

Sports, Health & Fitness

Why is it important for those with intellectual disabilities?



6.5 million people in the United States have an Intellectual Disability



2X as likely to be obese



2 – 4X as likely to be less physically active

2X as likely to have cardiovascular disease & asthma

5X as likely to have diabetes



Life expectancy is reduced by an average of **16 years**



“Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win?”

-Tim Shriver
Chairman

Special Olympics International