2021
Health Report
Screenings & Deliverables

- **Fit Feet** 19
  - Shoes 0*
  - Socks 19
  - Referrals 3

- **FunFitness** 25
  - Referrals 0

- **Health Promotion** 0

- **Healthy Hearing** 123
  - Referrals 73

- **Medfest** 223
  - (medical physicals)
  - Referrals 38

- **Opening Eyes** 46
  - Glasses 44
  - Sunglasses 46
  - Rx Goggles
  - Goggles
  - Referrals 2

- **Special Smiles** 0
  - Flouride 0
  - Electric 0
  - toothbrush 0
  - Referrals 0

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### Screenings By Year

- **2021**: 436
- **2019**: 2159
- **2018**: 2136
- **2017**: 2592
- **2016**: 2584
- **2015**: 2824
- **2014**: 2624
- **2013**: 2565

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### Age

- 14-22: 112 (39%)
- 23-30: 84 (29%)
- 31-40: 28 (10%)
- 41-50: 10 (3%)
- 51+: 22 (7%)
- 8-13: 32 (11%)
- 2-7: 4 (1%)
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.

2021 Fit Feet data showed that out of the 185 athletes screened:

- 42% had a skin or nail condition
- 32% had abnormal gate
- 74% 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.

2021 FUNfitness data showed that out of the 25 athletes screened:

- 76% had flexibility problems
- 80% had balance problems
- 64% had strength issues
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.

2021 Healthy Hearing data showed that out of the 123 athletes screened:

- 38% had a partially to fully blocked ear canal
- 34% failed the hearing test

![Graph showing number of Healthy Hearing Events offered in 2019 and 2021](chart.png)
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

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

Number of Physicals Completed

2019: 108
2021: 223
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.

2021 Opening Eyes data showed that out of the 46 athletes screened:

- 74% needed a new prescription
- 24% were diagnosed with an eye disease

44 received new glasses
46 received sunglasses