

## **Developing healthy communities for Special Olympics Oregon athletes**

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**TOPIC/TARGET AUDIENCE:** Disability and Health Promotion professionals

**ABSTRACT:** Background: Special Olympics Healthy Communities Grantee Programs(HCP) are funded throughout the nation. In 2017, Oregon became a grantee program to increase access to quality healthcare and health resources for Oregonians with intellectual disabilities(ID). This presentation will highlight the HCP initiatives and evaluations of Oregon's target programs (i.e., Healthy Athletes and the Team Wellness program).

Methods: Oregonian athletes participating the Healthy Athletes and Team Wellness programs were assessed on health outcomes and program effectiveness.

Results: Among Healthy Athletes: participants (n=627), 75% were overweight or obese, 23% were smokers, 38% were pursuing less than 2 days per week of physical activity, 20% used electronics over 5 hours per day, and 46% consumed 1-2 servings or less per day of fruits and vegetables. Athletes participating in Team Wellness (n=85) significantly improved components of fitness and nutrition including: plank duration  $t(69)= 2.04, p=0.04$ ; number of push-ups  $t(71)= 3.70, p<0.001$ ; fruit and vegetable consumption  $t(61)=2.59, p=0.01$ ; and fast food consumption  $t(66)= -2.60, p=0.01$ .

Conclusions: Oregon athletes are in need of health promotion programming. The HCP will focus on providing resources for follow-up healthcare for athletes needing referrals from the Healthy Athletes program and continued evaluation and dissemination of the Team Wellness program.

### **OBJECTIVE(S):**

- Discuss health outcomes and behaviors of Oregonian Special Olympics athletes.
- Describe the importance of the Healthy Communities grantee program to Oregonians with intellectual disabilities

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