

Special Olympics Wisconsin: Creating Inclusive Health For People With Intellectual Disabilities

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Special Olympics
Wisconsin



The Mission of Special Olympics



To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Let me win.
But if I cannot win,
let me be brave
in the attempt.
- Special Olympics athlete oath

Eligibility



A person must meet the following criteria:

1. Be at least 8 years of age (no max age limit).
(Individuals ages 2-10 may inquire about Young Athletes™)
2. Be identified by an agency or professional as having a:
 - a. Intellectual disability (ID); or
 - b. Cognitive delay; or
 - c. Closely related developmental disability.
3. Agree to abide by the Official Special Olympics Sports Rules and the SOWI Athlete Code of Conduct.
4. Persons with multiple disabilities may participate in SOWI as long as they also meet the noted criteria above.

Organizational Structure



Special Olympics, Inc. (6 million athletes, 170+ countries)

Regional Programs (SONA)

U.S. Programs (SOWI)

Regions

Local Programs



Sports



Special Olympics Wisconsin offers over 20 sports in four sports seasons.

Winter Sports: Alpine Skiing, Cross-Country Skiing, Snowshoe Racing, Snowboarding

Spring Sports: Team Basketball, Basketball Skills, 3v3 Basketball, Swimming

Summer Sports: Gymnastics, Athletics (track and field), Powerlifting, Soccer, Cornhole, Soccer, Tennis

Fall Sports: Golf, Tee Ball, Softball, Bocce, Volleyball, Flag Football, Bowling



Beyond Sports: Unified Programs



- Unified Sports
- Unified Champion Schools (UCS)
- Young Athletes



Beyond Sports: Athlete Leadership



- Unified Leadership Workshops
 - Athlete Health Messenger (health education and advocacy)
 - Global Messenger (public speaking)
 - Athlete as Coaches
 - Healthy Relationships
 - Athletes as Table Officials
- **Athletes in Leadership Positions**
 - Board of Directors
 - Staff Members



Beyond Sports: Health & Fitness Programs



- **Healthy Athletes**
 - Health screenings by healthcare professionals and students
 - Special Olympics has become the largest public health organization in the world for individuals with ID
- **Fitness Programming**
 - Focusing on year-round wellness and education to athletes, family members, and coaches



Healthy Athletes Disciplines



Fit Feet



MedFest



FUN Fitness



Health
Promotion



Special Olympics
Lions Club
International
Opening Eyes



Strong Minds



Special Smiles




Healthy
Hearing


For every 10 athletes on a U.S. Special Olympics team:




