



## Healthy Communities

Special Olympics Health, made possible by the Golisano Foundation, is working to ensure Special Olympics athletes can perform at their best, on and off the field, and have equal access to quality health care, health education and resources.

Healthy Communities is a model Special Olympics Health program addressing the severe health disparities faced by people with intellectual disabilities (ID) through immediate and long-term community-based solutions. **Healthy Communities is working to increase access to quality health care and prevention programming to improve the health status of people with ID.**

### To address the health disparities faced by people with ID, Special Olympics Healthy Communities program:

- Infuses health across all aspects of Special Olympics programming;
- Strengthens the capacity of existing health care systems; and,
- Strives to improve access to quality health care and preventative health education for people with ID through the engagement of partners, government, health care professionals, and activation of local Special Olympics networks.

### By 2020, Special Olympics' goal is to have 100 Healthy Communities across the globe, where:

- People with ID have access to quality health care;
- Prevention education and programming is available and adapted for people with ID;
- Health care professionals are trained and providing services to people with ID; and,
- People with ID are healthier and fully integrated into existing health care systems.

## CONTACT

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## The Goal:



Improve the health status and increase access to quality health care and health resources for people with intellectual disabilities.

### The Problem:

- Many of the nearly 200 million people with ID are denied or do not have access to quality health services.
- People with ID have higher prevalence of health conditions and earlier onset of chronic disease.
- People with ID die 16 years prematurely because of undiagnosed and untreated conditions.

### The Global Solution:

#### *Awareness & Partnerships*

- Governments, corporations, and NGOs contribute health care, resources, and services to people with ID
- Universities prepare health care students to include people with ID as patients, clients, and co-workers in their future careers
- Health and fitness professionals receive enhanced training in order to better serve those with ID
- Special Olympics athletes and families are empowered as self-advocates
- Ongoing health and wellness opportunities in communities are inclusive of people with ID
- Caregivers, Special Olympics coaches and athlete leaders promote healthy lifestyles year-round for Special Olympics athletes
- Special Olympics' health information system empowers athletes, caregivers, and coaches
- Special Olympics athletes are connected to follow-up care in their communities