

## Health Promotion – prevention and nutrition



### Description:

Health Promotion, a discipline of Special Olympics Healthy Athletes®, focuses on healthy lifestyles, healthy lifestyle choices, and country-specific health issues. In addition to health education activities, Health Promotion offers bone density, blood pressure and body mass index (BMI) screenings. Its goals include encouraging and enhancing healthy behaviors and improving self-efficacy and self-advocacy.

### Chosen outcomes:

Special Olympics studies in Germany 2009 - 2020 (N=9.874)  
**64%** showed an overweight.

Special Olympics National Games Berlin 2022 (N=348)  
**36%** had normal weight, **32 %** were overweight and **28%** were obese.

### Volunteer at Health Promotion:

#### Medical background:

- Doctors
- Nurses
- Dieticians
- Ecotrophologists
- Occupational therapists
- Students and trainees of the above mentioned professions

#### Task description:

- Education about obesity-related risks (comorbidity)
- Determination of the BMI and nutrition counseling
- Blood pressure measurement and evaluation of the values
- Education of the risks of smoking and related complications
- Information on possible diseases caused by sun exposure and education on sun protection
- Measurement and education on bone density
- Education on hygiene and prevention of diseases through germ reduction