AND VALUE-IN-KIND



\$105,515

“My son is a Special Olympics Malta Athlete and has found it difficult to communicate with others. Special Olympics Malta has helped Jonathan break this barrier and encouraged him to take care of his health. My son lost significant weight, following a healthy diet and using the Special Olympics Health and Fitness Trainer.”

– Irene Camilleri, Parent

## Golisano Health Leadership Award Spotlight

Dr. Sylvana Mifsud is a dental surgeon who focused her Master’s degree on the effectiveness of school-based oral health programs for people with intellectual disability. She dedicated her professional life to serving people with intellectual disabilities by teaching good oral health and creating welcoming oral health screening environments for athletes.



# SPECIAL OLYMPICS NETHERLANDS

FUNDED 2017-2019

Through Healthy Communities, Special Olympics Netherlands provides year-round health education to athletes. They organized an annual “Month of Health,” which consisted of 6 workshops on physical activity and movement, nutrition, social relationships, sexual health, and stress management. They also hosted a popular “Pledge All is Health” campaign, which focused on healthy nutrition at Special Olympics events. Furthermore, Special Olympics Netherlands formed strong alliances, including one with Positive Health, an educational institute for people with intellectual disabilities. Additionally, they partnered with the Lions Club to promote Healthy Athletes screenings. They also trained an Athlete Health Ambassador who was active in health programming, presented at events, hosted meetings, and shared his health journey.



HEALTHY ATHLETES SCREENINGS



1,234

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



78%

REFERRALS CONNECTED TO CARE



100%



ATHLETES IN ONGOING HEALTH EACH YEAR



130

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



157

TOTAL CASH AND VALUE-IN-KIND



\$383,360

“You win medals not only by training hard, but also living healthy. Good food, water, and exercise is important. Rest is also important. You won’t win medals by just training hard!”

– Peter le Clercq, Athlete



## Golisano Health Leadership Award Spotlight

Rob Viveen was the Lions’ Coordinator for Healthy Athletes. He valued health for people with intellectual disability and trained volunteers and provided financial support for Healthy Athletes screening for 18 years.



# SPECIAL OLYMPICS POLAND

FUNDED 2016-2018

Healthy Communities enabled Special Olympics Poland to expand Healthy Athletes screenings and establish new partnerships. Indeed, their Healthy Athletes program grew to include all disciplines. Partnerships with healthcare agencies were created to support screening events and provide follow-up care to athletes identified with health care concerns. They also garnered financial support from new partners for fitness programming, including the implementation of SO Fit workshops. During the COVID-19 pandemic, Special Olympics Poland utilized social media to engage athletes. They provided virtual fitness activities, Young Athletes, and seminars for Athlete Leaders. They also organized and presented at conferences to ensure the availability of health education for people with intellectual disabilities and their families and communities.



## HEALTHY ATHLETES SCREENINGS



5,894

## REFERRALS CONNECTED TO CARE



87%



## ATHLETES IN ONGOING HEALTH EACH YEAR



251

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



653

## TOTAL CASH AND VALUE-IN-KIND



\$143,889

“We work with our Athlete Leaders to share their healthy activities and food choices on social media.”

– Special Olympics Poland



## Golisano Health Leadership Award Spotlight

Dr. Anna Nadolska is a Fit Feet Clinical Director and an Assistant Professor at the Poznań University of Physical Education. As a professor, Dr. Nadolska focused on inclusion. She trained healthcare students to provide quality psychological support and adapted physical activity to people with intellectual disabilities.



# SPECIAL OLYMPICS SLOVENIA

FUNDED 2017-2019

Through Healthy Communities, Special Olympics Slovenia expanded their health programming in the areas of fitness, nutrition, and wellness. Prior to Healthy Communities, work in these areas was limited and smaller in scope. After the implementation of Healthy Communities, Special Olympics Slovenia began to reach hundreds of athletes through monthly educational workshops on nutrition and fitness. They also created fitness clubs across the country. During the COVID-19 pandemic, these fitness clubs allowed athletes to remain engaged in fitness. Furthermore, Special Olympics Slovenia educated healthcare providers and students on how to provide care to people with intellectual disabilities. These trainings were so successful that many trained healthcare providers and students opted to volunteer at Healthy Athletes events.



HEALTHY ATHLETES SCREENINGS



763

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



30%

REFERRALS CONNECTED TO CARE



79%



## Golisano Health Leadership Award Spotlight

Thermana Lasko is a hotel group that provided space and accommodation for activities hosted by Special Olympics Slovenia. These activities include Healthy Athletes screenings events, monthly health workshops for athletes, and training for healthcare providers and students.

ATHLETES IN ONGOING HEALTH EACH YEAR



100

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



111

TOTAL CASH AND VALUE-IN-KIND



\$52,830

“Such projects are extremely important, and, as a preventive measure, can have a significant impact on the lives of individuals. And that’s exactly why I’m proud and happy to have been a part of this project. All participants can use this in regular physical activity.”

– Iva Jurov, Healthcare Provider





# SPECIAL OLYMPICS SWEDEN

FUNDED 2019-2020

Through Healthy Communities, Special Olympics Sweden established partnerships between sport and community stakeholders to increase sports access for those with intellectual disabilities. Special Olympics Sweden and Parasport Sweden worked with local sports clubs to adapt programming for those with intellectual disabilities. They also created a health education platform in partnership with Mid Sweden University and local municipalities to recruit Clinical Directors and promote inclusive health and programming. During the COVID-19 pandemic, Special Olympics Sweden provided fitness training at group homes to athletes who were previously not participating in physical or sports activities. They also provided virtual resources about physical activity, nutrition, and health to support athletes' ongoing participation.

HEALTHY ATHLETES SCREENINGS



990

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



100%



HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



101

TOTAL CASH AND VALUE-IN-KIND



\$100,000



“Sport means everything. You always get the opportunity to be yourself in sports. Start playing sports, it’s good for your health, and for your soul. You grow as a human being.”

– Mikael Malmer, Athlete

## Golisano Health Leadership Award Spotlight

Johanna Oskarsson is a FUNfitness Clinical Director. She was highly engaged in the digital training platform, Para-Pepp, and played an instrumental role in providing adapted lessons to athletes within local sport clubs.



# SPECIAL OLYMPICS UKRAINE

## FUNDED 2020

With the start of Healthy Communities, Special Olympics Ukraine focused on the expansion of their health programming, including healthcare access and health education. They expanded the reach of Healthy Athletes screenings and incorporated new disciplines into yearly events. They also provided education and training to healthcare providers, students, and volunteers on the health needs of people with intellectual disabilities. Special Olympics Ukraine also formed key partnerships to support their health efforts. For example, they garnered support from the Ministry of Social Policy and the Ministry of Education and Science for health programming.

### HEALTHY ATHLETES SCREENINGS



177

### HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



57%

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

Sergiy Komissarenko, the former Deputy Prime Minister of Ukraine, displayed important leadership and advocacy for access to quality healthcare for people with intellectual disability. He initiated and founded Healthy Athletes in Ukraine and was responsible for the expansion of Healthy Athletes at medical events.

### ATHLETES IN ONGOING HEALTH EACH YEAR



680

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



41

### TOTAL CASH AND VALUE-IN-KIND



\$980

“I am convinced that the implementation of Healthy Communities is essential for any country, and especially for countries where there are restrictions in obtaining quality medical care for people with intellectual disability. This project helps to provide additional training for doctors of various specialties, expands their knowledge and skills, and helps to provide better recommendations for further health prevention.”

– Svetlana Kostruk, Fit Feet Clinical Director





# LATIN AMERICA OVERVIEW



## Frontline Health Workers:

Community Health Workers (CHW), especially in remote and rural areas are the first — and often only — link to essential health services. Special Olympics partnered with the Community Health Impact Coalition, Catholic Relief Services, the International Red Cross and Red Crescent Societies, and the US Special Envoy for Health to co-develop training to ensure frontline workers know how to effectively work with people with intellectual disabilities. Guatemala, Honduras, and Puerto Rico piloted this training in 2019 and found that it positively impacted the beliefs and confidence of CHWs in working with people with intellectual disabilities.

“To me, Healthy Communities was always about transitioning from events to care. And not just care after events such as screenings, but also building real partnerships with Ministries of Health, NGOs, and Development Agencies to ensure that our athletes are able to receive health care when they need it. That is what we’ve set out to change in Latin America.

We’re proud that even after a few short years, we’re beginning to achieve this goal. Both Guatemala and Nicaragua have demonstrated that their work with public, private, and non-profit providers have resulted in inclusive changes and year-round access for athletes. They have systematically addressed the barriers that many athletes face, including financial, by applying free or reduced rates for care as well as devices. This is a critical component since the specialized care or medical devices that athletes often require are prohibitively expensive. But that is no longer the case in these countries, as well as other countries such as Chile, who have leveraged their partnerships with academic institutions to access specialized care for athletes.

Training is a significant factor in this success — not just for health professionals and students — but officials from the Ministry of Health, educators, Ministry of Education officials and community health workers. This increased awareness and information sharing has strengthened collaboration in countries like Paraguay where dedicated services, including transport to services, are now earmarked for athletes to access health care regularly as well as preventive services like vaccinations.

Although COVID dampened our efforts to scale and amplify much of this work over the past 2 years, it certainly has not dampened our enthusiasm. We look forward to expanding relationships across the region to reach the goal of year-round access and care.”

**Claudia Echeverry,**  
Regional President and Managing Director  
Special Olympics Latin America



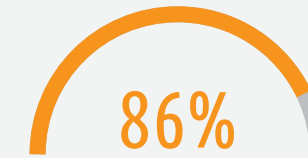
## 38,559

Healthy Athletes screenings



## 64

Average number of health partners engaged each year



Referrals connected to care



## \$1,493,261

Total cash and value-in-kind



## 889

Average number of athletes in ongoing health each year



## 2,840

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Initiated Healthy Communities Work
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS CHILE

FUNDED 2018-2020

Special Olympics Chile utilized Healthy Communities to expand their health work, ranging from Healthy Athletes screenings to inclusive health education and prevention of negative health outcomes for people with intellectual disabilities. They engaged stakeholders and provided health education to healthcare providers, educators, and people with intellectual disabilities and their families. Their work was done through trainings for healthcare providers and students on best practices for providing quality care and through Family Health Forums for families. These educational trainings resulted in increased knowledge about intellectual disabilities and more inclusive practices.



HEALTHY ATHLETES SCREENINGS



4,705

REFERRALS CONNECTED TO CARE



57%



## Golisano Health Leadership Award Spotlight

Rinat Ratner is Director of Nutrition and Dietetics at the Universidad del Desarrollo. She established a training program for students on the health needs of people with intellectual disability and was recognized for her work encouraging faculty, students, and graduates to promote athlete health and nutrition.



ATHLETES IN ONGOING HEALTH EACH YEAR



319

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



435

TOTAL CASH AND VALUE-IN-KIND



\$211,665

“We are active collaborators, helping our athletes and talking with family members and coaches. This has been tremendously rewarding for us, because we realize that, with a simple activity, we can generate a very great impact on the health of athletes, and also promote inclusion.”

– Cristián Sepúlveda Schröder, Healthcare Provider and Volunteer





# SPECIAL OLYMPICS COSTA RICA

FUNDED 2016-2018

Since implementing Healthy Communities, Special Olympics Costa Rica has developed a comprehensive health program that incorporated training for healthcare providers and students and focused on health promotion and disease prevention for athletes. Before Healthy Communities, their health programming was limited to one-time Healthy Athletes events. Now they are able to emphasize the value of health for both sport and overall athlete well-being.



HEALTHY ATHLETES SCREENINGS



8,444

REFERRALS CONNECTED  
TO CARE



95%



## Golisano Health Leadership Award Spotlight

Dr. Eva Cortez is the Director of the Dentistry Career at the Latin American University of Science and Technology of Costa Rica. She worked to ensure all dental students at the university had training to provide care to people with an intellectual disability. Dr. Cortez also enabled athletes with dental care needs to receive services through the university.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



300

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



924

TOTAL CASH AND VALUE-IN-KIND



\$501,095

“I learned to brush my teeth 3 times a day, and now I always do it. Plus, now I eat healthy foods and exercise at least 3 times a week. Now I feel good about what I learned.”

– Daniel Morales Facio, Athlete





# SPECIAL OLYMPICS EL SALVADOR

FUNDED 2019-2020

Prior to Healthy Communities in El Salvador, health activities were limited to Healthy Athletes screenings. Now athletes are connected to follow-up care as needed and there is access to Young Athletes and Family Health Forums. Partnerships were also developed with universities and governmental organizations. This enabled Special Olympics El Salvador to train healthcare providers and students on how to provide quality care to individuals with intellectual disabilities. Additionally, Health Messengers were utilized to positively influence peers through education and advocacy efforts in fitness and overall health.



