

Summary of Current Progress

Objective: Special Olympics Arizona shall conduct literature reviews and needs assessments.

Progress: The literature review and needs assessment were completed and delivered to ADDPC in January 2012. No further literature review is planned for Year 2 of the contract, however needs assessment results will continue to be used in program evaluation.

Objective: Special Olympics Arizona shall develop and implement strategies using innovative educational, training and support models to provide measurable interventions that reduce the risks of identified medical conditions resulting in beneficial life-style and coping changes, using culturally competent approaches.

1. **Performance Measure:** With special attention paid to schools in rural counties, SOAZ anticipates training 20 to 30 school nurses or athletic trainers in 2012, who will then teach *Health Promotions* to 250 to 300 students with intellectual disabilities.

Progress: SOAZ encountered difficulty with recruiting school nurses and has modified this goal to include other qualified school personnel and community professionals who work with the target population. To date, 24 teachers have been trained and 49 students have received the full Health Promotions (HP) classes.

With the following schools/organizations scheduled to begin HP when school starts in August, SOAZ has the volunteer presenters in place to meet the performance measure of 250 to 300 students in 2012: 2 STARS, ARCH, Coconino High, Sinagua Middle, Marshall Elementary, Knoles Elementary, Valley View Elementary, Marcos De Niza High, Scottsdale Boys and Girls Club, Flagstaff High, Cibola High and Marana Elementary.

2. **Performance Measure:** 900 to 1,000 youth and adults with intellectual disabilities screened at Healthy Athletes events. Written referrals and post-screening communication provided.

Progress: 2,034 screenings were provided to 988 youth and adults with intellectual disabilities in Maricopa and Pima Counties.

3. **Performance Measure:** 400 or more athletes receive a free sports physical required for participation.

Progress: 153 free sports physicals have been provided to date. Four more Free Physical events are scheduled in September 2012 in order to reach the 400 athlete goal.

4. **Performance Measure:** SOAZ will provide nutrition and health education to coaches who can, in turn, provide this information to the athletes on a consistent basis.

Progress: On July 28, 2012, twenty seven people attended the Health Promotions training at the SOAZ Leadership Conference in Flagstaff, AZ. Six attendees were athletes and 21 were coaches or Head of Delegation volunteers who also work directly with the athletes. All were trained in the key information of Health Promotions and were tested in class by presenting a health lesson to the group as they would to their athletes. These volunteers are now prepared to deliver health information to the athletes they work with.

Objective: Special Olympics Arizona shall develop reliable measurement tools to assess outcomes of activities with valid data presented as part of the project, with the goal of demonstrating positive increased knowledge on wellness issues, changed behaviors in wellness care that lead to better transition opportunities into adulthood, and other measurable outcomes as identified by the applicant.

1. **Performance Measure:** Educational health professionals will be provided with tracking tools to "grade" increased student knowledge in the class and to track improvements in weight and BMI.

Progress: A presenter's weekly reflection online journal was created and used by the Health Promotions presenters to record class feedback, outcomes and suggestions. Those results were provided in the Quarter 3 Report. Tracking spreadsheets for pre- and post-testing of athletes' BMI, weight and attendance were provided and used by presenters.

2. **Performance Measure:** Through HAS, Special Olympics Arizona will compile a report on screening results, follow-up care and number of health care professionals and students receiving hands-on experience in working with developmentally disabled youth and adults.

Progress: This data is being compiled and will be included in SOAZ's Final Narrative Report.

Feedback, Evaluation and Efficacy

The pre- and post-test data collected to date reveals that participants in the ARCH class lost an average of 3.5 lbs. and lowered their BMI by an average of 2.42%. While these changes are modest; they indicate that information learned in just 8 weeks of lessons has been applied and is already showing results.

Health Promotions participants are also relating increases in physical activity since beginning the class—walking and performing the exercises learned in class on their own.

