

# 2022 Health Report





## Screenings & Deliverables

**Fit Feet** **19**

- Shoes 0\*
- Socks 19
- Referrals 3

**FunFitness** **175**

- Referrals 1

**Health Promotion** **338**

- Referrals 9

**Healthy Hearing** **360**

- Referrals 44

**Healthy Young Athletes** **54**

- Referrals 5

**Medfest** **89**

(medical physicals)

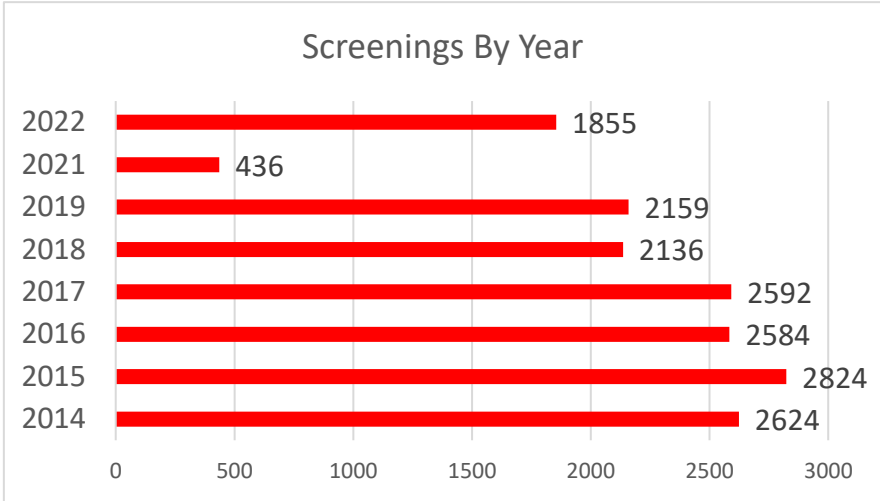
- Referrals 3

**Opening Eyes** **567**

- Glasses 198
- Rx Goggles 22
- Goggles 29
- Referrals 9

**Special Smiles** **253**

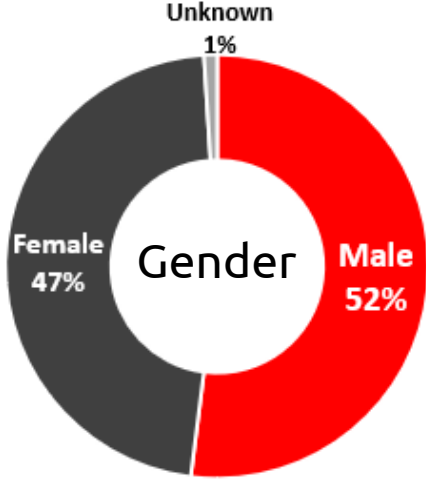
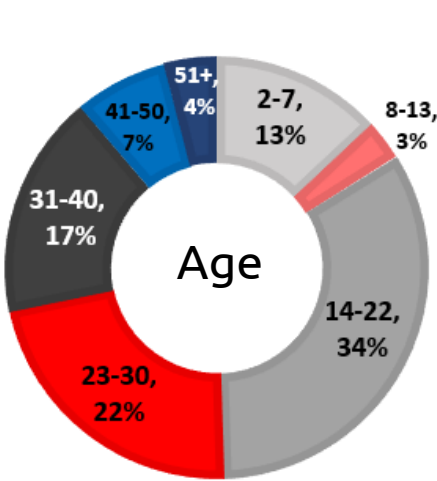
- Flouride 222
- Electric 253
- Mouthguards 220
- Referrals 248



**36**  
Fitness Programs

**300**  
Volunteers

**16**  
Healthy Athlete Events





Special Olympics Fit Feet offers screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. Fit Feet helps Special Olympics athletes step lively on the playing field, and in everyday life. Many athletes suffer from foot and ankle pain, or deformities that impair their performance.



1 State Event



19 Athletes Screened

2022 Fit Feet data showed that out of the 19 athletes screened:



42% had abnormal gait



80% were wearing the wrong size shoe



FUNfitness is the physical therapy discipline of Special Olympics Healthy Athletes® that addresses the ongoing health needs of Special Olympics (SO) athletes. FUNfitness provides athletes the opportunity to be screened for flexibility of hamstring, calf, shoulder rotator and hip flexor muscles; functional strength of the abdominal and lower extremity muscles; and balance.



2022 FUNfitness data showed that out of the 25\* athletes screened:



\*Unified Cup data not included



Health Promotion focuses on healthy living, healthy lifestyle choices, and nation-specific health issues. In addition to health education, Health Promotion offers screenings for bone density, blood pressure, and body mass index. Its goals include encouraging and enhancing healthy behaviors and improving self-efficacy and self-advocacy.