HEALTHY ATHLETES SCREENINGS



600

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

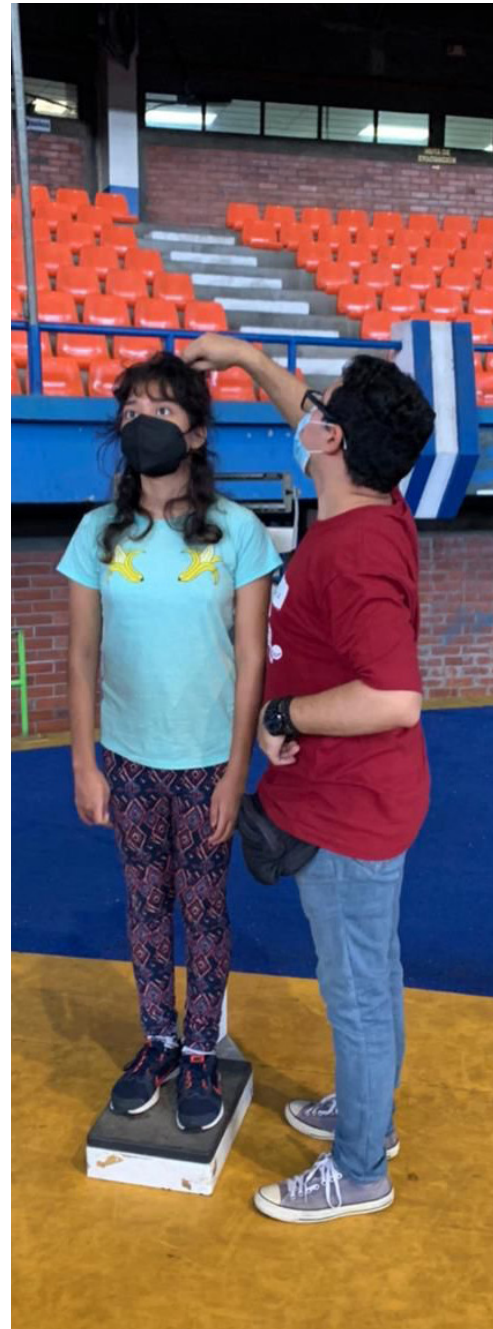


33%

REFERRALS CONNECTED  
TO CARE



100%



## Golisano Health Leadership Award Spotlight

Dr. Nelly Garcia, a dentist, was instrumental in expanding Healthy Athletes and ensuring athletes have access to quality oral health care. Dr. Garcia also worked to improve training for healthcare providers and students on providing quality care to people with intellectual disabilities.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



425

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



138

TOTAL CASH AND VALUE-IN-KIND



\$34,000

"Since the health initiatives began, we started to implement everything we were learning, and we experienced positive changes in the lives of our children. They have adopted new healthy habits including not biting their nails, choosing healthier foods and sleeping better. We are very happy with the changes we are experiencing."

– Cecilia Rodriguez, Parent





# SPECIAL OLYMPICS GUATEMALA

FUNDED 2018-2020

Special Olympics Guatemala collaborated with partners to positively impact the lives of athletes and their families. In Guatemala, challenges related to centralization of services, socioeconomic conditions, lack of trained healthcare providers, and limited knowledge about the health and rights of people with intellectual disabilities are pervasive. Through Healthy Communities, athletes and their families have participated in health education, enabling them to learn about the importance of healthy habits, hygiene, nutrition and fitness. This contributed to healthier athletes and more knowledgeable family members. Special Olympics Guatemala is now established as a resource to families. They partner with community and governmental organizations in both cities and rural communities across the country.



HEALTHY ATHLETES  
SCREENINGS

2,363



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

43%



REFERRALS CONNECTED  
TO CARE

66%



ATHLETES IN ONGOING  
HEALTH EACH YEAR

393



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

419



TOTAL CASH AND VALUE-IN-KIND  
\$121,023



## Golisano Health Leadership Award Spotlight

Visión Integral supports follow-up ophthalmological care for athletes at no cost or reduced cost, enabling athletes to improve in sport through better vision.

“Meeting and caring for athletes with an intellectual disability allowed me to grow as a person and as a professional. Their energy is contagious and makes me want to get even more involved. I am trying to get more colleagues, students, and other professionals involved with this movement to improve the health of all.”

– Diana Arias, Health Promotion  
Clinical Director

# SPECIAL OLYMPICS NICARAGUA

FUNDED 2018-2020

Through Healthy Communities, Special Olympics Nicaragua formed alliances with healthcare providers, universities, and teachers to improve health outcomes for people with intellectual disabilities and empower families to become health advocates. Prior to Healthy Communities, many families did not understand the importance of having their child with intellectual disability receive routine medical exams. Physical and emotional health, nutrition, and, in some cases, even school attendance, were also not priorities. After participation in Family Health Forums, trainings, and workshops, families engaged in Healthy Communities recognized the value of physical and emotional health and disease prevention for individuals with intellectual disabilities. This contributed to improved health outcomes and attitudes.



HEALTHY ATHLETES  
SCREENINGS

2,858



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

89%



REFERRALS CONNECTED  
TO CARE

89%



ATHLETES IN ONGOING  
HEALTH EACH YEAR

1,154



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

174



TOTAL CASH AND VALUE-IN-KIND  
\$49,250

## Golisano Health Leadership Award Spotlight

The Universidad Autonoma de Nicaragua partnered with Special Olympics Nicaragua to provide athletes and families contact with experts in nutrition, psychology, and physiotherapy. The partnership provided access to care for athletes and trained faculty and students on best practices for providing quality care to individuals with an intellectual disability.



“Healthy Communities helped me improve my personal hygiene, eating habits, communication with other people, and my sports. Now I am a Health Messenger in my community. To avoid illness, I play soccer to maintain my physical health.”

– Michael Francisco Guzmán Jiménez,  
Health Messenger



# SPECIAL OLYMPICS PANAMA

FUNDED 2017-2019

The Healthy Communities focus of Special Olympics Panamá was providing health education to athletes and training healthcare providers and students on inclusive health. As part of their work, Special Olympics Panamá hosted a nutrition education workshop, and taught cooking and fitness classes. They used social media campaigns to promote these and other activities and hosted Family Health Forums for athletes and their families. Following these activities, Special Olympics Panamá observed a shift in lifestyle choices made by athletes. For example, they found more athletes requesting fruits and vegetables as snacks at practices and tournaments. Special Olympics Panamá also partnered with health programs at universities to train healthcare students on the health needs of people with intellectual disabilities and the provision of quality health care. Hands-on experience was provided to healthcare students at Healthy Athletes. Partnerships for Healthy Hearing and Opening Eyes were particularly successful, resulting in both trained student volunteers and connections to follow-up care for athletes.

HEALTHY ATHLETES SCREENINGS



3,801

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



55%

REFERRALS CONNECTED TO CARE



78%



## Golisano Health Leadership Award Spotlight

Universidad Especializada de las Américas has provided clinical volunteers and support to Special Olympics Panamá since 1997. Furthermore, from the first year of training, their curricula for healthcare students includes didactic training and practical experience working with people with intellectual disability.



ATHLETES IN ONGOING HEALTH EACH YEAR



118

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



283

TOTAL CASH AND VALUE-IN-KIND



\$45,181

“The Healthy Communities project is really good for me and my peers. Through these activities, we can have better health. I am grateful for the people providing the health screening and teaching us about living a healthy life. As an athlete leader, it is important for me share with others my experience and education in health.”

– Julio Barrera, Athlete Leader





# SPECIAL OLYMPICS PARAGUAY

FUNDED 2016-2018

Special Olympics Paraguay partnered with universities to provide training opportunities for healthcare providers and students. They also focused on increasing access to quality healthcare for people with intellectual disabilities. Prior to Healthy Communities, athletes identified with health conditions through Healthy Athletes screenings had no place to go to receive treatment. To address this need, Special Olympics Paraguay formed a partnership with the Ministry of Health to ensure all athletes identified with health care needs could access care. Furthermore, training provided through Healthy Communities resulted in changes in attitudes held by healthcare providers and medical students towards people with intellectual disabilities.



HEALTHY ATHLETES SCREENINGS



7,605

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



37%

REFERRALS CONNECTED TO CARE



99%



## Golisano Health Leadership Award Spotlight

Dr. Antonio Carlos Barrios Fernández, a neonatologist, was the Minister of Health in Paraguay. His support was fundamental to the success of Healthy Communities, which provides the Special Olympics Paraguay team with support throughout the nation.

ATHLETES IN ONGOING HEALTH EACH YEAR



47

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



1,120

TOTAL CASH AND VALUE-IN-KIND



\$124,795

“I am really very grateful for the opportunity to allow my son to solve some health problems that were not within our reach. I am very grateful to Special Olympics Paraguay and the Hospital de Clínicas for their excellent care.”

– Pabla Núñez, Parent





# SPECIAL OLYMPICS PUERTO RICO

**FUNDED 2019-2020**

Before the start of Healthy Communities, the work of Special Olympics Puerto Rico focused entirely on sports programming. Since, their work has diversified, with a new focus on developing tools to educate healthcare providers on the needs of individuals with intellectual disabilities. Healthy Communities created alliances with community organizations committed to reducing health disparities and changed attitudes and priorities. Additionally, athletes trained as Health Messengers were empowered to be their own health advocates and to promote health and inclusion for all people with intellectual disabilities in Puerto Rico.



REFERRALS CONNECTED  
TO CARE

**100%**



ATHLETES IN ONGOING  
HEALTH EACH YEAR

**101**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**52**



TOTAL CASH AND VALUE-IN-KIND  
**\$53,800**



## Golisano Health Leadership Award Spotlight

Dr. Pedro Rivera Soto is a central collaborator in Special Olympics Puerto Rico's health initiatives. He provides educational opportunities on health disparities to external organizations and engages Health Messengers in his work.

"Healthy Communities has been transformational for our whole family. Jihan has acquired awareness of her health and well-being. It is very rewarding to see Jihan taking control of her health, making better choices and teaching others to do so."

– Ivette Rios, Parent

# SPECIAL OLYMPICS VENEZUELA

**FUNDED 2016-2018**

Through Healthy Communities, Special Olympics Venezuela impacted care provision. In Zulia State where the project was targeted, the majority of the population experienced economic hardship. This greatly impacted people with intellectual disabilities, as care was often unavailable. Special Olympics Venezuela used a community-based model as part of Healthy Communities, collaborating with medical organizations and universities to identify and address the causes of health conditions for people with intellectual disabilities. This resulted in timely and comprehensive healthcare services becoming available to people with intellectual disabilities in the region.



HEALTHY ATHLETES  
SCREENINGS

**8,183**



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

**21%**



REFERRALS CONNECTED  
TO CARE

**100%**



ATHLETES IN ONGOING  
HEALTH EACH YEAR

**864**



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

**1,189**



TOTAL CASH AND VALUE-IN-KIND  
**\$352,452**



## Golisano Health Leadership Award Spotlight

Dr. Alis Ramos, a professor of education with a specialization in intellectual disability, was instrumental in developing partnerships with governmental and non-governmental organizations necessary for sustainable change toward inclusive health.

"I participated in the ophthalmology conference held at the University Hospital of Maracaibo, where I was diagnosed with toxoplasmosis and partial blindness in the right eye through the use of retinophotography. Then, I was treated by the team of that care center, allowing me to now enjoy my favorite television programs."

– Elián Nava, Athlete



# MIDDLE EAST / NORTH AFRICA OVERVIEW



## Meet the Determined:

The 2019 Special Olympics World Games, hosted by the city of Abu Dhabi, was the first Special Olympics World Games held in the Middle East / North Africa Region. More than 7,000 athletes from 200 countries competed in 24 sports. Healthy Athletes broke the record for most screenings at any Special Olympics World Games: 19,757 screenings! Additionally, Special Olympics-Lions Club International Opening Eyes gave athletes 837 pairs of eyeglasses and Starkey Hearing Technologies and Starkey Hearing Foundation fitted 254 hearing aids for athletes from 71 countries.

“We must never underestimate the power of Special Olympics World Games to move the needle on inclusion of individuals with intellectual disabilities — including their health. It was always our vision that the 2019 World Games in Abu Dhabi would bring about lasting change for the health of our athletes in the United Arab Emirates, and we’re confident that we achieved that.

Through the support of the Golisano Foundation, we’ve built Healthy Communities in a number of countries across the MENA region. Jordan, Mauritania, Lebanon, Egypt and Morocco have all made great accomplishments, and importantly, their experience helped us to shape our legacy in the UAE.

The health programming at the 2019 World Games was a great demonstration of Healthy Communities: Partnerships with public, private and academic institutions; mass training and activation of over 500 health professionals and officials; the provision of screenings and onsite care to over 5,000 participating athletes; and the presence and support of the country’s highest level of leadership—Crown Prince of Abu Dhabi Sheikh Mohammed bin Zayed Al Nahyan and Crown Prince of Dubai Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum.

All of these components undoubtedly led to the health legacy that we celebrate today, namely the establishment of Special Olympics UAE’s Unified Healthcare Providers program in 2021 and the issuance of Law No. 3 of 2022 on the rights of people with disabilities in the emirate of Dubai. This law sets forth the rights of people with disabilities and the services that relevant entities must provide, including access to rehabilitation, healthcare, therapeutic and social services.

I’m proud that we have demonstrated how Games might leave a health legacy and look forward to promoting this model within our movement.”

**Ayman Wahab,**  
Regional President and Managing Director Middle East North Africa



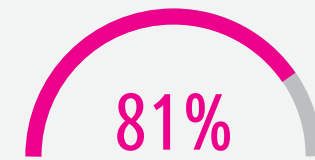
7,580

Healthy Athletes screenings



33

Average number of health partners engaged each year



Referrals connected to care



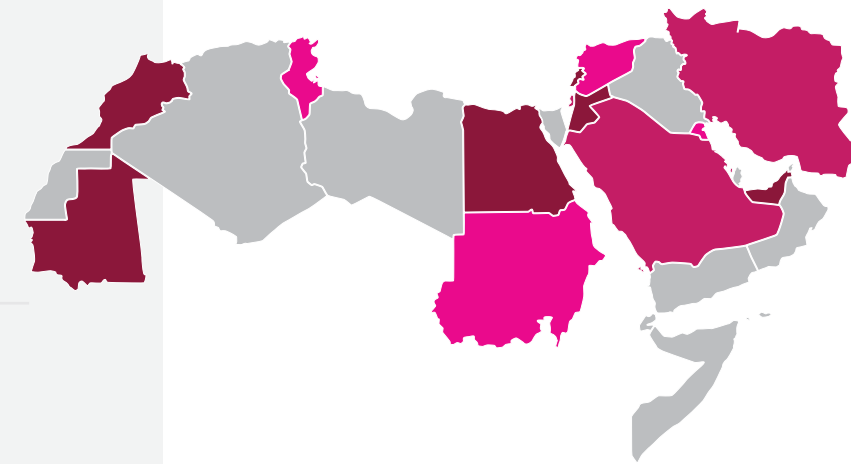
\$265,693


Total cash and value-in-kind



896

Average number of athletes in ongoing health each year



-  Held a Healthy Athletes Event
-  Initiated Healthy Communities Work
-  Received funding for a 3-year Healthy Communities Project



649

Average number of healthcare professionals and students trained each year



# SPECIAL OLYMPICS EGYPT

FUNDED 2016, 2018-2019

For Special Olympics Egypt, Healthy Communities raised awareness in the medical community about the needs of people with intellectual disabilities. The goal was to ease fears about providing care to a vulnerable population that was often unfamiliar to them. This was of particular importance as people with intellectual disabilities in Egypt often have difficulty finding medical care. The Healthy Communities work of Special Olympics Egypt also helped athletes and their families understand which types of health concerns were treatable. Providing education enables families to embrace health and promote healthier lifestyles for all children, both with and without intellectual disabilities. As a result of these activities, Special Olympics Egypt witnessed a reduction in stigma around intellectual disabilities. The communities they serve become more accepting, and the athletes experience better health outcomes.



