



## SONC Local Health Committee

Special Olympics North Carolina is excited to ensure an athlete's participation in sport programming is simultaneously enhancing his/her health and wellbeing. The establishment of a regional health chair and committee will help connect athletes to health and community resources, increase athlete numbers, and eliminate many common barriers to healthcare in the community.

### Health committee responsibilities:

- Help the local Special Olympics program meet the health and wellness needs of local athletes
- Identify health and wellness barriers for people with intellectual disabilities in the local community
- Help plan health screenings as part of local Special Olympics events or as standalone events
- Identify local physicians open to providing sports physicals that all athletes need to compete
- Advise the local Special Olympics program on best practices for implementing wellness programming at or outside of practice

### Additional potential responsibilities:

- Track regional health activity
- Help the health chair develop a strategic plan around Special Olympics health in your region

**Committee Member Terms:** 3 years

### Ideal committee members:

- Health Chair
- SO local program representatives
- SO athletes
- SO athlete family members/caregivers
- Local health care providers
- School system representatives
- Group home representatives
- Local college representatives
- Local health care systems
- Local wellness & fitness representatives

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