1 State/Regional Event  
1 International Event



338 Athletes Screened (91 SOMI, 247 International)

2022 Health Promotion data showed that out of the 91\* athletes screened:

43% do some sort of physical activity everyday



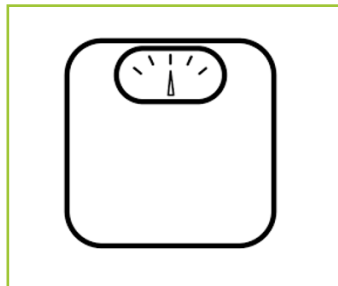
52% had elevated or hypertensive BP reading



8% have >1 serving of fruits and vegetables daily



Average weight: 189.3



Average BMI: 30.5



\*Unified Cup data not included

# Healthy Hearing 2022

Special Olympics  
Michigan



The Healthy Hearing discipline of Healthy Athletes provides comprehensive hearing screenings and follow-up recommendations. The goals of the program are to inform athletes, parents, coaches or caregivers about the detection of possible ear and hearing problems, recommend follow-up as needed, and to promote the necessity of regular ear and hearing screenings.



3 State/Regional Event  
1 International Event



360 Athletes Screened  
(157 SOMI, 203  
International)

2022 Healthy Hearing data showed that out of the 157\* athletes screened:

37% had a partially to fully blocked L ear canal



33% had a partially to fully blocked R ear canal



25% failed the hearing test



\*Unified Cup data not included



Special Olympics MedFest provides a free sports physical that all athletes need prior to participation. Exams assess blood pressure, temperature, pulse, height, weight, body mass index, vision, hearing, medical history, potential medication side effects and general physical health.



4 State Events



169 physicals  
completed

## Global Importance and Impact:



90% of primary care residency programs in the U.S. offer no training in caring for people with intellectual disabilities



81% of graduating medical students in the U.S. report not having any training in the care of people with intellectual disabilities

# Opening Eyes 2022

Special Olympics  
Michigan



The Special Olympics Lions Clubs International Opening Eyes program is changing lives in communities across the globe by providing comprehensive eye assessments, prescription eyewear, sunglasses and sports goggles to Special Olympics athletes.



1 State/Regional Event  
1 International Event



567 Athletes Screened  
(157 SOMI, 225 International)

2022 Opening Eyes data showed that out of the 157 athletes screened:



68% needed a new prescription



15% were diagnosed with an eye disease

591   
Received new glasses

950   
Received sunglasses

63   
Received new goggles



# Special Smiles 2022

Special Olympics  
Michigan



The Special Smiles discipline of Healthy Athletes provides oral health care information, including offering free dental exams and instructions on correct brushing and flossing techniques to participating Special Olympics athletes.

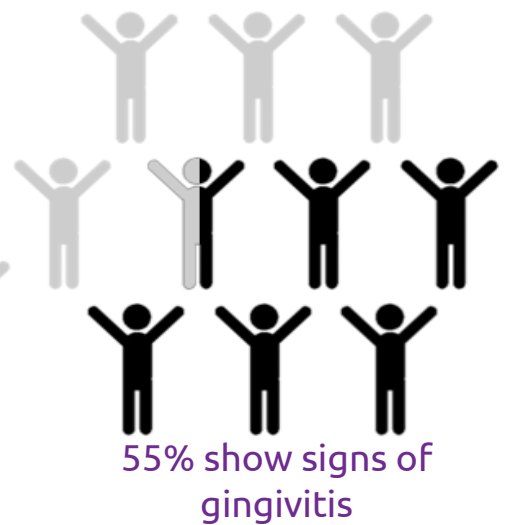
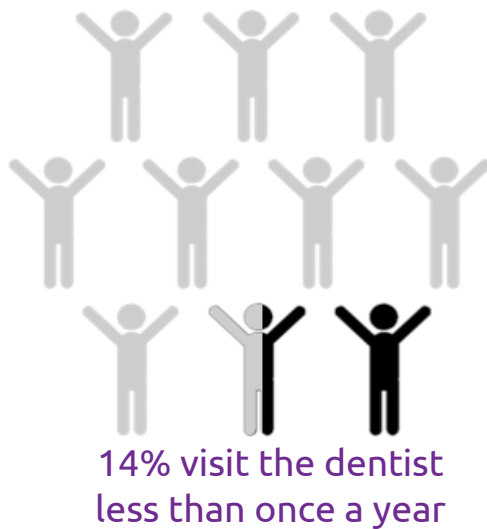


1 international event



253 Athletes Screened

Previous data has shown that athletes on average:



95   
Received fluoride treatment

160   
Received an electric toothbrush

551   
Received floss, toothpaste, & a new toothbrush



Healthy Young Athletes provides children ages 2-7 with a comprehensive health screening. Children receive a developmental screening, vision & hearing test, vitals check, and a full physical. Families are connected with local services and resources following the screening.



4 State events



54 Athletes Screened

In 2022 Special Olympics Michigan became one of five programs globally to offer Healthy Young Athlete screenings. The screenings consist of:

1. A prescreening to be completed by the child's parent, legal guardian, or primary caregiver prior to a screening event or while waiting to see a provider at the screening.
2. A developmental screening which is intended to be used to identify potential developmental strengths and delays in areas like language and communication, social-emotional skills, problem-solving, fine motor skills, and gross motor skills. (see page 2 for more information)
3. A medical screening focused on identifying underlying medical conditions that could contribute towards growth and developmental delays, as well as behavioral issues.
4. Resources and referrals for families and caregivers. The materials will highlight concerns addressed during the screenings, information on follow-up care, resources that support a family as they navigate the healthcare system and related support services and strategies for health and wellness in the home.