HEALTHY ATHLETES SCREENINGS



4,237

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



31%

REFERRALS CONNECTED TO CARE



84%



## Golisano Health Leadership Award Spotlight

Telecom Egypt is a key sponsor of Special Olympics Egypt and is invested in Healthy Communities and improving health outcomes for people with intellectual disabilities. They supported follow-up care for athletes, covering the costs of optometry and dental care. This made vision and dental treatment possible for athletes for whom such care was previously out of reach.



ATHLETES IN ONGOING HEALTH EACH YEAR



625

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



427

TOTAL CASH AND VALUE-IN-KIND



\$213,800

“My son was suffering from constant screaming, inability to eat, and hitting his mouth. The dental treatment he received because of Healthy Communities changed all that. No longer being in pain, his behavior has changed and he is able to eat. And life for our family improved significantly.”

– Ean Elhayah Mahmoud, Parent





# SPECIAL OLYMPICS JORDAN

**FUNDED 2017-2019**

Healthy Communities in Special Olympics Jordan focused on overcoming challenges related to health literacy and healthcare access. Prior to this work, quality healthcare was often out of reach for people with intellectual disabilities. This was the result of the high cost of care, lack of insurance coverage, and a lack of skills by healthcare providers caring for those with intellectual disabilities. There was also a pervasive social misunderstanding around the healthcare needs of people with intellectual disabilities. Through Healthy Communities, Special Olympics Jordan provided health education for athletes and their families. Health activities were brought into sport practice to promote healthier behavior. They also partnered with Hashemite University to engage healthcare providers and students with a new curriculum aimed at providing the knowledge and skills necessary for the delivery of quality healthcare for people with intellectual disabilities. This contributed to shifts in attitudes toward intellectual disabilities among healthcare providers.



HEALTHY ATHLETES SCREENINGS



**1,426**

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



**30%**

REFERRALS CONNECTED  
TO CARE



**84%**



## Golisano Health Leadership Award Spotlight

Dr. Kamal El Din Bani Hani is the President of Hashemite University. Dr. Bani Hani engaged over 500 university professors and students in a conference on improving the health of people with intellectual disabilities. He also developed a course entitled "Healthy Communities in Special Olympics" for university students.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



**113**

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



**245**

TOTAL CASH AND VALUE-IN-KIND



**\$183,000**

"Healthy Communities has had a positive impact on my daughter and my family. We now pay great attention to selecting healthy foods and having healthy habits. It has benefited our whole family."

– Mohand Alkhateeb, Parent





# SPECIAL OLYMPICS LEBANON

**FUNDED 2018-2020**

Special Olympics Lebanon focused their Healthy Communities work on family engagement, fitness activities, and access to follow-up care. Healthy Communities fostered inclusion of people with intellectual disabilities in their communities and in healthcare. During the COVID-19 pandemic, Special Olympics Lebanon utilized virtual platforms (e.g., Zoom and WhatsApp groups) to connect with athletes in their homes. They shared COVID-19 prevention materials and resources for maintaining physical and mental health during lockdown. Through advocacy and partnerships, over 1,000 athletes received COVID-19 vaccines.



HEALTHY ATHLETES SCREENINGS



628

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



93%

REFERRALS CONNECTED  
TO CARE



100%



## Golisano Health Leadership Award Spotlight

Dalaa Hospital provided inclusive healthcare and accessible services to people with intellectual disabilities. Their management and medical teams put their resources and skills in the service of Special Olympics Lebanon athletes to address their health care needs.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



413

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



220

TOTAL CASH AND VALUE-IN-KIND



\$67,300

“Mental health is essential. This is true for anyone, including people with intellectual disability. Healthy Communities offering virtual programming on exercise, preventing COVID-19, and staying connected to family and friends is very important. This will help athletes return to their normal lives and hit the ground running again after the pandemic.”

– Dr. Maysar Sarieddine,  
Healthcare Provider

## SPECIAL OLYMPICS MAURITANIA

FUNDED 2020

Special Olympics Mauritania focused their Healthy Communities work on expanding health screenings, connecting athletes to follow-up care, increasing athlete fitness, and providing ongoing education to athletes and their families and healthcare providers. Special Olympics Mauritania also established partnerships with hospitals, foundations, and governmental ministries to ensure easier access to healthcare services for people with intellectual disabilities. As a result, they raised awareness on the unique health needs of people with intellectual disabilities throughout the country. During the COVID-19 pandemic, Special Olympics Mauritania educated athletes and families on COVID-19 prevention strategies and leveraged their partnerships to provide health kits to athletes to assist them in staying healthy at home.



HEALTHY ATHLETES SCREENINGS

49



HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS

100%



REFERRALS CONNECTED TO CARE

100%



ATHLETES IN ONGOING HEALTH EACH YEAR

577



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR

389



TOTAL CASH AND VALUE-IN-KIND

\$22,500



### Golisano Health Leadership Award Spotlight

Dr. Abdallahi Biram connected athletes to follow-up care after Healthy Athletes and was a champion for ensuring quality health care for people with intellectual disabilities in Mauritania. Additionally, he provided care to athletes with epilepsy-related medical needs.

“As a Health Messenger, I became one of the important people in my family and in my community. My confidence in myself has increased even more. I became more attentive to my health and realized the importance of exercise and healthy eating. My physical and mental health have increased greatly.”

– Mohamed Tolba, Health Messenger

## SPECIAL OLYMPICS MOROCCO

FUNDED 2020

Special Olympics Morocco utilized Healthy Communities to implement fun and innovative health programming and develop a virtual health presence during the COVID-19 pandemic. To promote athletes’ activity outside of sports practice, Special Olympics Morocco provided opportunities for yoga, circus workshops, Zumba, and kayaking. Their yoga programming, for example, focused on promoting better sleep, reducing stress, and building balance and flexibility. They also hosted cooking classes and implemented Fit5 programming. To ensure athletes had regular opportunities to participate in health activities, Special Olympics Morocco provided consistent and reliable programming each week. For example, on Mondays they hosted gardening sessions, on Tuesdays they hosted walking sessions, and on Fridays they provided virtual Healthy Athletes screenings. Notably, in addition to virtual activities and health education, their COVID-19 pandemic response included the distribution of over 7,500 masks across the country.



HEALTHY ATHLETES SCREENINGS

164



REFERRALS CONNECTED TO CARE

100%



ATHLETES IN ONGOING HEALTH EACH YEAR

84



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR

86



TOTAL CASH AND VALUE-IN-KIND

\$34,000

### Golisano Health Leadership Award Spotlight

Dr. Wafae Bouragba is a Healthy Athletes Clinical Director and Ear, Nose, and Throat doctor. She dedicated her time, passion, and expertise to improving the health of athletes. Most notably, Dr. Bouragba strived to ensure athletes were confident in medical settings and worked to support them in developing their self-advocacy skills.



“Healthy Communities has made the health of my athletes a priority as a coach. As the health of my athletes improves, so do their abilities in sport.”

– Mohamed Mounir, Coach



# SPECIAL OLYMPICS UNITED ARAB EMIRATES

## FUNDED 2020

Healthy Communities in Special Olympics United Arab Emirates focuses on prevention education and the training of healthcare professionals. Comprehensive health programming was at the heart of the legacy of the 2019 Special Olympics World Games in Abu Dhabi. Special Olympics United Arab Emirates is committed to designing and implementing programs that create inclusive communities where quality healthcare and wellness services are widely available and accessible to people with intellectual disabilities. Oral health care, emotional well-being, and nutrition were prioritized. The Unified Healthcare Providers Program provided training to medical staff and healthcare employees, empowering them to offer services tailored to the needs of people with intellectual disabilities. During the COVID-19 pandemic, a cooking club on nutrition and kitchen safety, and a gardening program, strengthened mental health for athletes.



### HEALTHY ATHLETES SCREENINGS



83

### HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



100%

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

National Ambulance delivered a 4-day virtual program focused on the basics of first aid, use of automatic external defibrillators, and sports-related injuries. Coaches, physical education teachers, and medical personnel received training on how to provide life-saving care to people with intellectual disabilities.



### ATHLETES IN ONGOING HEALTH EACH YEAR



363

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



95

### TOTAL CASH AND VALUE-IN-KIND



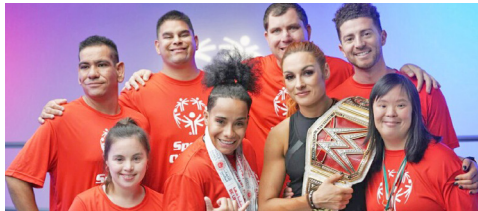
\$185,193

"We are so happy to see Mahmood's progress in Cooking Club. The program provided healthy meal alternatives that are easy to prepare. Mahmood has become so aware of the food he is eating and can now prepare his own meals. He also drinks more water to stay hydrated and has learned how to socialize with new people through online platforms (something he used to avoid)."

– Amal Jaroor, Sibling



# NORTH AMERICA OVERVIEW



## School of Strength:

Introduced in March 2020, School of Strength is a brand new way to exercise and encourage athletes to commit to a lifetime of fitness. It features WWE superstars Becky Lynch and Drew McIntyre, MLB players Gleyber Torres and Willson Contreras, and 11 star Special Olympics athletes. Special Olympics athlete Beth Donahue, who was featured in the series said, “Getting exercise every day helps me feel confident. Being in the School of Strength video meant I could be part of a bigger push to spread the message that a healthy lifestyle is something everyone can achieve.” The innovative partnerships tied to this series attracted a new wave of audiences to the workout materials and sparked extensive media coverage in the United States and abroad.

I’ve gained a great degree of satisfaction seeing Special Olympics North America Programs tackle their health programming with the same vigor as their sports programming, and that would not have been possible without the consistent support of the Golisano Foundation. For a region that is steeped in the founding principles of Special Olympics, it is especially rewarding to see Programs recognize and address the dependency between health and sport in their interventions. Special Olympics Michigan, for example, reminds us that when you engage in fitness programming, there is no off-season. They recognized that athletes competing in a single sport were sedentary out of season, but engaging them year round in fitness programming and instilling healthy nutrition habits, improved their health and boosted their sports performance too.

This bi-directional benefit is apparent in so many areas and is a great reflection of the innovations emerging from our health programming across the region. Special Olympics North Carolina demonstrated this during the pandemic when they were able to engage over 10,000 athletes in virtual fitness and health education activities. That is 10,000 athletes that are healthy and ready to hit the track when it is safe to do so! This would not have been possible without the strong foundation that they had built with over 50 health partners; significant investment in the training of healthcare providers and health messengers; and state-wide health programming.

Similar successes are apparent in all our Healthy Communities—staging vaccination clinics, implementing food and beverage guidelines across all events, scaling Unified Fitness clubs—these aren’t just making our athletes healthier, they’re making our Programs healthier, they’re making our region healthier!