Feedback from Health Promotions presenters' Weekly Reflections indicates:

- Some of the information is too advanced for participants. Presenters were instructed by Sheri Lunski, RN in how to simplify the lessons or scale down the amount of information presented. Nurse Lunski was able to show the presenters how to maintain the key information and eliminate the more complicated concepts.
- Many of the participants to date are unable to read or write and therefore have not been tested through traditional means. However, the presenters, with Sheri Lunski, have been able to test students using props, the "My Plate" placemats, discussion of previous lessons and demonstration of the exercises and stretches. Presenters concluded that students are retaining and applying knowledge.
- Class participants are demonstrating acquired knowledge by applying concepts during meals and class activities. Examples include identifying the food groups in their lunches, bringing healthier snacks to class, portioning according to the My Plate placemats and identifying foods high in protein from photos.
- More visual aids, pictures, color coded items and props are needed for lower functioning participants.

Feedback from Healthy Athletes Clinical Directors and volunteers indicated:

- Need for additional and sturdier signage leading to the Healthy Athletes venue.
- The Summer Games event was the busiest ever in 6 years; more clinical volunteers are needed.
- Marketing to get more athletes to venue was very effective.
- Clinical Directors want improved contact with each other to brainstorm ways to improve the event.
- With the increase in athletes, more lay volunteers are needed.

Overcoming Barriers

Two changes have been made to overcome the difficulty with recruiting school nurses to teach Health Promotions. Both of these measures immediately resulted in greater interest and implementation. SOAZ plans to continue these changes in the upcoming year.

1. The opportunity to teach the class was opened up to Special Education Teachers, Adaptive Physical Education instructors and personnel at Day Treatment centers.
2. A change to the budget was approved to allow for stipends to teachers of the class.

As described in the feedback section above, some information in the Health Promotions lessons was too advanced for students at STARS and ARCH. Sheri Lunski worked with the presenters to modify or edit the lessons so as to retain key information and simplify more complicated concepts. These available modifications will be made part of the Health Promotions training for presenters.

Year 2 Budget and Match

Please see Attachments A & B.

Objectives

1. 1,500 Healthy Athletes screenings performed during the 9-month grant period, effecting 1,000 athletes.
2. 150 Athletes to receive free or reduced-cost follow up care based on Healthy Athletes screening referrals during the grant period.
3. 20 Educators will be trained and then teach the Health Promotions curriculum during the grant period with emphasis on rural areas.

Strategies

To increase participation in Health Promotions education, SOAZ will continue to target elementary and high schools with Special Education programs, community services for people with disabilities and recreation providers who serve the target population. Rather than recruiting individual participants, SOAZ establishes partnerships with other organizations who are then trained to present the curriculum and gather data on our behalf.

Because the Health Promotion presenters and participants provide feedback throughout the program, SOAZ has the ability to respond to barriers or concerns and make adjustments based on individual needs. The volunteers who teach the classes have established relationships with the students and are therefore able to respond to cultural and age differences of their students. In addition, Sheri Lunski has been able to work with presenters to modify lessons to ensure that key concepts are learned when participant feedback indicates the information may be too complicated.

Healthy Athletes has been a proven strategy for improving health outcomes for people with intellectual disabilities for many years, so SOAZ will focus on growing and adding value to the program. Healthy Athletes screenings will grow as participation in Special Olympics AZ sports programs increase and additional screening events are established, such as the new screening event started in Tucson in 2012. The main recruiting needs for Healthy Athletes will be focused on additional clinical volunteers and community partners who will provide free or low-cost follow-up care. Isaac Sanft will continue to meet with health care providers, health care professional organizations and insurance companies who have agreed to assist SOAZ in securing these volunteers.

Implementation Plan

Please see Attachment C.

Community Collaboration

The Health Promotions and Healthy Athletes programs rely heavily on community collaborations. Schools and day programs agree to allow staff time for training, classroom facilities so that Health Promotions can be taught to students. Rather than hire medical professional to perform screenings, SOAZ relies on clinical volunteers. The following schools and groups provided physicians and medical students during the grant period:

A. T. Still University of Health	Midwestern University
AZ Early Hearing Detection & Intervention	Phoenix Children's Hospital
ASU Pre-optometry Club	Pima Community College
AZ Dental Foundation	The Arizona Optometric Association
St. Joseph's Medical Center	The Ear Foundation of Arizona
Midwestern Arizona College of Optometry	

In an effort to increase the impact of Healthy Athletes screenings, SOAZ is developing relationships with medical providers who are agreeing to see a number of athletes to treat issues found during screenings. These partners include A.T. Still University, which will treat up to 25 athletes' dental issues. In 2012, A.T. Still treated seven athletes with fillings, extractions and root canals, at no charge. Additional collaborators for follow-up care include:

