

# 2019 Health Report



## Screenings & Deliverables



**Fit Feet**      **185**  
Shoes            92  
Socks            185  
Referrals        2



**FunFitness**    **214**  
Referrals        7



**Health Promotion**    **118**



**Healthy Hearing**      **136**  
Referrals            73



**Medfest**            **108**  
(medical physicals)

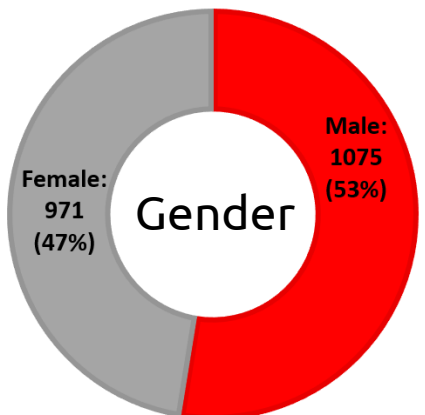
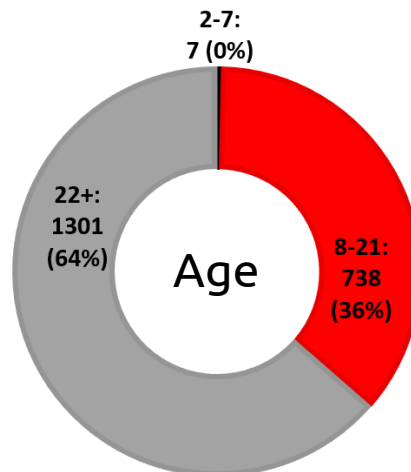
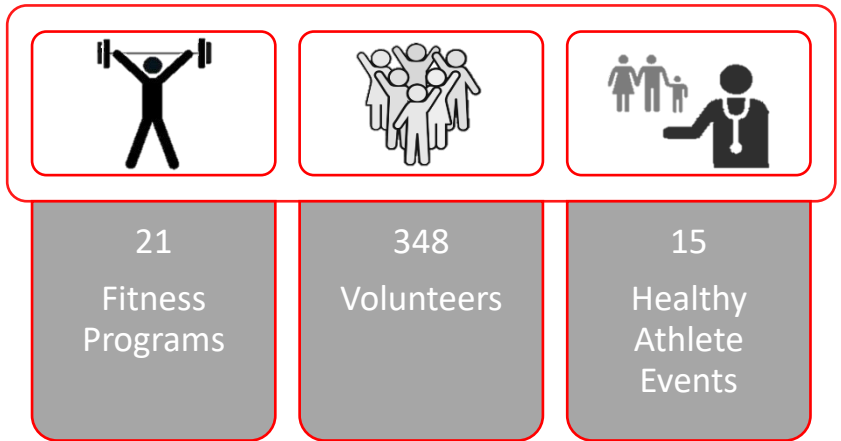
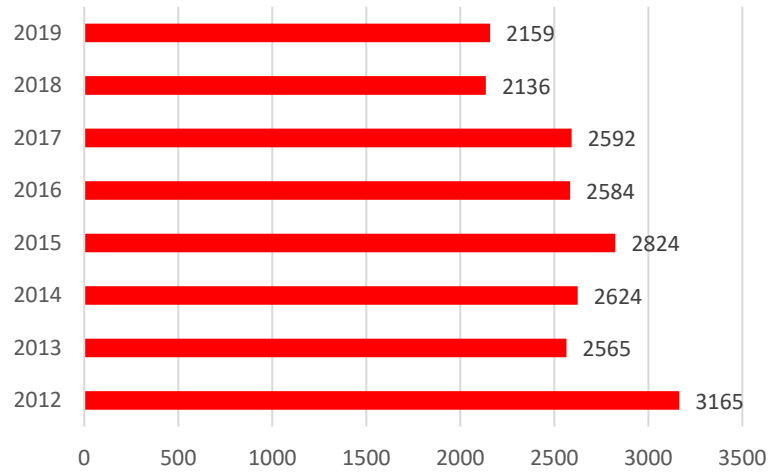


**Opening Eyes**      **973**  
Glasses            591  
Sunglasses        950  
Rx Goggles        29  
Goggles            34  
Referrals            53



**Special Smiles**    **551**  
Flouride            95  
Electric toothbrush    160  
Referrals            121

## Screenings By Year



# Fit Feet 2019

Special Olympics  
Michigan



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.

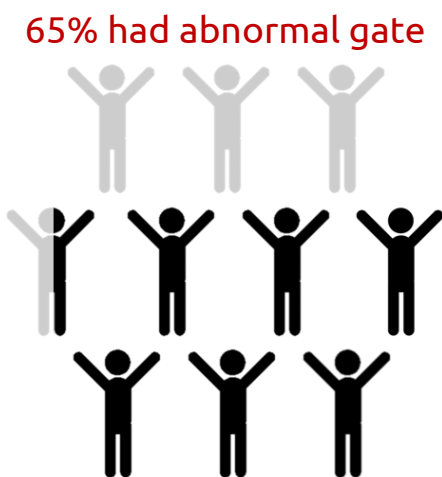


1 State Event



185 Athletes Screened

2019 Fit Feet data showed that out of the 185 athletes screened:



185

Received new socks

92

Received new shoes



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.