**Greg Epperson ,**  
Acting Regional President and Managing Director  
Special Olympics North America



103,637

Healthy Athletes screenings



403

Average number of health partners engaged each year



Referrals connected to care



\$13,781,548

Total cash and value-in-kind



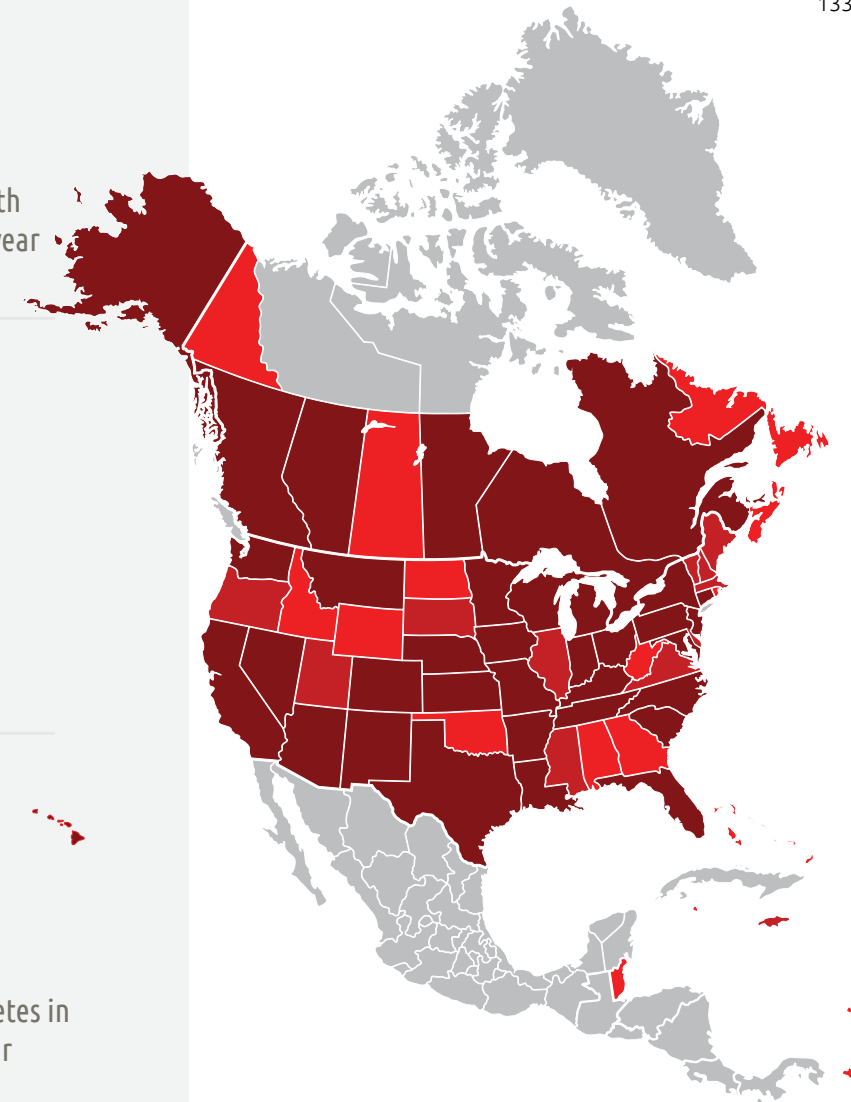
20,465

Average number of athletes in ongoing health each year



5922

Average number of healthcare professionals and students trained each year



- Held a Healthy Athletes Event
- Initiated Healthy Communities Work
- Received funding for a 3-year Healthy Communities Project



# SPECIAL OLYMPICS ALASKA

FUNDED 2017-2020

Healthy Communities allowed Special Olympics Alaska to implement numerous health and wellness programs and develop partnerships with organizations to promote positive health outcomes for athletes across the state. Health programming implementation improved athlete health and strength in sport. During the COVID-19 pandemic, trained Health Messengers played a particularly important role in engaging athletes and encouraging their health and wellness. Bringing together diverse stakeholders to further promote health for people with intellectual disabilities, Special Olympics Alaska also developed and hosted a yearly Alaska Disability and Aging Summit. Each year, this event brings together over 200 participants, including legislators, industry experts, healthcare providers, and adults with intellectual disabilities and their families, to learn and engage in discussion on the unique health needs of people with intellectual disabilities.



HEALTHY ATHLETES SCREENINGS



2,253

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



31%

REFERRALS CONNECTED TO CARE



87%



“I am so proud to be selected and trained as a Health Messenger and I cannot wait to tell my fellow athletes all about what I have learned.”

– Bryan Knight, Athlete Leader

ATHLETES IN ONGOING HEALTH EACH YEAR



160

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



137

TOTAL CASH AND VALUE-IN-KIND



\$362,252

## Golisano Health Leadership Award Spotlight

Dr. Lara Mabry is the Special Smiles Clinical Director and Dr. Joyce Sexton is the Healthy Hearing Clinical Director. They have been involved in Healthy Athletes since the 2001 World Winter Games and have conducted health screenings at the state, national, and international level. They have volunteered countless hours to ensure Healthy Athletes is a successful program.





# SPECIAL OLYMPICS ALBERTA

FUNDED 2020

Athlete leadership was a large focus of the Healthy Communities work of Special Olympics Alberta. Prior to Healthy Communities, athletes participated in sports programming and did not have opportunities to be health leaders. Thus, Special Olympics Alberta provided health education and trained Health Messengers to be advocates for inclusive health throughout the province. Health Messengers shared healthy recipes with their peers, created a health-focused podcast, developed an anti-bullying campaign, and led virtual fitness programs. Virtual programming was particularly important for reaching athletes in rural areas of Alberta, and included education on nutrition, mental health and mindfulness, goal setting, and leadership. Virtual resources were exceptionally valuable during the COVID-19 pandemic when many athletes were experiencing isolation. Athletes were able to turn to virtual activities as a tool for staying healthy outside of sports programming.



## Golisano Health Leadership Award Spotlight

Dr. Carly McMorris was Special Olympics Alberta's first Clinical Director. Under her leadership, the Enhance Lab at the University of Calgary trained clinicians to understand the unique mental health needs of people with intellectual disability. Her research on mental health in people with intellectual disabilities inspired graduate students to conduct research examining the impact of Special Olympics participation on mental health.



“PEAK virtual fitness helped me stay focused on staying active and healthy. It lets me stay connected with other athletes and coaches while keeping my mind and body in shape. It is not all work, it is lots of fun!”

– Leonka Kaluha, Athlete

# SPECIAL OLYMPICS ARIZONA

FUNDED 2020

Healthy Communities enabled Special Olympics Arizona to expand the reach of their health programming. Through Healthy Communities, Healthy Athletes was expanded beyond state competitions to include screenings across all eight health disciplines and was provided year-round and throughout the state. Additionally, Special Olympics Arizona trained healthcare providers and students on the importance of inclusive healthcare. Through hands-on experience and opportunities to engage with athletes at Healthy Athletes, healthcare providers and students learned and refined skills for providing quality care to people with intellectual disabilities. Special Olympics Arizona also grew their network of Health Messengers, providing athletes with skills to effectively advocate for their own health and for the health of their peers with intellectual disabilities.



HEALTHY ATHLETES  
SCREENINGS

11



HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS

88%



REFERRALS CONNECTED  
TO CARE

100%



ATHLETES IN ONGOING  
HEALTH EACH YEAR

1,801



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

411



TOTAL CASH AND VALUE-IN-KIND  
\$297,305



## Golisano Health Leadership Award Spotlight

Dr. Jim Farris was Chair of the Physical Therapy department at A.T. Still University's Arizona School of Health Sciences. Dr. Farris trained healthcare students on the importance of working with patients with intellectual disability and provided them with opportunities to know and work with people with intellectual disabilities. In 2016, Dr. Farris joined Team Arizona at USA Games in Seattle as part of the first group of healthcare providers to join a state team at the national games.

“After getting this new smile, people aren't going to look at me badly. Which I don't think people do. But it's sometimes, it's just in the back of my head. Like, are they judging?”

– Sean Conkey, Health Messenger



# SPECIAL OLYMPICS ARKANSAS

FUNDED 2016-2018, 2020

Special Olympics Arkansas utilized Healthy Communities to establish health and fitness programming and expand the reach of Healthy Athletes. Prior to Healthy Communities, their health work consisted of one-time Healthy Athletes events. Now, regular Healthy Athletes events are held in 17 areas of the state. Over 150 partnerships with state and local organizations exist to create awareness, promote health and create opportunities for people with intellectual disabilities. Additionally, to promote inclusive health, Special Olympics Arkansas collaborated with healthcare institutions, universities, and graduate school programs to deliver inclusive health trainings. These trainings consisted of didactic learning and hands-on experiences. Furthermore, Health Messengers were trained to advocate for health with government leaders, healthcare providers, and family members.



## HEALTHY ATHLETES SCREENINGS



5,395

## REFERRALS CONNECTED TO CARE



97%



## ATHLETES IN ONGOING HEALTH EACH YEAR



7,831

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



673

## TOTAL CASH AND VALUE-IN-KIND



\$1,731,050



## Golisano Health Leadership Award Spotlight

Dr. James Hunt is an anesthesiologist specialized in providing care for people with intellectual disability. He delivered lectures and training to healthcare professionals across a wide range of specialties on providing inclusive health care to people with intellectual disabilities.

“I hated going to the doctor. Everyone treated me like I was stupid. Leadership and health training with Special Olympics Arkansas gave me the confidence to speak up. I found a new doctor and we work together to keep me healthy.”

– Stephanie Price, Athlete Leader



# SPECIAL OLYMPICS BRITISH COLUMBIA

**FUNDED 2016-2018, 2020**

As a part of Healthy Communities, Special Olympics British Columbia established an active athlete leadership team. Athlete Leaders were trained on health for people with intellectual disabilities and were provided additional training based on their specific interests (e.g., fitness). Trained Athlete Leaders were then tasked with presenting at meetings and conferences to advocate for people with intellectual disabilities to government representatives, educators, and staff from local organizations. In addition to athlete leadership, Special Olympics British Columbia also provided health education to family members and healthcare providers. For example, they developed a training module for families, describing how to support people with intellectual disabilities when they visit a dental office. Furthermore, Special Olympics British Columbia hosted nutrition and health education sessions, Family Health Forums, and fitness programming throughout the province. Their Fit Family and Friends program, Club Fit, and Performance stations successfully contributed to athletes' health and sports performance.



HEALTHY ATHLETES SCREENINGS



**3,443**

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



**34%**

REFERRALS CONNECTED  
TO CARE



**93%**



## Golisano Health Leadership Award Spotlight

Carol Yakiwchuk is a Special Smiles Clinical Director, dental hygienist, and educator. Yakiwchuk raised awareness among dentists, dental professionals, and students about the health issues facing people with intellectual disability and recruited others to volunteer at Healthy Athletes events. She also developed a partnership with Patterson Dental Canada, leading to vital support with resources to give people with intellectual disabilities and equipment for screenings.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



**748**

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



**464**

TOTAL CASH AND VALUE-IN-KIND



**\$160,159**

“Not all athletes have social outlets like people to eat with or to hang out with outside of Special Olympics. Some athletes eat out of boredom or loneliness. Cook preparation can help people have better nutrition.”

– Vincent, Athlete





# SPECIAL OLYMPICS COLORADO

FUNDED 2018-2020

Through Healthy Communities, Special Olympics Colorado provided health, wellness, and fitness opportunities to athletes at team practices, regional and state competitions, and at leadership trainings. Prior to Healthy Communities, athletes had limited health, wellness, and fitness opportunities. Since Healthy Communities began, Healthy Athletes grew to include all disciplines, and the number of trained Clinical Directors increased. Health education has become a part of regional and state competitions. The Young Athletes program was also instituted. The Special Olympics Colorado team focused on inclusive health, working to improve the physical and emotional health of people with intellectual disabilities.



HEALTHY ATHLETES SCREENINGS



2,924



HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



53%



REFERRALS CONNECTED TO CARE



89%

ATHLETES IN ONGOING HEALTH EACH YEAR



113

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



117



## Golisano Health Leadership Award Spotlight

Comfort Dental provided clinical volunteers for Special Smiles for 10+ years. This led to the expansion of dental screenings for people with intellectual disabilities across Colorado. Their providers and volunteers created calm, comfortable, and fun environments for care.

TOTAL CASH AND VALUE-IN-KIND



\$622,108

“I have been fearful of approaching or interacting with someone with an intellectual disability, because I don’t want to offend them, due to not knowing how to act. Now after participating in training, I feel like I have a foundation that will encourage me to engage more often and feel confident doing so. I will be more aware of using inclusive language when speaking to various people.”

– Healthcare Provider



# SPECIAL OLYMPICS CONNECTICUT

FUNDED 2016-2018

Special Olympics Connecticut focused their Healthy Communities work on developing strong partnerships with the three medical schools in their state. Prior to Healthy Communities, Special Olympics Connecticut offered stand-alone Healthy Athletes events. Now, their medical school partnerships work to provide training and hands-on experience to the future healthcare workforce (i.e., medical students). Special Olympics Connecticut also provided comprehensive health programming to athletes and their families, as well as coaches, with a focus on health education. The health education is multidimensional, and topics include physical activity, nutrition, and hydration. In addition to health education, they developed a follow-up care process that offers provider lists to athletes in need of care.



HEALTHY ATHLETES SCREENINGS



5,157

REFERRALS CONNECTED TO CARE



96%



## Golisano Health Leadership Award Spotlight

Dr. Melissa Brown is an expert on nutrition education for individuals with intellectual disabilities. Dr. Brown has mentored student volunteers providing nutrition education to athletes at state competitions, in stand-alone events, and on virtual platforms during the COVID-19 pandemic.

ATHLETES IN ONGOING HEALTH EACH YEAR



513

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



431

TOTAL CASH AND VALUE-IN-KIND



\$1,261,186

"Throughout these years, I have faced challenges to weight loss and fitness. Nothing seemed to work until I joined Fit 5. The reason I'm pretty sure it worked for me is because the Program keeps motivating you and wants you to succeed. I am down a total of 40 pounds. It has not been an easy journey by any means for me, but worth it!"

– Brett Glaser, Athlete





# SPECIAL OLYMPICS DISTRICT OF COLUMBIA

FUNDED 2020

As a part of Healthy Communities, Special Olympics District of Columbia diversified health partnerships to include creative methods for achieving inclusive health for people with intellectual disabilities. Prior to Healthy Communities, health activities were limited to Healthy Athletes screenings. While the COVID-19 pandemic introduced significant challenges in their first year of Healthy Communities, Special Olympics District of Columbia provided virtual health programming and established plans for future expansion of health activities throughout the city.



ATHLETES IN ONGOING  
HEALTH EACH YEAR

475



TOTAL CASH AND VALUE-IN-KIND

\$25,000



“Health is at the very core of what we do; because, without it, athletes cannot compete to their highest ability or reach their fullest potential on and off the field. Healthy Communities has helped Special Olympics District of Columbia grow its capacity to inspire an inclusive health movement across Washington, DC. We are proud to work with our committed partners, schools, and (most importantly) athletes to achieve a healthier and more inclusive future—free of health disparities.”