- Dr. Short and others from his group
 - Dentist- committed to see 5-10 athletes after 2012 Fall Games Special Smiles screenings free of charge in Yuma.
 - Physical Therapist – committed to provide follow up care for 5 athletes after 2012 Fall Games FUN Fitness Screening free of charge in Yuma.
 - Podiatrist- pending commitment to provide follow up care for 5 athletes after 2012 Fall Games Fit Feet Screenings free of charge in Yuma.
- Dr. Headley- committed to removing earwax of athletes screened in Healthy Hearing Summer Games 2013 (last year did 35 athletes) free of charge in Yuma.
- Arizona Optometric Association (Kate Diedrickson)- Committed to cut glasses and distribute to athletes after screening Summer Games 2013 free of charge for athletes all over the state.

Please see Attachment D for Letters of Support. Also, please note, in both letters, the supporters refer to "Steps to Better Health", rather than Health Promotions because that is the name of the book used in the Health Promotion classes.

Sustainability

Beyond ADDPC funding, Special Olympics Arizona has begun seeking sources to sustain the Health Promotions classes and Healthy Athletes screenings. In 2012, seven grant applications have been submitted in support of these programs, with another six planned by the end of the year.

In addition, partnerships in the community are forming in support of the programs. UnitedHealthcare has agreed to support the Fall Games Healthy Athletes screenings on an ongoing basis. The partnership currently includes volunteer support and access to United Healthcare's communication channels and a financial sponsorship is also being discussed.

MercyCare has made a commitment to the Summer Games Healthy Athletes screenings by providing resources, volunteers and financial support. A similar partner is being sought by the SOAZ Southern Arizona Development Manager to support the screenings in Tucson.

Key Staff

Name	Current Position & Contract Position	Years at SOAZ	FTE devoted to Project
Isaac Sanft	Director of Programs	1	.5
Sheri Lunski, RN	Healthy Athletes Educator	1.5	.25
Jesse Thompson	Programs Administrator	.5	1
Tracy McCarty	Grants Manager	4.5	.10

Isaac Sanft is currently a student at Scottsdale Community College pursuing a Business degree. Isaac was promoted to the Director of Programs position due to his superior coordination of the Healthy Athletes program. Isaac brings 5.5 years of experience in Adaptive Recreation which includes program administration, direct service and instruction of youth with developmental disabilities. Isaac is also a bi-lingual Eagle Scout with many years of volunteer service.

Sheri Lunski holds a Bachelor of Science in Nursing from Arizona State University. She has been a Registered Nurse for 22 years. She worked as an RN with St. Joseph's Hospital and Medical Center for 17 years, including 10 years in the adult Intensive Care Unit. Sheri has worked in the Peoria Unified School District for seven years as a School nurse and a Career and Technical Education Teacher. Sheri is also a BLS instructor at St. Joseph's Hospital and Medical Center.

Jesse Thompson holds a Bachelors in Business Administration from Arizona State University. Jesse completed a 3 month, full-time internship with Special Olympics Arizona before being hired to provide administrative support for the Healthy Athletes program. Jesse is certified in CPR.

Health Promotions Education Evaluation Plan

The team conducting this project meets monthly to review progress and measureable outcomes. Utilizing a fulfillment timeline and recording outcomes on an ongoing basis keeps the team on track and managing desired results.

The efficacy of Health Promotions education is demonstrated through classroom quizzes and pre- and post- testing of acquired knowledge and changes in weight and BMI. In instances where participants are unable to complete traditional tests, classroom discussion and verbal quizzing will be utilized and results recorded by the presenter. Where applicable (based on individual ability) students will keep Food Journals to reveal changes in diet and report behavior changes back to their teacher during class discussion.

Each presenter of Health Promotions completes a Weekly Reflection to evaluate the program in real time and document changes in behaviors among participants. Concerns and suggestions are addressed by appropriate project staff with the presenters to facilitate needed adjustments or resources. All Weekly Reflections are reviewed by Sheri Lunski and Isaac Sanft and will be provided to ADDPC with Quarterly Reports. An example of the Weekly Reflections is enclosed as Exhibit 1.