 **8** are overweight or obese


 **7** have significant problems with flexibility


 **4** need a new prescription for eyeglasses

 **2** have some kind of eye disease

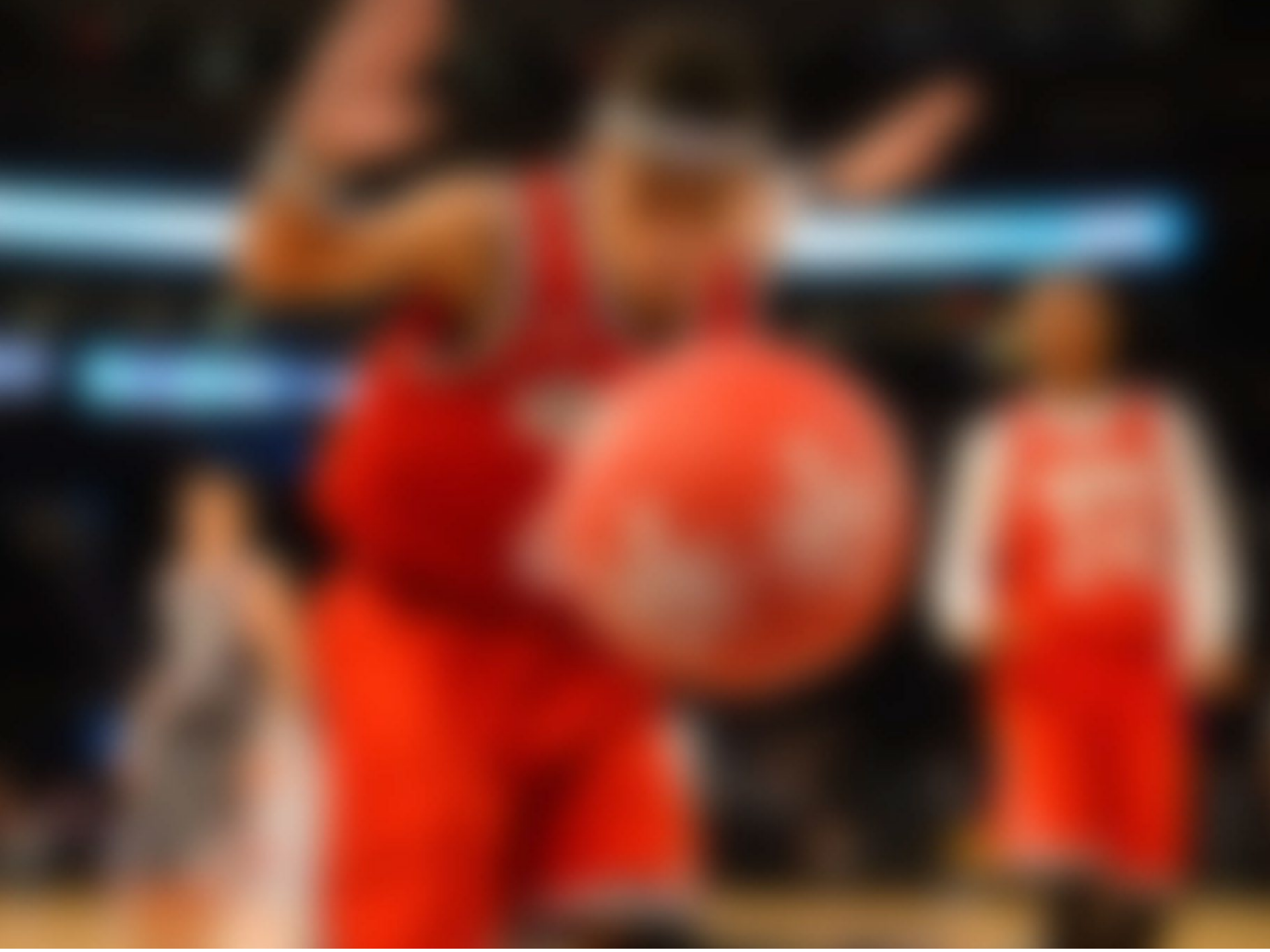
 **3** will fail a hearing test

 **3** have low bone density

 **3** have untreated tooth decay

 **1** needs an urgent referral to a dentist







2 TIMES
as likely to be
OBESE



2-4 TIMES
as likely to be less
PHYSICALLY
ACTIVE



LIFE
EXPECTANCY
is reduced by
an average of
16 YEARS



5 TIMES
as likely to have
DIABETES



2 TIMES
as likely to have
CARDIOVASCULAR
DISEASE &
ASTHMA

Real Life Example




- Story on weight loss

Barriers to Good Health



Barrier: Attitudes and Beliefs




Cultural Beliefs
Unconscious Bias
Stigmatization
Attitudes/Discrimination

Barrier: Systems

Lack of Transportation
Poor Enforcement of Laws/Policies
Poverty
Limited Self-Advocacy



Poverty



Insufficient Provider Training
Limited Prevention Education/Health
Literacy
Lack of Awareness
Diagnostic Overshadowing

Barrier: Knowledge

The Solution: Inclusive Health



The goal of inclusive health is to:

- **Improve health outcomes** for people with ID
- **Improve physical and social/emotional well being** of people with ID
- Ensure people with ID have **access to health programming and services** they need
- **Improve** health access delivered by a **trained workforce** providing high quality, evidence-based care that is tracked longitudinally within inclusive systems

The Solution: Inclusive Health



Prevention

- Young Athletes
- Fitness
- Family Health Forums
- Coach Education

Assessment

- Healthy Athletes
- Care coordination
- Closing the referral loop

Training

- Training of health professionals, ensuring they have the skills needed to care for people with ID without bias
- Athlete Health Messengers

Advocacy

- Health equity
- Inclusive health funding and policies to ensure people with ID can access appropriate programming and services in the same way people without ID can



HOW CAN YOU BE PART OF THE INCLUSIVE HEALTH MOVEMENT?

Volunteer With Special Olympics



Provide Follow Up Care



Share our Resources



Tips for keeping a **Strong Mind**

- CONNECT WITH OTHERS**
Text, call or video chat friends, team mates, coaches and family
- GET 8 HOURS OF SLEEP**
Avoid caffeine and technology before bed
- STAY ACTIVE**
Exercise 30 minutes a day most days of the week
- EAT HEALTHY FOODS**
Fill your plate with fruit, vegetables, lean protein or beans and whole grains
- USE STRONG MINDS STRATEGIES**
Try deep breathing, stretching/yoga and thinking positive thoughts
- ASK FOR HELP**
Contact your medical provider if you feel overwhelmed

Special Olympics Health
— Gotisano

SpecialOlympics.org

What is FIT 5?

Athletes want to perform their best at every competition. You can do this by being fit. **Fit 5 is a plan for physical activity, nutrition, and hydration.** It can improve your health and fitness to make you the best athlete you can be.

Goals of FIT 5

- EXERCISE 5** days a week
- EAT 5** total fruits and vegetables per day
- DRINK 5** water bottles per day

www.specialolympicswisconsin.org

Offer an Inclusive Health Training



Edward's Story



Questions?



Thank you.

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Visit SpecialOlympicsWisconsin.org to learn more.



**Special
Olympics**
Wisconsin