– Aisha Eiger, Special Olympics District of Columbia



# SPECIAL OLYMPICS FLORIDA

**FUNDED 2016-2018, 2020**

Special Olympics Florida began their Healthy Communities work in 2012. Healthy Athletes expanded from state competitions to a presence at every level of competition, as well as in community settings around the state. Healthy Communities allowed Special Olympics Florida to implement health and fitness programs, establish relationships with colleges and universities, and create a vast network of healthcare providers to support individuals with intellectual disabilities. Health and wellness classes and Family Health Forums were expanded to provide courses in nutrition, exercise, oral hygiene, mental wellness, social wellness and more to participants from Northwest Florida all the way to the Florida Keys. In all their health work, Special Olympics Florida ensured that their efforts were guided by the needs and input of their communities.



## HEALTHY ATHLETES SCREENINGS



**29,681**

## REFERRALS CONNECTED TO CARE



**95%**



## Golisano Health Leadership Award Spotlight

Dr. Marc Colaluca is the Fit Feet Clinical Director. Dr. Colaluca has contributed extensive volunteer hours, recruiting and training podiatry students for Healthy Athletes events. Beyond Healthy Athletes, his podiatry office provides follow-up care for athletes in need.

## ATHLETES IN ONGOING HEALTH EACH YEAR



**840**

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**1,770**

## TOTAL CASH AND VALUE-IN-KIND



**\$2,792,071**

"I love working with athletes. There is something so meaningful in helping and/or guiding athletes even in the most minimal way to achieve their goals, personal bests, and dreams. As a Special Olympics Florida volunteer, I feel as if I am a part of a family that lifts up every human being. I learn so much from athletes and hopefully they learn a little from me."

– Dr. Jessica Dean, Healthcare Provider





# SPECIAL OLYMPICS HAWAII

**FUNDED 2016-2018, 2020**

Through Healthy Communities, Special Olympics Hawaii expanded access to healthcare and health screenings for athletes. Since Healthy Communities, Healthy Athletes grew from a Summer Games opportunity to numerous screening events each year and across the state. This was a significant accomplishment as the unique geography of Hawaii presented barriers to offering services across multiple islands. Beyond health screenings, Special Olympics Hawaii also established partnerships with hospital systems and private practitioners to improve access to quality health care for athletes. They were also active in response to the COVID-19 pandemic. When COVID-19 vaccine supply was limited, Special Olympics Hawaii partnered with Kaiser Permanente to host several COVID-19 vaccination events for athletes, which resulted in the vaccination of over 300 athletes.



## HEALTHY ATHLETES SCREENINGS



**4,581**

## REFERRALS CONNECTED TO CARE



**88%**



## ATHLETES IN ONGOING HEALTH EACH YEAR



**239**

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**187**

## TOTAL CASH AND VALUE-IN-KIND



**\$161,231**

“Each year, our volunteer physicians, providers, and staff look forward to providing necessary, free exams to these exceptional athletes prior to their competitions. We’re pleased to continue our partnership with Special Olympics Hawaii, which helps to support many in the community with intellectual disabilities to pursue active, healthy lifestyles.”

– Dr. Benjamin Chun  
MedFest Clinical Director  
and Healthcare Provider

## Golisano Health Leadership Award Spotlight

Dr. Benjamin Chun is the MedFest Clinical Director. He was instrumental in expanding health programming. During the COVID-19 pandemic, Dr. Chun had a pivotal role in establishing the infrastructure necessary to bring health services and vaccinations to athletes across the Hawaiian Islands.



# SPECIAL OLYMPICS INDIANA

FUNDED 2017-2019

Special Olympics Indiana utilized Healthy Communities to provide health and fitness education to athletes and their coaches and healthcare providers. To target physical activity, hydration, and nutrition, Special Olympics Indiana established Unified Fitness Clubs throughout the state, bringing together people with and without intellectual disabilities and providing them with opportunities to engage in fitness activities and build friendships. They also trained and activated Health Messengers to champion health and fitness work. To further promote health and fitness for athletes, Special Olympics Indiana provided education and training to coaches so that they would recognize the value of implementing fitness into sports practices. Additionally, they partnered with several universities to train healthcare students on providing quality care to people with intellectual disabilities. Notably, Special Olympics Indiana also partnered with a statewide insurance provider to ensure access to follow-up care for athletes.



HEALTHY ATHLETES SCREENINGS



8,998

REFERRALS CONNECTED TO CARE



98%



"In becoming a Health Messenger, I have grown into a leader. I really like being able to help my friends and teammates make healthier choices and get more fit."

– Teala Raetz



## Golisano Health Leadership Award Spotlight

In 2018, Special Olympics Indiana awarded Finish Line a Golisano Health Leadership Award. Finish Line contributes significant financial resources and thousands of volunteer hours in support of Special Olympics Indiana's efforts to improve athlete health and fitness. Recognizing that nearly half of all Special Olympics athletes wear improper or ill-fitting footwear, Finish Line provided and professionally fitted nearly 3,000 pairs of athletic shoes to Summer Games competitors in 2016 & 2017.

ATHLETES IN ONGOING HEALTH EACH YEAR



1,232

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



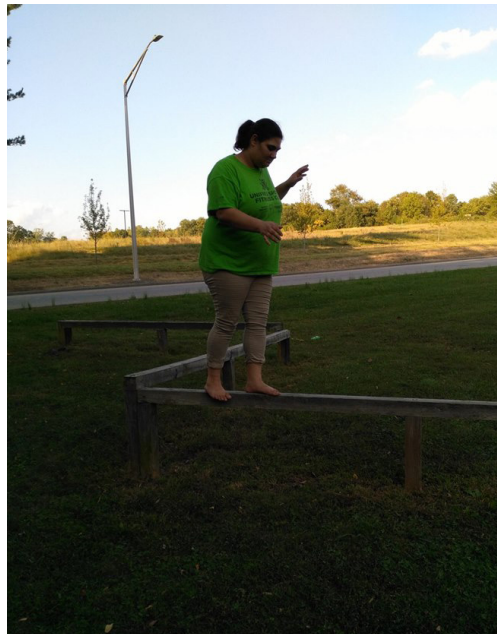
301

TOTAL CASH AND VALUE-IN-KIND



\$1,191,811

Special Olympics Indiana has focused on training coaches to bring health and fitness education into their sports practices. They have partnered with Indiana University, Indiana State University, and Butler University to train students in health care professions how to provide quality care to people with IDD. They have partnered with Anthem to ensure that athletes have a place to go for follow up care when an issue is identified at Healthy Athletes. They have made health a part of their strategic plan. And they have trained and activated Health Messengers to champion health and fitness work throughout their state.





# SPECIAL OLYMPICS IOWA

FUNDED 2020

Health Messenger training and activation was a Healthy Communities priority for Special Olympics Iowa. Before Healthy Communities, health programming and activities were not a Program focus. Health momentum grew as time and resources were specifically allocated to health. Health Messengers became strong advocates and shared encouraging messages with other athletes about maintaining healthy lifestyles and remaining up to date with health check-ups. Athletes, family members, and partners began to see the value and importance of health education for people with intellectual disabilities. Athletes received education at sports practice and through Health Messengers, athletes, family members, and coaches were encouraged to commit to living healthier lifestyles.



HEALTHY ATHLETES SCREENINGS



51

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



75%

REFERRALS CONNECTED TO CARE



100%



## Golisano Health Leadership Award Spotlight

Dr. Pixie Plummer is the MedFest Clinical Director. Despite postponed MedFest events during the COVID-19 pandemic, Dr. Plummer continued to provide health education and advocacy training for athletes. She also gave athletes a voice in her research on the healthcare system and the intellectual disability population.

ATHLETES IN ONGOING HEALTH EACH YEAR



224

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



4

TOTAL CASH AND VALUE-IN-KIND



\$60,560

“When the pandemic hit in March of 2020, we were at a loss on how to keep our sons, Callaghan and Reilly, busy and active. Within days of the world shutting down, Special Olympics Healthy Communities was up and running, providing fun, interactive, and accountable programs, with exercise, healthy eating, mental health check-in's, friendship and even a Fitbit! Cal lost over 35 pounds and Reilly lost 25 pounds that first year! And those healthy habits are practiced to this day by Callaghan and Reilly, almost two years later! Thank you is simply not a strong enough sentiment to express our grateful hearts!”

– Regina Behmlander, Parent





Healthy Communities enabled Special Olympics Kansas to provide innovative, year-round health and fitness programming. They developed the Parks & Trails Tour, which gave athletes confidence to go outdoors and use trails as a mode of transportation and physical activity. During the COVID-19 pandemic, Special Olympics Kansas motivated athletes to stay active through virtual programming. This included monthly health webinars and Health Messenger training for athletes. Special Olympics Kansas also worked to establish strong partnerships, including ones with the Kansas Disability and Health Program, the Kansas Department of Wildlife Parks and Tourism, Kansas University Medical Center, and Mission Sponsors UnitedHealthcare. Notably, the partnership with Kansas University Medical Center resulted in free referral days after Healthy Athletes, free medical and physical days, and volunteers for Young Athletes and Healthy Athletes.



## HEALTHY ATHLETES SCREENINGS



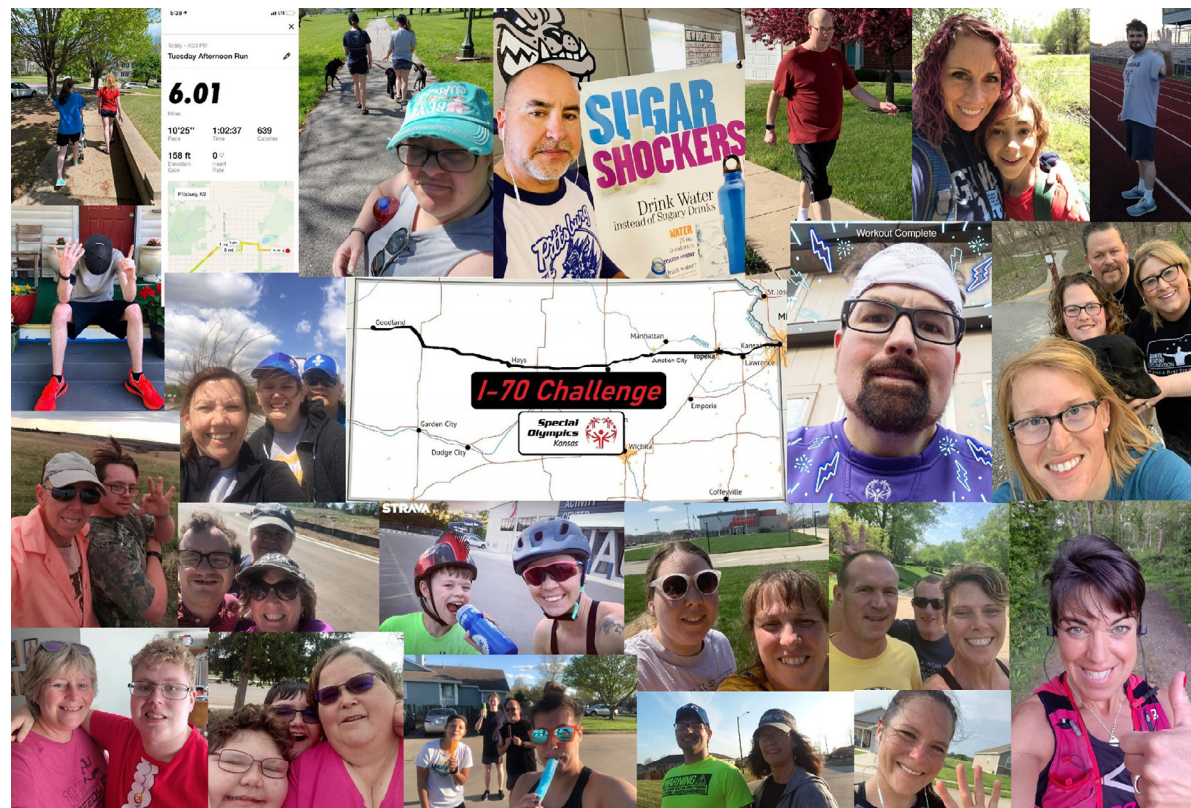
179

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



67

The partnership with UnitedHealthcare resulted in a \$10,000 donation to Special Olympics Kansas' health programming. Special Olympics Kansas also developed a medical directory, which gave athletes the opportunity to apply for UnitedHealthcare insurance and directed them to healthcare providers.



## ATHLETES IN ONGOING HEALTH EACH YEAR



626

TOTAL CASH AND VALUE-IN-KIND



**\$62,975**



**"It means the world to be a health messenger. Going up to athletes and talking to them about being healthy and telling them about the Fit5 program. My message is stay active and healthy and be happy."**

– Bekah Henderson, Health Messenger



# SPECIAL OLYMPICS KENTUCKY

## FUNDED 2020

Special Olympics Kentucky took strides in health and wellness programming through the implementation of Healthy Communities. Healthy Communities allowed Special Olympics Kentucky to expand health screenings and health education for athletes and train Health Messengers and healthcare providers on health disparities for people with intellectual disabilities. Further, Special Olympics Kentucky partnered with family members, coaches, and healthcare providers to transform attitudes about sport and health, enabling athletes to understand how health contributes to sport participation. They also developed Healthy Lifestyles, a holistic wellness curriculum consisting of physical, social, and emotional health activities. Through this program, athletes acquired tools to both create and accomplish their personal health goals.



### HEALTHY ATHLETES SCREENINGS



300

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



24

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

Dr. Matt Adamkin incorporated MedFest into the Physical Medicine and Rehabilitation Residency Program at the University of Louisville School of Medicine. He supervised students and was responsible for over 900 free sport physical exams. Dr. Adamkin also emphasized the training of volunteer physicians prior to Healthy Athletes events. This ensured volunteers understood the health needs of people with intellectual disability and could provide care in supportive manners.



