2019 Health Report
Health Overview

Screenings & Deliverables

Fit Feet
- Shoes: 185
- Socks: 185
- Referrals: 2

FunFitness
- Referrals: 214
- Referrals: 7

Health Promotion
- 118

Healthy Hearing
- Referrals: 136
- Referrals: 73

Medfest
- (medical physicals)
- 108

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

Special Smiles
- Flouride: 551
- Electric toothbrush: 95
- Referrals: 160
- Referrals: 121

Screenings By Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Fitness Programs</th>
<th>Volunteers</th>
<th>Healthy Athlete Events</th>
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Age

- 2-7: 7 (0%)
- 8-21: 738 (36%)
- 22+: 1301 (64%)

Gender

- Male: 1075 (53%)
- Female: 971 (47%)
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.

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

- 34% had a skin or nail condition
- 65% had abnormal gate
- 62% were wearing the wrong size shoe
- Received new socks
- 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.

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

- 79% had flexibility problems
- 72% had balance problems
- 54% had strength issues
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.

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
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.

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

- 46% had a partially to fully blocked ear canal
- 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
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.

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:

- 14% visit the dentist less than once a year
- 28% have untreated tooth decay
- 55% show signs of gingivitis
- 95 received fluoride treatment
- 160 received an electric toothbrush
- 551 received floss, toothpaste, & a new toothbrush
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.

- 21 Programs
- 266 Participants
- 9 Counties

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