MedFest Clinical Director

Special Olympics Health
MADE POSSIBLE BY Golisano FOUNDATION

Over 4 million Special Olympics athletes participate in games and events organized by Special Olympics each year. But before they step on the playing field, they are required to have a comprehensive sports physical. MedFest was created to offer the physical screenings that all athletes need prior to participating in Special Olympics sports. **Screenings assess blood pressure, temperature, pulse, height, weight, body mass index, vision, hearing, medical history, potential medication side effects and general physical health.** It is sometimes the first exposure these athletes have to medical care. In many cases, life-threatening conditions have been found and subsequently treated thanks to MedFest.

Purpose & Goals

MedFest screenings have found that a large percentage of Special Olympics athletes have significant health concerns that are preventable and/or treatable. The goals of MedFest include:

- Offer a free sports physical and other health screening services to people with intellectual disabilities.
- Recruit new athletes to Special Olympics.
- Foster new partnerships between Special Olympics and the community.
- Provide physicians, nurses and other health care providers with training and specialized experience in the caring for people with intellectual disabilities.

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Importance & Impact

- **90%** of primary care residency programs in the U.S. offer no training in caring for people with intellectual disabilities
- **81%** of graduating medical students in the U.S. report not having any training in the care of people with intellectual disabilities
- **60%** of adult Special Olympics athletes are overweight or obese
- **31%** of Special Olympics athletes under the age of 20 are overweight or obese
- **22%** had at least one previously undiagnosed medical condition