### ATHLETES IN ONGOING HEALTH EACH YEAR



537

### TOTAL CASH AND VALUE-IN-KIND



\$111,855



“Volunteering at Healthy Communities events, such as MedFest and Opening Eyes, has had an incomparable role in shaping my perspective of caring for individuals with disabilities. This impact energized me to share knowledge gained regarding the specific health care needs of individuals with my classmates in medical school. Now in my pediatric residency, I advocate for more inclusive practices to better serve my patients and their families.”

– Natalie Majors, Healthcare Provider





# SPECIAL OLYMPICS LOUISIANA

## FUNDED 2020

The Healthy Communities work of Special Olympics Louisiana was multifaceted. Their Healthy Athletes program increased in capacity through the expansion of health screenings across all eight disciplines and the training of new Clinical Directors. During the COVID-19 pandemic, Special Olympics Louisiana sustained health screenings in a virtual format and developed a digital platform to implement fitness programming and provide Family Health Forums. They were also early adopters of Performance Stations, which provided athletes and Unified partners with health education, improving health both on and off the playing field. Furthermore, Special Olympics Louisiana established partnerships across the state to support the needs of people with intellectual disabilities. Partners included community recreation centers, schools, and healthcare providers. They also trained Health Messengers to advocate for inclusive health and wellness among peers.



### HEALTHY ATHLETES SCREENINGS



180

### HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



64%



### Golisano Health Leadership Award Spotlight

Dr. Jennifer Hew is the Special Smiles Clinical Director. She provided dental screenings to hundreds of Special Olympics Louisiana athletes with urgent oral health needs. Beyond screenings, she trained students at the Louisiana State University Dental School. Her work resulted in well-educated students able to provide inclusive health care for people with intellectual disabilities.

### ATHLETES IN ONGOING HEALTH EACH YEAR



1,057

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



31



"I am walking the walk and not just talking about it. I am now actively planning meals and cooking. I am making healthier choices when eating and snacking and it shows. My mental and physical health is doing wonderful."

– Mikey, Health Messenger





# SPECIAL OLYMPICS MANITOBA

FUNDED 2020

Through Healthy Communities, Special Olympics Manitoba took strong initiatives in virtual health programming. Before Healthy Communities, they had limited ways to reach athletes in rural and remote areas. Now, Special Olympics Manitoba provides virtual health education and virtual screenings across the province. During the COVID-19 pandemic, they offered virtual Health Messenger trainings and virtual health promotion seminars for athletes. They hosted Facebook Live events to spotlight Health Messengers and host fitness classes, and they utilized Fit5 to engage athletes in school and community settings. Certified personal trainers were engaged to create workout guides for athletes to promote physical activity in the home. These new initiatives sustained health programming throughout the COVID-19 pandemic and will remain as a supplement to in-person activities once the pandemic ends to ensure greater reach of health activities.



“My Health Messenger experience was awesome. I thought I knew a lot about healthy habits, but after taking the course, I learned so much more. I learned about the Fit5 program, which I continue to use. I would encourage everyone to take this course.”

– Camryn Grant, Health Messenger

# SPECIAL OLYMPICS MARYLAND

FUNDED 2020

During the COVID-19 pandemic, Special Olympics Maryland utilized Healthy Communities to find innovative ways to promote health activities in the daily lives of athletes. To engage athletes, Special Olympics Maryland offered virtual health screenings, Family Health Forums, and educational sessions for athletes. They also implemented virtual fitness programming, including FamFitness and MOVement, which were led by athletes and their families. Furthermore, Special Olympics Maryland hosted virtual performance stations, which covered diverse topics, including nutrition, hydration, physical activity, and game day mental health. Clinical Directors were also available and actively engaged in health education sessions, answering questions for athletes and their families. Athlete Leaders and Health Messengers contributed to the overall success of virtual programming. Athletes often led the virtual activities and engaged their peers through social media and by word of mouth.



HEALTHY ATHLETES  
SCREENINGS

2,726



ATHLETES IN ONGOING  
HEALTH EACH YEAR

790



HEALTHCARE PROFESSIONALS  
AND STUDENTS TRAINED  
EACH YEAR

516



TOTAL CASH AND VALUE-IN-KIND  
\$63,068



“Athlete leaders have been a crucial part of how we’ve continued to offer virtual programming. We regularly look for their input and feedback. Whether that’s been from direct responses or from feedback from our Athlete Input Council, they have helped provide thoughts on what we should continue to offer, and ideas on new things that we could possibly do.”

– Ben Varga, Special Olympics Maryland



## Golisano Health Leadership Award Spotlight

Dr. Jen Smart is the Healthy Hearing Clinical Director. She recruited and trained countless healthcare students, who provided Healthy Hearing screenings at Summer Games. Dr. Smart also incorporated inclusive health training in course materials for university students and participated in Capitol Hill Day to gain support for Special Olympics Health from Maryland’s congressional leaders.



# SPECIAL OLYMPICS MICHIGAN

**FUNDED 2018-2020**

Special Olympics Michigan utilized Healthy Communities to provide comprehensive health education to athletes and engage Health Messengers as health role models for their peers. Prior to Healthy Communities, many athletes lacked the education, awareness, and resources necessary to achieve good health outcomes. Athletes who trained for a sport during one season often lived sedentary lifestyles the remainder of the year. At Healthy Athletes screenings, athletes with obesity and high blood pressure had nowhere to go to address their health concerns. With the start of Healthy Communities, Special Olympics Michigan developed partnerships and programming that enabled athletes to utilize fitness facilities to learn and engage in physical activity and exercise in safe environments. In conjunction with health education on topics including nutrition, hydration, and mental health, this enabled athletes to remain active throughout the year.



HEALTHY ATHLETES SCREENINGS



**4,437**

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



**26%**

REFERRALS CONNECTED  
TO CARE



**62%**



## Golisano Health Leadership Award Spotlight

Renee Wyman is a pioneer in creating inclusive health and wellness opportunities for high school students with intellectual disabilities. At Sparta High School, Renee implemented a variety of health education programs, including weekly cooking classes and personal hygiene classes. She also introduced Unified Sports to her school district.



ATHLETES IN ONGOING  
HEALTH EACH YEAR



**368**

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



**321**

TOTAL CASH AND VALUE-IN-KIND



**\$202,177**

“Healthy Communities and becoming a Health Messenger taught me that it is important for athletes to talk with their doctor about their health and what concerns they may have. It’s also important that healthcare providers are listening to patients with disabilities and that patients with disabilities have a strong voice when discussing their health.”

– Liz Viele, Health Messenger





# SPECIAL OLYMPICS MINNESOTA

FUNDED 2018-2020

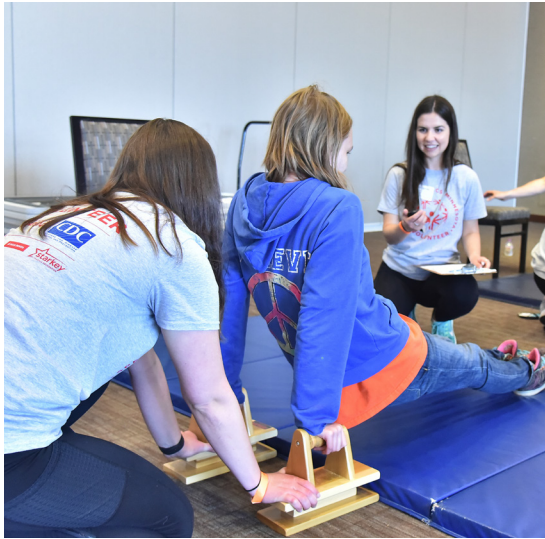
Through Healthy Communities, Special Olympics Minnesota changed their culture from a sports organization to a holistic health organization. Prior to Healthy Communities, Special Olympics Minnesota had a siloed approach to health. They offered health screenings and were reactionary when health concerns arose from athletes. As a result of Healthy Communities, Special Olympics Minnesota implemented preventative health programming throughout the state. They also established external partnerships that incorporate similar holistic, preventative approaches to ensure athletes can live full and healthy lives. Athletes have been thriving without boundaries as pertaining to health.



HEALTHY ATHLETES SCREENINGS



5,553



REFERRALS CONNECTED TO CARE



80%



ATHLETES IN ONGOING HEALTH EACH YEAR



227



Golisano Health Leadership Award Spotlight

Carol Dahlke is the Special Smiles Clinical Director. Despite challenges during the COVID-19 pandemic, Carol continued to provide health screenings for athletes in a virtual format. Leveraging her professional networks, she also increased healthcare access and disseminated health resources to athletes across the state of Minnesota.

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



174

TOTAL CASH AND VALUE-IN-KIND



\$441,510

“We have just seen our daughter grow and flourish. She is a public speaker. A multi-sport athlete. You just really get hooked when you get involved in the Special Olympics family and that just blossoms out to every athlete from there.”

– Jodi Hirsch, Parent



# SPECIAL OLYMPICS MISSOURI

FUNDED 2018-2020

Through their Healthy Communities work, Special Olympics Missouri transformed the organization from one with a singular focus on sport to one in which health was an integral part of all programming. Special Olympics Missouri provided training for healthcare providers and increased the number of healthcare providers skilled with providing care to people with intellectual disabilities. This allowed for more Healthy Athletes events and resulted in greater access to trained healthcare providers throughout the state. Through health and fitness programming, such as SOFit and Fit5, Special Olympics Missouri also provided athletes with education and tools for maintaining healthy lifestyles. Further, they provided Health Messenger trainings, which gave athletes the opportunity to take on leadership roles. Trained athletes advocated for the health of people with intellectual disabilities and dedicated themselves to exemplifying healthy lifestyles and encouraging other athletes to follow their lead.



## HEALTHY ATHLETES SCREENINGS



3,698

## REFERRALS CONNECTED TO CARE



83%



## Golisano Health Leadership Award Spotlight

Edward Williams is the Senior Marketing Manager for Healthy Blue Missouri. Dedicated to the Special Olympics community, his support and volunteerism has promoted health and wellness for people with intellectual disabilities.

## ATHLETES IN ONGOING HEALTH EACH YEAR



1,054

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



207

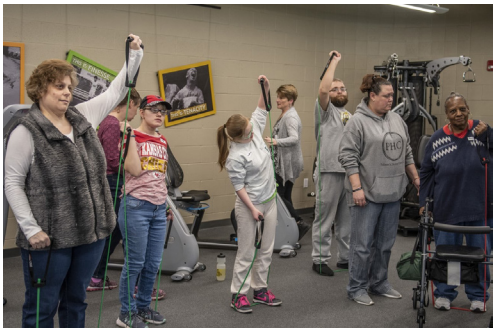
## TOTAL CASH AND VALUE-IN-KIND



\$204,224

"If it wouldn't have been for Healthy Athletes, I would not have the health I have now. I would probably still have bad health. I'd still have my bad teeth, and health problems. Because of Special Olympics, I have friends who respect me for who I am – not for what I can do for them."

– Allen Tobin, Athlete





# SPECIAL OLYMPICS MONTANA

**FUNDED 2018-2020**

Through their Healthy Communities work, Special Olympics Montana took strides to engage stakeholders as partners. They recruited and trained Clinical Directors, and expanded Healthy Athletes screenings to new locations. When the COVID-19 pandemic began, Special Olympics Montana was particularly well positioned to quickly pivot from in-person events to virtual programming for athletes. They developed innovative virtual activities, including workouts, Zumba classes, cooking demonstrations, and dance parties on Facebook and Zoom. They also provided health education webinars for athletes and their families. Notably, Special Olympics Montana maintained these virtual offerings even as they returned to in-person events, creating opportunities for even more athletes to be engaged in ongoing health and fitness programming.



HEALTHY ATHLETES SCREENINGS



**1,015**

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



**44%**

REFERRALS CONNECTED TO CARE



**100%**



**Golisano Health Leadership Award Spotlight**

Rebecca Morley is Clinical Director for Health Promotion. She mentored university-level public health students and provided them with opportunities to participate in Healthy Athletes during their internships. Rebecca was also involved in the Fit5 pilot for Special Olympics Montana, where she helped develop pre-assessment protocols and training manuals and provided training to students on procedures.



ATHLETES IN ONGOING HEALTH EACH YEAR



**184**

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**176**

TOTAL CASH AND VALUE-IN-KIND



**\$68,570**

"A healthy lifestyle, along with an energetic attitude is everything! Toss in optimism, love, fun, making smoothies, and weightlifting, and you have the 'one & only' Jamie Darko! Special Olympics Montana has been a wonderful gift to Jamie, but adding the new dimension of the 'athlete-led' Healthy Communities program has given him the opportunity to achieve significant personal growth and success beyond sports training and competition!"

– Star Darko, Parent





# SPECIAL OLYMPICS NEBRASKA

**FUNDED 2016-2018, 2020**

The Healthy Communities work conducted by Special Olympics Nebraska focused on expanding Healthy Athletes events and creating strong partnerships to enhance access to quality healthcare for athletes. Prior to Healthy Communities, the health work of Special Olympics Nebraska consisted of only two Healthy Athletes disciplines, which were available during the State Summer Games. Since then, Special Olympics Nebraska added three Healthy Athletes disciplines and ensured health screening events are available across the state and throughout the year. Additionally, their strong partnership with the University of Nebraska Medical Center Munroe-Meyer Institute provided access to dental, vision, and nutrition services through the Caring for Champions program. During the COVID-19 pandemic, Special Olympics Nebraska continued to reach athletes virtually. This was supported by coaches, who found creative ways to engage athletes and maintain health as a priority in their daily lives.



## HEALTHY ATHLETES SCREENINGS



**3,488**

## REFERRALS CONNECTED TO CARE



**85%**



## Golisano Health Leadership Award Spotlight

Students at the University of Nebraska Medical Center Kearney established a standalone MedFest event at the School of Allied Health. The event included occupational therapy, physical therapy, nursing, and physician assistant students. This interdisciplinary collaboration provided training for medical students and ensured they learn from a panel of athletes and their parents prior to screening events.