Healthy Athletes Screenings Evaluation Plan

Data collection and evaluation of the Healthy Athletes screenings are coordinated through the Healthy Athletes System (HAS.) The screening results compiled in HAS are reported to Special Olympics International, who works closely with the federal Centers for Disease Control to monitor the health of our target population. Results will also be shared with ADDPC through Quarterly and Final Reporting.

Post-event evaluation is conducted by the Clinical Directors (volunteer physicians and medical professionals) with Isaac Sanft for each Healthy Athletes screening discipline. Best practices for delivering the screenings, referrals and follow-up are established during these meetings.

Budget Request Form

Contractor Name: Special Olympics Arizona, Inc.

Contractor Address: 2100 S. 75th Ave. Phoenix AZ 85345
Street Address City State Zip

Project Name: Special Olympics Arizona Wellness Education & Prevention Project

Budget Category	Requested ADDPC Funds	Non-Federal Cash Match	Non-Federal In-Kind Match	Total Program Cost
Personnel/Salaries	39,375			39,375
Fringe Benefits		4,725		4,725
Supplies / Operating Expenses	14,767		3,500	18,267
Travel	1,500	4,100		5,600
Rent or Cost of Space	11,000			11,000
Contracted Services / Professional Services	15,500			15,500
Administrative / Indirect Costs		8,214		8,214
Total Costs	82,142	17,039	3,500	102,681

It is understood that Non-Federal Funds identified in this budget will be used to match only ADDPC Federal Funds, and will not be used to match any other Federal Funds during the period of the ADDPC funded Project.

Additional description and background information shall be included as a budget narrative, including for match. The contractor agrees to submit additional background information to the ADDPC upon request.

Tim Martin
 Name of Certifying Official

President & CEO
 Title of Certifying Official

602.230.1200 Tim@SpecialOlympicsArizona.org
 Phone Email

**Attachment B
Budget Narrative**

Personnel/Salaries:

Title	Name	Salary	% FTE	Months
Director of Programs	Isaac Sanft	\$13,875	.5 FTE	9
Healthy Athletes Educator	Sheri Lunski RN	\$15,000	.25 FTE @ 100%	9
Programs Administrator	Jesse Thompson	\$10,500	.5 FTE	9

Salary rates are determined by the NASAP survey. The AZDDPC is being asked to cover the nine months of the Healthy Athletes Educator salary at \$15,000; nine months of half of the Director of Programs salary at \$13,875 and nine months of the Programs Administrator salary at \$21,000. These employees provide administration, recruiting, logistics, training and volunteer management for the Healthy Athletes program. All other salaries associated with this project are being covered by non-federal matching funds.

Fringe Benefits: Full-time employees of Special Olympics Arizona receive medical, dental and vision insurance; nine paid holidays, 10 vacation days and 10 sick days per year. Fringe benefits average 12% of salary, based on all Special Olympics Arizona employees. SOAZ will cover Fringe Benefits as match for this project.

Supplies/Operating Expenses: All purchases for the Special Olympics Arizona Wellness Education & Prevention Project will be made according to federal procurement guidelines for federal grants. Prices were determined by actual expenditures from 2011 and 2012.

AZDDPC is being asked to cover the costs of Healthy Athletes Screening Supplies, Healthy Athletes Give-aways, Office Supplies, Office Equipment/Telephone, Copying and Printing.

Office Equipment/Telephone system lease and service/Internet: \$4,937
Copying and communications equipment and services required to perform functions of program management and implementation. Calculated by averaged cost per all SOAZ FTE x 2 FTE staff working on this project.

Copying: \$280
Health Promotions class materials. Coaches training materials and competition handbooks, competition registration materials and information, athlete medical forms, Healthy Athletes System screening forms.

Printing: \$1,000 to print and bind copies of the Health Promotions curriculum.

Office Supplies: \$1,550

Pens, paper, legal pads, paper clips, binder clips, scissors, highlighters, binders, folders, staples, letterhead, envelopes and labels.

Healthy Athletes Screening Supplies: \$3,000 charged to grant.

Disposable items needed to perform twice-annual medical screenings: sterile gloves, face masks, tongue depressors, otoscope speculi, hand sanitizer, sterilizing and irrigating fluids, cotton balls, paper towels, duct tape, table covers, plastic bags, trash bags, pens pipe cleaners, Q-tips, rubber bands, post-it notes, facial tissues, paper clips, alcohol pads and mouth mirrors. SOAZ will secure in-kind donated supplies valued at \$1,500.