4 State Events



214 Athletes Screened

2019 FUNfitness data showed that out of the 214 athletes screened:





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.



2 State Events



118 Athletes Screened

2019 Health Promotion data showed that out of the 118 athletes screened:

43% do some sort of physical activity everyday



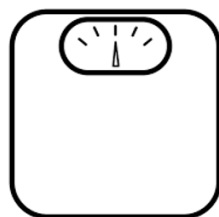
23% drink sweetened beverages daily



8% have >1 serving of fruits and vegetables daily



Average weight: 189.3



Average BMI: 31.8



# Healthy Hearing 2019

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.



1 State Event

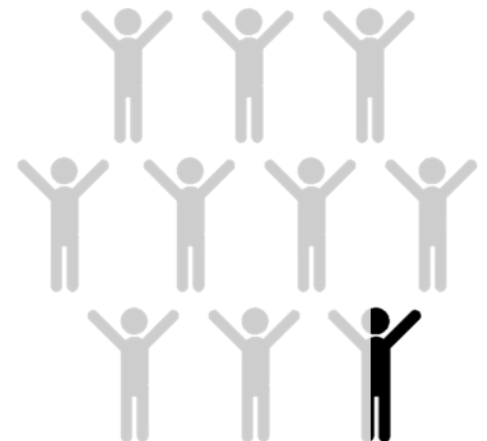
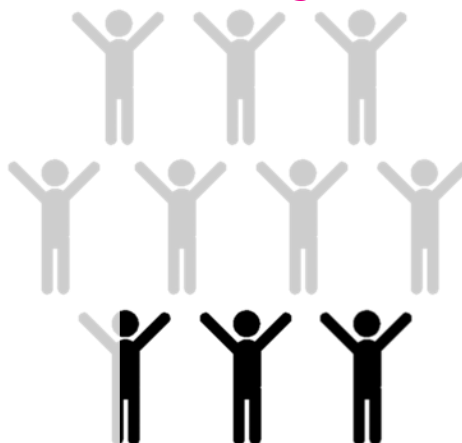


136 Athletes Screened

2019 Healthy Hearing data showed that out of the 136 athletes screened:



27% failed the pure tone hearing test



7% had permanent hearing loss



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.