## ATHLETES IN ONGOING HEALTH EACH YEAR



**406**

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**335**

## TOTAL CASH AND VALUE-IN-KIND



**\$541,763**

"As a Healthy Athletes Ambassador, Joe is passionate about sharing healthy habits with other athletes! In the program, he learned to eat healthy food, track how much water he drinks, and now he works out every day. After becoming a Healthy Athletes Ambassador in 2020, Joe lost 10 pounds and has kept the weight off! He loves working out to exercise videos and using his punching bag to stay fit."

– Kay Drwal, Parent





# SPECIAL OLYMPICS NEW JERSEY

FUNDED 2020

Through Healthy Communities, Special Olympics New Jersey hosted virtual fitness programming and virtual health promotion sessions. During the COVID-19 pandemic, virtual fitness programs included the Special Olympics North America Stride Challenge and an ongoing Total Body Challenge. With the support of fitness partners, they also hosted weekly outdoor fitness activities, yoga, and Zumba. By including a variety of guest instructors, virtual programming engaged partners and provided an outlet for athletes to socialize and stay active. In terms of virtual health promotion, Special Olympics New Jersey hosted regular sessions on healthy habits and provided athletes with opportunities to meet one-to-one with clinical volunteers to discuss their individual health care needs. Athlete Leaders also played a critical role throughout the COVID-19 pandemic in the design and implementation of virtual programming. They were consulted for ideas and feedback, which were included in the production of health materials.



## HEALTHY ATHLETES SCREENINGS



89

## HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



25%



## ATHLETES IN ONGOING HEALTH EACH YEAR



283

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



126

## TOTAL CASH AND VALUE-IN-KIND



\$247,750

“One of our Athlete Leaders created several videos for the Total Body Challenge and has starred in several fitness videos for the challenge.”

– Amelia Hamilton, Special Olympics New Jersey





## SPECIAL OLYMPICS NEW MEXICO

**FUNDED 2020**

Through Healthy Communities, Special Olympics New Mexico contributed to an organizational paradigm shift. They ensured that health and health promotion for people with intellectual disabilities was incorporated into all aspects of programming, including sports, coaches' training, and virtual games. Prior to Healthy Communities, the health work of Special Olympics New Mexico was limited to twice yearly health screenings. Since Healthy Communities began, time and staff resources were dedicated to health, and health was made part of their strategic plan. Strong Athlete Leadership training and work led the way in health. Trained Health Messengers were activated to promote health education on social media platforms and in newsletters. Fitness Captains led health and fitness practices for their peers. During the COVID-19 pandemic, Health Messengers were particularly key in engaging athletes and their families and keeping them active.



### Golisano Health Leadership Award Spotlight

Lisa Esparza is credited with bringing Healthy Athletes to Special Olympics New Mexico. With passion and vision, she singlehandedly spearheaded the first Special Smiles event. Lisa established partnerships with Delta Dental, the Dental Hygienists Association of New Mexico, and several dentists across the state that serve people with intellectual disabilities.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



1,225

TOTAL CASH AND VALUE-IN-KIND



\$39,350

"The Health Messenger program has been a real game-changer for Abe! Abe is an only child, and as parents, we worry about Abe's quality of life after we die. Knowing that Abe has become so knowledgeable about health, fitness, and wellness through the Healthy Messenger program is a huge comfort to us. He's now equipped with the knowledge and strategies he'll need to retain health and vitality for life. We're thankful, beyond all measure, to the Golisano Foundation for making this experience possible for Abe."

– Vicki Assaad, Parent





# SPECIAL OLYMPICS NEW YORK

**FUNDED 2019-2020**

Through their Healthy Communities work, Special Olympics New York engaged partners across the state to spread awareness of the health disparities that exist for those with intellectual disabilities. Healthy Communities also trained healthcare providers and students on how to provide quality and inclusive health care to people with intellectual disabilities. Before the start of Healthy Communities, sports was the main focus for Special Olympics New York. Since the implementation of Healthy Communities, athletes have participated in a variety of health and fitness initiatives, including hiking clubs, yoga, and fitness competitions. Together with health education to athletes and their families, these activities have led to improved sports performance for athletes. Access to health services and fitness and wellness opportunities outside of sports training have been effective for health promotion.



HEALTHY ATHLETES SCREENINGS



**2,164**

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



**36%**

REFERRALS CONNECTED  
TO CARE



**100%**



## Golisano Health Leadership Award Spotlight

Metro Community Health Center was a critical partner in New York City and Long Island. Healthcare providers from their clinics were trained as Clinical Directors, and they led Healthy Athletes screenings across the state. They also opened their doors to athletes with health care needs and provided them with quality and inclusive health care.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



**2,336**

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



**504**

TOTAL CASH AND VALUE-IN-KIND



**\$68,000**

“Working with patients with intellectual disabilities is an experience that truly leads you to become a better provider for all the patients that you treat. You develop new skills in terms of providing integrated care for someone with complex needs, and you learn how to communicate differently and simply listen and pay attention in new ways.”

– Dr. Rita Bilello, Special Smiles  
Clinical Director and Healthcare  
Provider





# SPECIAL OLYMPICS NORTH CAROLINA

FUNDED 2016-2018, 2020

The Healthy Communities work of Special Olympics North Carolina focused on creating a sustainable statewide strategy to expand health programming and connect athletes with a community-based healthcare network. Prior to Healthy Communities, health programming was limited to a few areas in the state, was funded by small local grants, and was supported by staff who had limited time to allocate to health activities. Dedicated time and resources through Healthy Communities engaged hundreds of healthcare providers across the state and established 50 health-related partnerships. Healthcare providers were trained to provide individualized care to people with intellectual disabilities. Trained Health Messengers promoted inclusive healthcare and encouraged peers to maintain healthier lifestyles. Strategic planning for Special Olympics North Carolina also included virtual programming, which was implemented during the COVID-19 pandemic. Over 10,000 athletes participated in their “Partner Up Power Up” program, which enabled them to connect virtually, stay active, and maintain healthy habits at home.



HEALTHY ATHLETES SCREENINGS



7,080

REFERRALS CONNECTED  
TO CARE



91%



## Golisano Health Leadership Award Spotlight

Atrium Health’s Carolinas Rehabilitation of Charlotte provided no-cost physical exams at MedFest events for over 600 athletes. In addition to physical exams, they provided follow-up cardiology care for athletes. Through their residency program, Carolinas Rehabilitation also educated the next generation of healthcare providers on inclusive health and providing care to people with intellectual disabilities.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



2,474

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



530

TOTAL CASH AND VALUE-IN-KIND



\$594,599

“I had a doctor’s appointment on Friday and my blood work came back excellent. She knows that I’ve been doing Partner Up Power Up and exercising on Tuesdays and Thursdays. She said this program was very excellent. She said I am losing weight and eating the right kinds of foods.”

– Tina Brown, Athlete





# SPECIAL OLYMPICS NORTHERN CALIFORNIA AND NEVADA

## FUNDED 2019-2020

Special Olympics Northern California & Nevada focused their Healthy Communities work on expanding Healthy Athletes and connecting athletes with health concerns to specialized healthcare providers and services. Their Healthy Athletes program grew to include all eight health disciplines in both regions. Clinical Directors and screening events across health domains ensured athletes in need received access to specialized care. Special Olympics Northern California & Nevada also partnered with several medical schools, which led to the vaccination of nearly 1,000 athletes during the COVID-19 pandemic. Furthermore, the expansion of health programming beyond Healthy Athletes screenings provided fitness opportunities and virtual activities for athletes. The growth of virtual programming, in the absence of in-person events during the COVID-19 pandemic, engaged athletes in health promotion activities. This virtual programming reached thousands of athletes and became a staple of their health work.



### HEALTHY ATHLETES SCREENINGS



1,230

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

Dr. Allen Wong is the Global Clinical Advisor for Special Smiles and an advocate for people with intellectual disability. Dr. Wong recruited Clinical Directors to participate in Special Smiles and screened hundreds of athletes across the region. Additionally, during the COVID-19 pandemic, Dr. Wong coordinated COVID-19 vaccination events for people with intellectual disabilities. Through his efforts, nearly 300 people with intellectual disability received the vaccine.

### ATHLETES IN ONGOING HEALTH EACH YEAR



1,737

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



89

### TOTAL CASH AND VALUE-IN-KIND



\$21,600

“I truly believe that the Special Olympics virtual program and workouts brought attention to Tina’s inability to breathe, and her swollen stomach. Thanks to this, we found out that Tina has a benign tumor pressing on her diaphragm, pushing up in her lungs. She now needs surgery to have it removed. I truly believe noticing it now saved her life.”

– Kim Jackson, Parent





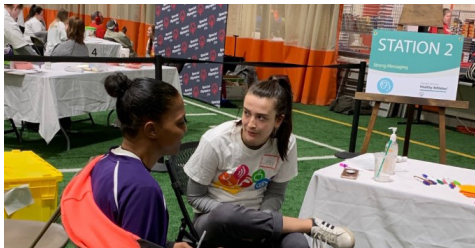
# SPECIAL OLYMPICS OHIO

FUNDED 2019-2020

Through their Healthy Communities work, Special Olympics Ohio significantly expanded health screenings and established health partnerships. Prior to Healthy Communities, Special Olympics Ohio did not provide consistent health and fitness opportunities to athletes or have health-focused partnerships. With dedicated health staffing, they expanded Healthy Athletes to include all eight health disciplines and increased their number of participating Clinical Directors. This enabled Special Olympics Ohio to provide Healthy Athletes at regional and state-level competitions. They also grew their health and fitness programming and made activities accessible to athletes across the state. Additionally, Special Olympics Ohio established a strong partnership network, which included the Ohio Department of Health and several universities and healthcare providers. This allowed athletes with health concerns to receive necessary medical care throughout the state.

“The impact that the Special Olympics Health and Fitness program has provided our son is immeasurable because it’s HIS plan, geared for his needs, which will lead him to a healthier and longer life. Seth is learning to take better care of himself and the self-advocacy we see in Seth is an absolute gift.”

– Parent



HEALTHY ATHLETES SCREENINGS  
1,022



TOTAL CASH AND VALUE-IN-KIND  
\$116,300



## Golisano Health Leadership Award Spotlight

The University of Toledo Exercise Science Master’s Program developed a health and fitness class for Special Olympics athletes in the Toledo area. Their students spent 6 weeks developing the curriculum and learning about inclusive health. They then hosted the class for Special Olympic athletes. The class combined education on nutrition, hydration, and wellness, and participation in physical activity.

# SPECIAL OLYMPICS ONTARIO

FUNDED 2017-2019

The Healthy Communities work of Special Olympics Ontario led to a culture shift that built upon existing, although limited, Healthy Athletes screenings and grew into ongoing and consistent health programming for athletes and their families. As a part of their work, Special Olympics Ontario partnered with healthcare providers across the province to provide quality health care to athletes. These partnerships designated healthcare providers and their healthcare organizations as “Special Olympics Ontario Partners in Health.” Partners were brought together into a directory for follow-up care that could be distributed to athletes and their families as needed. Additionally, Special Olympics Ontario provided training to healthcare providers to equip them with the confidence and knowledge to provide quality care to people with intellectual disabilities. They also collaborated with universities to create course materials specific to inclusive health.



HEALTHY ATHLETES SCREENINGS  
5,655



HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS  
39%



REFERRALS CONNECTED TO CARE  
74%



ATHLETES IN ONGOING HEALTH EACH YEAR  
3,835



HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR  
378



TOTAL CASH AND VALUE-IN-KIND  
\$328,726



“This opportunity made me aware of my weakness in my approach to communication with people with intellectual disabilities. This has helped me become aware of that specific area I will need to improve upon for the future. Speaking in simple and gentle terms can calm someone’s fears.”

– Healthcare Provider



## Golisano Health Leadership Award Spotlight

Thomas Weissberger is the Clinical Director for Opening Eyes. He has volunteered with Special Olympics Ontario as an optician since 2004. He facilitated Opening Eyes events across the province and has trained volunteers and provided quality care to athletes.



# SPECIAL OLYMPICS PENNSYLVANIA

**FUNDED 2017-2020**

Healthy Communities allowed Special Olympics Pennsylvania to implement a holistic approach to health, including year-round health education and fitness opportunities for athletes. Prior to Healthy Communities, the sole health activity conducted by Special Olympics Pennsylvania was Healthy Athletes screenings. Since the implementation of Healthy Communities, the focus became addressing health inequities and improving the health of athletes. To reach this goal, Special Olympics Pennsylvania developed a plan to incorporate health and wellness into sports training following the return to in-person activities after the COVID-19 restrictions. They also provided education and resources to coaches to help them create a culture of year-round activity and lifetime fitness and wellness.



## HEALTHY ATHLETES SCREENINGS



**6,002**

## REFERRALS CONNECTED TO CARE



**58%**



## Golisano Health Leadership Award Spotlight

Dr. Seidenberg is a family and sports medicine physician who co-developed the International Standard for Care for Sports Physicals for Special Olympics and contributed to the global roll-out of MedFest and its train-the-trainer curriculum. Dr. Seidenberg also collaborated with Special Olympics Pennsylvania to develop a directory of healthcare providers for athletes, and he created continuing medical education lectures to train healthcare providers on how to deliver quality care to people with intellectual disabilities.

## ATHLETES IN ONGOING HEALTH EACH YEAR



**549**

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



**397**

## TOTAL CASH AND VALUE-IN-KIND



**\$846,972**

"It seems like a small thing, but I am always thankful when athletes can attend any Healthy Athletes venue. I have had athletes get prescription glasses, improved shoe sizing, and dental recommendations. Caring for the whole individual and not just the performance in competition is so important to me as a coach."

