

The Special Olympics Texas Health Education Curriculum

Healthy LEAP®



**Special
Olympics**
Texas

Special Olympics
Texas



1

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The Problem:



- People with intellectual disabilities have unique health care needs and many receive virtually no health care at all. There is little to no education on health and nutrition available to students during the school day.

29% of Special Olympics Athletes under the age of 20 are overweight or obese.

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The Solution:



- **Healthy LEAP** (Lifestyle Education and Practice) is a series of health, nutrition, fitness, safety and injury prevention lessons and practical applications created specifically for youth with and without intellectual disabilities.

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Benefits



- Schools will receive all developed curriculum, ready to administer to participants
- Increases overall participant health and wellness
- Promotes inclusion and breaks down barriers
- Provides a unified classroom environment



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Curriculum Overview



- 8 weeks of provided health curriculum content
- Curriculum tailored to each grade level
 - Elementary School
 - Middle School
 - High School

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Health & Wellness



Topics

- Food Groups
- Healthy Weight & Obesity
- Behavior & Stress Management
- Bone Health
- Sports Nutrition & Hydration
- Exercise & Injury Prevention
- Sun Safety
- Personal Hygiene
- MS/HS only:
 - Preventions of Tobacco and Alcohol Use



6

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Implementation

- In person
 - Hard copies of all materials will be provided
- Virtual
 - Curriculum is available in PDF/PowerPoint format

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Materials

Participants receive:

- Healthy LEAP bag
- Water bottle
- Sunscreen/Lip balm
- Hand sanitizer
- Fitness Tracker
- Food placemat
- Food Journal



Facilitator materials:

- Binder with curriculum
- Coaches guide
- Google Classroom
- Envelopes for forms



8

8

Reporting



- Consent form completed by participants if opting out of the program
- Pre and Post implementation questionnaires
 - Used to gauge positive health changes in participants
 - Collecting data helps to fund the program

9 / Special Olympics Texas

9

Questions?

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10

10