Give-aways: \$2,000 charged to grant.

Items provided to screened athletes so that they can keep up with the lifestyle changes they learn during screenings. Toothbrushes, toothpaste, floss, exercise bands, exercise balls, sunscreen, lip balm, Choose-to-Change cards and exercise booklets. SOAZ will secure \$2,000 in give-aways donated in-kind.

Volunteer Management: \$2,000 charged to grant

SOAZ relies heavily on volunteer support during Healthy Athletes screenings. Event volunteers wear special t-shirts or scrubs to identify them by discipline and SOAZ provides snacks and water for volunteers.

Travel: SOAZ is requesting \$1,500 in Travel expenses for mileage and/or vehicle rental for the Healthy Athletes Educator to conduct trainings and follow-up meetings and for the Director of Programs to recruit participants. An additional \$4,100 in travel expenses will be covered by SOAZ

Rent or Cost of Space: Special Olympics Arizona Phoenix and Tucson offices are currently housed in space donated by Swift Transportation and Hazen Enterprises, Inc. No office space costs are being charged to this grant.

SOAZ is requesting \$3,000 to cover the cost of lodging, meeting space, audio/visual equipment rental and transportation to present Health Promotions training to SOAZ coaches, Heads of Delegation, school nurses and athletic trainers during the 2013 SOAZ Leadership Conference in July and at a minimum of two additional regional trainings.

SOAZ is requesting \$8,000 from AZDDPC for renting space, tents, tables and chairs for the October 2012 and March/April 2013 Healthy Athletes screenings.

Contracted Services / Professional Services: SOAZ is requesting \$15,500 to cover stipends for educators, nurses, athletic trainers, teachers or other qualified professionals who become trained and present Health Promotions to youth and adults with intellectual disabilities.

Administrative / Indirect Costs: Special Olympics Arizona indirect costs include Executive and Administrative Salaries and their fringe benefits, computer and communications systems maintenance, depreciation and occupancy expenses. Allocated administrative costs are 5% and indirect program expenses are 5%. Indirect costs do not include Fundraising, Entertainment, Lobbying, Advertising, Fines, Penalties or Contributions. SOAZ will cover \$8,214 in Indirect Costs as match.

Match: SOAZ has other funding sources in place to meet the remainder of the fiscal needs of the Wellness Education & Prevention Project. The source for the required 25% matching funds is:

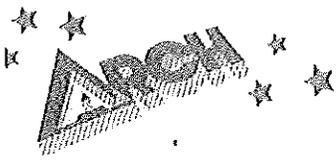
Source	Cash
Thunderbird Charities	\$20,539

**Attachment C
Implementation Plan**

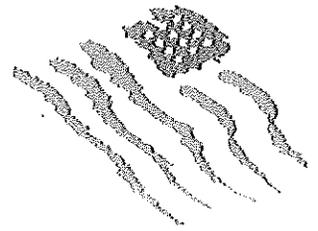
Activity	Person Responsible	Start Date	End Date	Documentation/ Method
Identify ten rural areas to target to implement Health Promotion Course.	Health Educator/ Director of Support Programs	10/1/2012	10/15/2012	List provided in progress reporting
Identify 2-3 health conferences, summits, and/or fairs to present Health Promotions to health educators	Programs Administrator	10/1/2012	11/1/2012	List provided in progress reporting
Present Health Promotion course and materials to health educators with special attention paid to rural areas	Director of Support Programs/ Health Educator	11/1/2012	6/30/2013	Sign in sheet and course evaluation
Review tracking tools and course reporting materials based on new data received from course evaluations/teacher input. Edit and resubmit for approval	Health Educator	10/1/2012	11/1/2012	Submit report of tracking tools and course materials
Sheri Lunkski, RN to train an additional 20 health educators to teach Health Promotion courses	Health Educator	ongoing	6/30/2012	List provided in progress reporting
Support health educators in implementing Health Promotions classes on their campuses/ community centers. Meet with school administration to market Health Promotions when necessary. Focus on Health Promotion courses taught in rural communities.	Healthy Athletes Educator/ DIR. of Support Programs	ongoing	6/30/2013	Activity Log
Schedule Lead Clinicians for Healthy Athletes fall screenings event and coordinate supplies and volunteers	Director of Support Programs	current	10/1/2012	Invoices and receipts