– Anne Phillips, Coach and Parent





# SPECIAL OLYMPICS PRINCE EDWARD ISLAND

## FUNDED 2018-2020

Through Healthy Communities, Special Olympics Prince Edward Island weaved health into all aspects of their organization. Before Healthy Communities, Special Olympics Prince Edward Island primarily offered Healthy Athletes screenings as part of competition, and there was minimal follow-up care provided to athletes following such events. Partnerships were event-based and there were few fitness and wellness programs available year-round. Founding their Healthy Communities work upon the Circle of Health, a visual representation of the internal and external factors that affect health, Special Olympics Prince Edward Island expanded their health screenings, built an extensive follow-up care process, and established strong partnerships with post-secondary, community, research, and governmental organizations. This partnership network ensured better access to health care for people with intellectual disabilities.



### HEALTHY ATHLETES SCREENINGS



575

### HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



44%

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

Dr. Joanne Reid is the MedFest Clinical Director. She assisted in establishing the first MedFest event in Canada and represented Special Olympics Prince Edward Island at the 2015 World Summer Games in Los Angeles as a Healthy Athletes MedFest volunteer. Dr. Reid dedicated her time and diligence to training volunteers, providing care to athletes, and connecting athletes to follow-up care.

### ATHLETES IN ONGOING HEALTH EACH YEAR



109

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



121

### TOTAL CASH AND VALUE-IN-KIND



\$82,803

“Due to COVID-19, Special Olympics Prince Edward Island offered the Health Messenger course online using Zoom. Zoom was a great way for athletes to connect. It was a great learning experience to learn what Health Messenger roles there are. Some of the topics were healthy habits, nutrition, and communication. I have chosen the advocate and spokesperson role for my practicum project.”

– Heidi Mallett, Health  
Messenger



# SPECIAL OLYMPICS QUÉBEC

FUNDED 2018-2019

As a part of their Healthy Communities work, Special Olympics Québec prioritized the integration of health and sport across the organization. Prior to Healthy Communities, health was not an area of focus for Special Olympics Québec. Indeed, Healthy Athletes was only offered at summer and winter provincial games and had little impact on athlete’s lives. With dedicated resources and health staffing, Special Olympics Québec expanded health programming through health coaching, fitness programs, and training for healthcare providers in inclusive health. Healthy Athletes screenings were provided outside of competition and brought into schools and sports practices. Through health education for athletes and healthcare providers, Special Olympics Québec also promoted trust between athletes and their healthcare providers. Their work strived to promote positive health outcomes for people with intellectual disabilities.



HEALTHY ATHLETES SCREENINGS



2,175

HEALTHY ATHLETES EVENTS  
HELD IN NEW LOCATIONS



29%

REFERRALS CONNECTED  
TO CARE



33%



## Golisano Health Leadership Award Spotlight

McGill University Dentistry School, Université Laval Dentistry School, and Université de Montréal School of Dentistry are key health partners for Special Olympics Québec. They were instrumental in training dental students on how to provide quality dental care to individuals with intellectual disabilities. As a part of this training, they provided experiential learning activities to dental students. They also provided care to athletes in their health clinics.

ATHLETES IN ONGOING  
HEALTH EACH YEAR



660

HEALTHCARE PROFESSIONALS AND  
STUDENTS TRAINED EACH YEAR



512

TOTAL CASH AND VALUE-IN-KIND



\$66,502

“I have learned to choose health challenges. Then I put in a calendar what I need to do, and I evaluate if I pass the challenge.”

– Leo Soudin, Athlete





# SPECIAL OLYMPICS SOUTH CAROLINA

FUNDED 2019-2020

Through Healthy Communities, Special Olympics South Carolina established health as a key focus of the organization, which was woven into all aspects of programming. Before Healthy Communities, Special Olympics South Carolina held a limited number of Healthy Athletes events each year. Since the start of Healthy Communities, Special Olympics South Carolina tripled the number of yearly screenings and offered nearly all Healthy Athletes disciplines. They grew the reach of the program, with several Clinical Directors participating in each discipline. Special Olympics South Carolina also integrated health and fitness programming into their community-based and school programs. Additionally, they trained and engaged athletes as health advocates, promoting healthy choices among their families and peers.



## HEALTHY ATHLETES SCREENINGS



911

## REFERRALS CONNECTED TO CARE



78%



## Golisano Health Leadership Award Spotlight

Dr. Michael Zolman and Dr. Jennifer Zolman are Clinical Directors for Opening Eyes. Since 2008, their passion, work, and support of Special Olympics South Carolina has contributed to improved vision care for individuals with intellectual disability. They have recruited and trained volunteers to participate in Opening Eyes and have provided thoughtful and quality care to athletes.

## ATHLETES IN ONGOING HEALTH EACH YEAR



116

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



121

## TOTAL CASH AND VALUE-IN-KIND



\$132,000

"Special Olympics Health Promotion helps Winthrop University dietetic students and interns develop their health promotion skills and screening techniques. Students are always saying that participating in Special Olympics Health Promotion activities is one of their best experiences."

– Dr. Wanda Koszewski, Human Nutrition Professor





# SPECIAL OLYMPICS SOUTHERN CALIFORNIA

**FUNDED 2020**

Healthy Communities enabled Special Olympics Southern California to expand the reach of Healthy Athletes screenings. Prior to Healthy Communities, Healthy Athletes was only provided at championship-level competitions. As a result, the same athletes received health screenings year after year. Healthy Communities allowed for the introduction of Healthy Athletes at standalone events, regional and area competitions, school games, and spring and winter games. This provided new athletes access to health screenings and education. During the COVID-19 pandemic, Special Olympics Southern California implemented drive-thru health screenings to maintain athlete connection and health. They also brought health and fitness booths to smaller competitions and utilized Health Messengers to educate athletes on health. To provide virtual activities, Special Olympics Southern California implemented a Healthy Lifestyle Challenge so that athletes could participate in health activities from the safety of their home. In addition to providing education, activities,



and resources to athletes, Special Olympics Southern California also trained healthcare providers and students on providing quality health care to people with intellectual disabilities to reinforce the importance of inclusive health.



## Golisano Health Leadership Award Spotlight

Dr. Aaron L. Rubin is a MedFest Clinical Director. He engaged Kaiser Permanente physicians to ensure healthcare providers have clinical experience and expertise providing care to people with intellectual disabilities. Dr. Rubin also worked with university partners to train students on providing quality care to people with intellectual disability. Additionally, Dr. Rubin was the Medical Director for the 2015 Special Olympics World Games in Los Angeles, where he oversaw medical staff and the provision of care to over 6,000 athletes.



"It always brightens up my day when I receive a 'we miss you' or 'time for another hearing test' from South Bay Hearing. In 2017, I noticed I was losing a little bit of hearing in both of my ears, and thanks to our Healthy Communities, I get a yearly check-up to make sure it is not getting worse."

– Dustin Plunkett, Athlete



# SPECIAL OLYMPICS TENNESSEE

## FUNDED 2020

The Healthy Communities work of Special Olympics Tennessee enabled athletes to live healthy lives and achieve their potential, both on and off the playing field. During the COVID-19 pandemic, Special Olympics Tennessee adapted health programs to ensure athletes could continue to safely participate in health activities from home. Special Olympics Tennessee hosted weekly virtual fitness activities, implemented the Special Olympics North America Move Challenge, and conducted virtual Healthy Athletes screenings. All these activities were supported by Athlete Leaders, who were often solicited for feedback on the direction of programming and included as leaders in activities and events. Beyond providing health activities to athletes, Special Olympics Tennessee also established partnerships to expand inclusive health, including new work with the Tennessee Department of Intellectual and Developmental Disabilities.

### HEALTHY ATHLETES SCREENINGS



327

### HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



67%

### REFERRALS CONNECTED TO CARE



100%



### Golisano Health Leadership Award Spotlight

The Department of Hearing and Speech Sciences at Vanderbilt University Medical Center's Bill Wilkerson Center is a long-standing partner of Special Olympics Tennessee. The department organized Biannual Healthy Hearing screenings, where athletes, their families, and their coaches received free audiology screenings. Through their work, access and quality of hearing screenings for athletes considerably improved.

### ATHLETES IN ONGOING HEALTH EACH YEAR



13

### HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



22

### TOTAL CASH AND VALUE-IN-KIND



\$70,210

"Our team cares so much about these athletes and ensuring that those at a higher risk for hearing and communication disorders have access to information about their hearing health. It is truly an honor to be recognized for the small part we have the privilege to play."

– Dr. Brittany Day, Golisano Honoree and Healthcare Provider





# SPECIAL OLYMPICS TEXAS

FUNDED 2019-2020

In their Healthy Communities work, Special Olympics Texas targeted athlete advocacy and training of healthcare providers. From the start of their health programming, Special Olympics Texas utilized a public health framework to promote long-term impacts on health outcomes for athletes. To support this effort, Special Olympics Texas hosted Health Messenger trainings to empower athletes to advocate for health. They also provided hands-on training and virtual opportunities for athletes to advocate for health system change to healthcare providers. Throughout the COVID-19 pandemic, athletes exhibited resilience and tenacity. Health Messengers participated in training and supported health work because of their passion for sharing the value of health with their peers, healthcare providers, and communities.

## HEALTHY ATHLETES SCREENINGS



868

## HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



92%

## REFERRALS CONNECTED TO CARE



100%



## Golisano Health Leadership Award Spotlight

Dr. Kathryn Jordan Kemere is a MedFest Clinical Director and an integral member of the Special Olympics Texas COVID-19 Mitigation Committee. During the COVID-19 pandemic, Dr. Jordan Kemere facilitated a statewide partnership with Terrytown Pharmacy to vaccinate athletes and their families. She also mentored Health Messengers in creating health and safety videos for athletes and co-founded Health Chats, a pilot initiative connecting athletes with medical students virtually.

## ATHLETES IN ONGOING HEALTH EACH YEAR



1,698

## HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



117

## TOTAL CASH AND VALUE-IN-KIND



\$352,000

“We are proud of our Athlete Health Leaders in Texas. They lead health education, train public health students in inclusive health, engage local organizations for collaborations, and serve as healthy role models to their peers and community.”

– Samantha Devine, Special Olympics Texas



# SPECIAL OLYMPICS WASHINGTON

FUNDED 2020

Prior to Healthy Communities, the programmatic focus of Special Olympics Washington was sports training and school development. With the start of Healthy Communities, Special Olympics Washington dedicated staff and resources to developing programming that supported holistic athlete health. Alongside this effort, Athlete Leaders were trained as Health Messengers and advocates to support healthy behaviors among their peers. As a result of the implementation of new health and fitness programming, athletes lost weight and experienced improved health outcomes, including reduced blood pressure and blood sugar levels correlated with diabetes. Notably, Special Olympics Washington was the first Special Olympics Program to pass an organization-wide Healthy Food and Beverage Policy, supporting their health education and programming. Furthermore, during the COVID-19 pandemic, Special Olympics Washington provided COVID-19 information to athletes and their medical partners and delivered on-going, virtual programming.



HEALTHY ATHLETES SCREENINGS



30

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



100%

REFERRALS CONNECTED TO CARE



89%



## Golisano Health Leadership Award Spotlight

Dr. Matt Harnpadoungsataya is a FUNfitness Clinical Director. He recruited volunteers and enhanced athlete care through the training of healthcare providers and students. He also developed a database of trained healthcare providers with expertise in working with people with intellectual disability. Further, he ensured people with intellectual disabilities aging out of the pediatric system and into the generalized healthcare system had access to these trained providers.



ATHLETES IN ONGOING HEALTH EACH YEAR



814

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



376

TOTAL CASH AND VALUE-IN-KIND



\$282,608

“Special Olympics helps me stay healthy, motivated, and active. For the last few years, my goal has been to compete in the 200-meter dash and to run faster. I knew I needed to get healthier and lose weight to achieve this goal. In 2020, I started participating in virtual fitness competitions and wellness challenges hosted by Special Olympics Washington. I also started running on the treadmill, lifting weights at the gym, eating healthier, and drinking more water. Over the course of one year, I lost over 100 pounds and am much closer to my goal!”

– Megan Gaines, Athlete





# SPECIAL OLYMPICS WISCONSIN

FUNDED 2019-2020

Healthy Communities enabled Special Olympics Wisconsin to expand the reach of their health programming throughout the state. Most notably, through community-based partnerships, they facilitated a statewide expansion of oral health screenings and oral health care. A partnership with the Wisconsin Dental Association grew into free treatment days called “Special Olympics Gives Athletes a Smile Day.” These events provided transformative oral health care to athletes, who left free of mouth pain and with beautiful smiles. Beyond increased access to oral health care, Special Olympics Wisconsin also diversified health programming with Young Athletes, SOfit, walking clubs, cooking classes, Family Health Forums, and university partnerships. They also developed health and fitness resources for older athletes. During the COVID-19 pandemic, Special Olympics Wisconsin created virtual health programming, including Fitness at Home, which sought to keep athletes engaged in activities to promote physical and mental health.



HEALTHY ATHLETES SCREENINGS



102

HEALTHY ATHLETES EVENTS HELD IN NEW LOCATIONS



67%



## Golisano Health Leadership Award Spotlight

Dr. Robb Warren is a Special Smiles Clinical Director. He opened his first clinic in 2017 and provided free dental care through an event called “Special Olympics Gives Athletes a Smile Day.”

ATHLETES IN ONGOING HEALTH EACH YEAR



385

HEALTHCARE PROFESSIONALS AND STUDENTS TRAINED EACH YEAR



27

TOTAL CASH AND VALUE-IN-KIND



\$62,154

“The most valuable thing you have is your time and your unique talent. If we each find a way to share those to serve others, the world will be a better place.”

– Robb Warren, Special Smiles Clinical Director