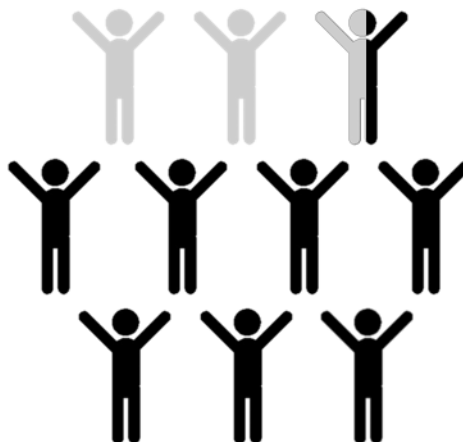


## Global Importance and Impact:



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

74% of adult Special Olympics athletes are overweight or obese



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

# Opening Eyes 2019

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 Event



973 Athletes Screened

2019 Opening Eyes data showed that out of the 973 athletes screened:



58% needed a new prescription



24% were diagnosed with an eye disease

591   
*Received new glasses*

950   
*Received sunglasses*

63   
*Received new goggles*

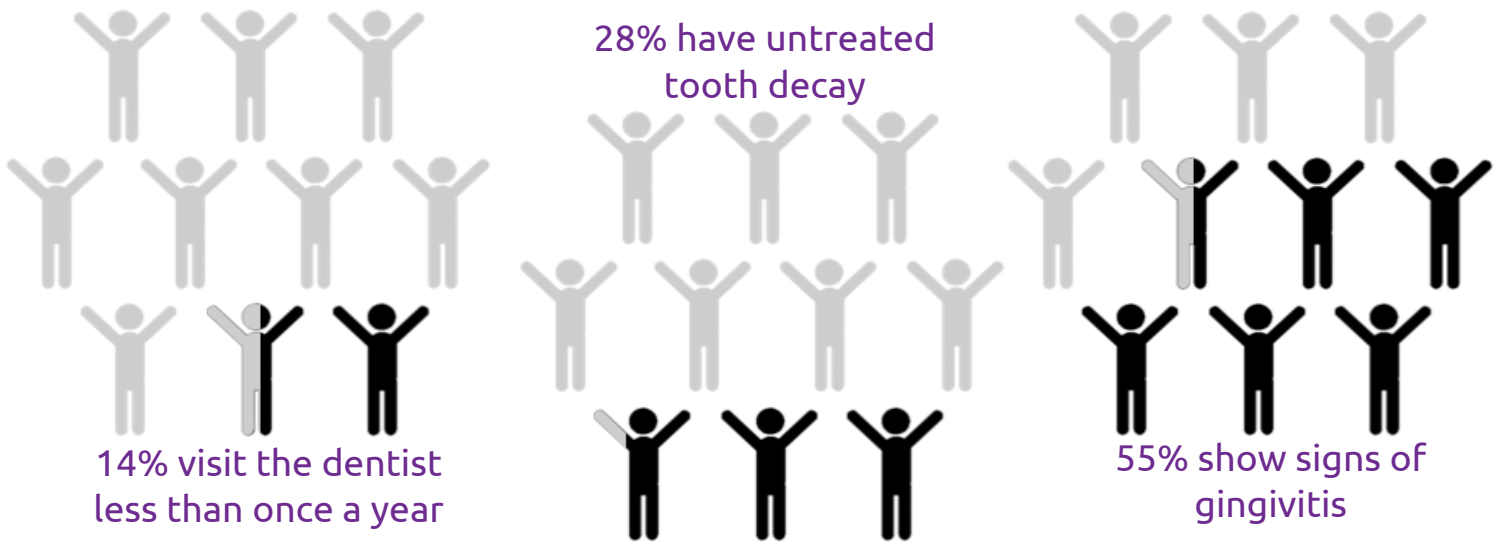




The Special Smiles discipline of Healthy Athletes provides oral health care information, including offering free dental exams and instructions on correct brushing and flossing techniques to participating Special Olympics athletes.



2019 Special Smiles data showed that out of the 551 athletes screened:



95   
*Received fluoride treatment*

160   
*Received an electric toothbrush*

551   
*Received floss, toothpaste, & a new toothbrush*

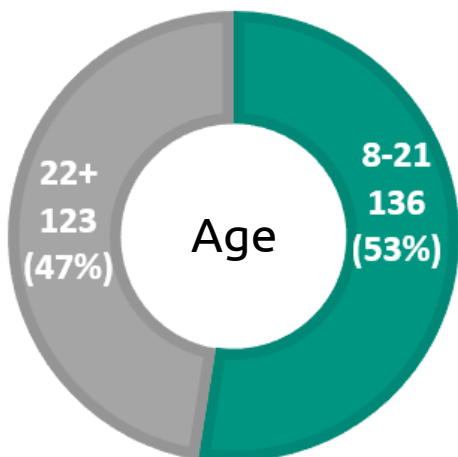
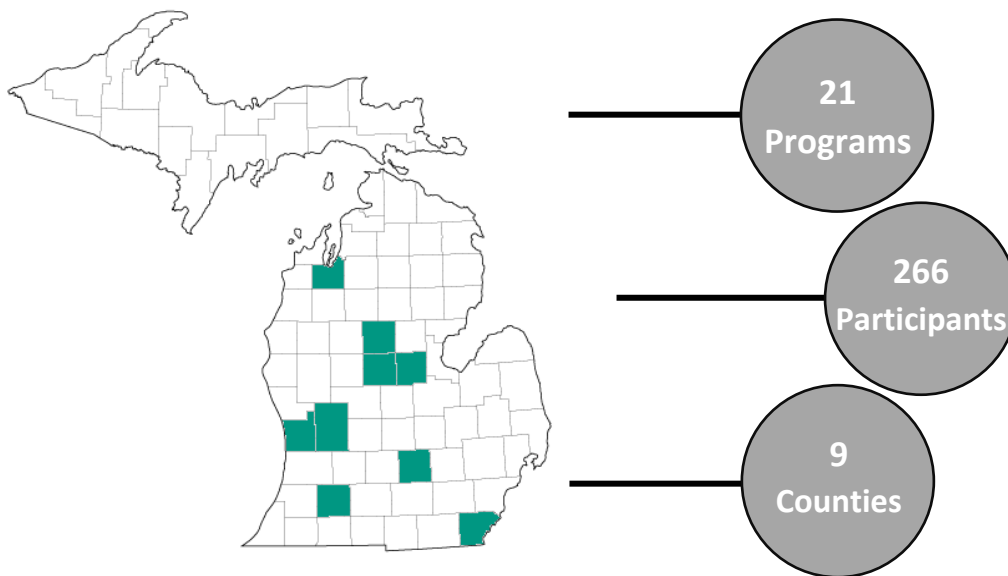
# Healthy Communities 2019

Special Olympics  
Michigan



As the largest amateur sports organization in the world for people with intellectual disabilities (ID), Special Olympics is dedicated to cultivating communities where people with ID have the opportunity to be healthy. Special Olympics Michigan is in the process of becoming a Healthy Community – a distinction from Special Olympics, Inc. that denotes a focus on advancing the health of people with intellectual disabilities. Full Healthy Community status is expected in 2020.

As part of the Healthy Communities Program, Michigan launched an 8-12 week health and wellness program called SOMifit which consists of nutrition education and strength & cardio training. The following data was gathered from SOMifit programs that were held in 2019.



98% of participants improved in at least one component of the assessment test when comparing pre & post test data