**Attachment C
Implementation Plan**

Identify follow up care for Fall games athletes screened in Dentistry, Podiatry, and Physical Therapy	Director of Support Programs/ Medical Advisory Council	current	10/20/2012	Provider letter of intent for follow up care from provider
Healthy Athletes Fall screening event	Director of Support Programs	10/19/2012	10/20/2012	Healthy Athletes Screening count
Fall Healthy Athletes screening forms referrals entered into HAS	Programs Administrator	10/22/2012	11/1/2012	SOAZ Healthy Athletes Screening report
Gather HAS forms referrals and pass on to follow up care physicians and contact athletes to set up appointments	Programs Administrator	11/1/2012	12/1/2012	Follow up Care Referrals
Coaches sports specific training	Director of Training and Competitions	7/28/2012	7/29/2012	Coaches Class registrations and evaluations/ leaderships Conference
Coaches health promotions training specifically teaching how coaches can implement course materials	Healthy Athletes Educator	7/28/2013	7/29/2013	Coaches Class registrations and evaluations/ leadership conference
Conduct additional Health Promotions trainings, as needed	Healthy Athletes Educator	ongoing	4/30/2013	Training sign-in sheet and class evaluations
Schedule Lead Clinicians for Healthy Athletes Summer screening event and coordinate supplies and volunteers	Director of Support Programs	2/15/2013	3/15/2013	Invoice and receipts
Healthy Athletes Summer screening event	Director of Support Programs	5/2/2013	5/4/2013	Screening counts
Provide Health Promotion education to students in Middle school and High schools	Health Educator	ongoing	6/30/2013	Nurses will complete quiz's, surveys and final report to SOAZ
Health Promotions survey and reporting	Volunteer school nurses TBA	4/15/2013	4/30/2013	Report bases on survey results
Summer Healthy Athletes screening Forms entered into HAS	Director of Support Programs	5/1/2013	5/30/2013	Healthy Athletes System report of screenings



Kip Murray
Executive Director



August 6, 2012

To Whom It May Concern:

I am the Steps (Steps to Health and Wellness) Coordinator at ARCH. This program was initiated in 2005, but has gone through many hands and also lost some programs that had been in place, off and on, since then. I am please to provide this letter of commitment to the Special Olympics Arizona's Steps to Better Health Classes that were provided for our clients at Arizona Recreation Center for the Handicapped (ARCH). As a new employee, and registered nurse at ARCH, it was exciting for me to also become involved with Special Olympics and the materials they provided. It was easy and motivating to use the outline provided by Special Olympics to begin each class with a better understanding of a healthy program and encourage our clients to use the tools taught, to live an active, happier and healthier life. With the outline and materials provided, we can continue to teach more classes to reach more of our clients, and encourage their participation in Special Olympic events.

Sincerely,

Rachael Keefee RN
Steps Coordinator
Arizona Recreation Center for the Handicapped
1550 W. Colter
Phoenix, AZ 85015
602.230.2226
602.463.7762

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Valley View Elementary School
8220 S. 7th Avenue
Phoenix, AZ 85041
(602) 232-4980 phone
(602) 243-4926 fax

Valley View Elementary School

To whom it may concern;

August 6, 2012

As a Special Olympic coach and Special Education teacher of the past 29 years, I have seen the need for a nutrition and exercise curriculum for our Special needs students and athletes. We have a large number of students with obesity. We have many with asthma and diabetes, as well.

I was introduced to the Steps to Better Health curriculum this summer and am planning to teach a 45 minute class four days per week. This class will consist of 24 cognitively delayed students, ages 8-14.

I appreciated the good visual aids and tracking materials. I feel that the materials were adapted appropriately for this group. This was well planned and includes both a physical activities and nutrition. The support of the Special Olympic staff has created a wonderful relationship.

I would highly recommend renewing the grant for funding this program. It is the first comprehensive one I have found.

Please contact me if you have any questions or comments.

Yours Truly,

Elizabeth A. Duncan NBCT Exceptional Needs

Valley View Unified Sports Program

8220 7th Street

Phoenix, Arizona 85048

480-228-3498



Bryce McClellan, Principal
Theresa Lerma, Assistant Principal

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