

# A Snapshot of Special Olympics New Hampshire

*The mission of Special Olympics New Hampshire (SONH) is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities (ID), giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.*

## Facts about people with ID

### ⇒ Health Care

- 65% are overweight
- 35 – 50% have cavities
- 31% have hearing loss
- 50% need vision correction
- 22% have bone loss

### ⇒ Inclusion

- Only 38% of youth have a schoolmate with ID
- Only 10% of youth have a classmate with ID
- Only 10% of youth across the country report having a friend with ID.

### ⇒ Physical Inactivity

- 48% of SO athletes engage in physical activity three hours per week (in addition to their SO involvement)
- 25% of general population engage in 3 or more hours of physical activity per week

### ⇒ Employment

- 52% of SO athletes are employed
- 10% of others with ID are employed



## Facts about SONH

- ⇒ 2,613 athletes
  - 1,129 are school aged
- ⇒ 4,197 participants
  - 1,530 are school aged
- ⇒ 5,207 volunteers
  - 1,290 are school aged
- ⇒ 111 Local Programs
- ⇒ 22 competitions in 21 Olympic-type sports annually
- ⇒ \$2,185,000 annual cash budget
- ⇒ In 2011, \$2,081,874 annual in-kind contributions
  - 93,133 hours of volunteer time
- ⇒ Median donation size is \$25.00



**Special Olympics**  
New Hampshire



# The Future of Special Olympics New Hampshire



**Special Olympics**  
New Hampshire



⇒ Leverages sports as a platform to teach acceptance and inclusion in schools

⇒ 50 High Schools in New Hampshire participate

- 18 Project UNIFY
- 24 Building Bridges
- 8 Changing Attitudes



⇒ High School students, faculty & staff raise funds to Plunge into the icy Atlantic in February to support SONH and the High School Unified Sports program.

⇒ 2012 marked the 4th year of this event

- \$183,085 raised
- 483 plungers
- 43 High Schools



⇒ Unified Sports® seasons in Soccer, Basketball and Track & Field were added to the NHIAA's sanctioned sports

⇒ 19 High Schools will participate in the 2011-2012 school year

- 4 soccer
- 18 basketball
- 12 track & field

***With sports at the core, SO is a leader in the field of intellectual disability and the world's largest movement dedicated to promoting respect, acceptance, inclusion and human dignity. SO offers year-round sports training and athletic competition, as well as programming in the areas of health, youth & education, family support, research and policy change.***



⇒ STWTETW is an ongoing effort to raise the consciousness of society about the dehumanizing and hurtful effects of the word "retard(ed)" and encourage people to pledge to stop using the R-Word

⇒ STWTETW events are held locally and statewide

- Assemblies were held at 19 High Schools throughout the state
- 850 attended the statewide rally



⇒ The LETR is a fundraising & public awareness campaign where officers and volunteers carry the *Flame of Hope* in 18 legs across the state to Opening Ceremonies of the Summer Games in Durham

⇒ 69 High School students participated in the 2011 Law Enforcement Torch Run



⇒ YAP is a unique sports play program where children with and without intellectual disabilities ages 2 ½ to 7 enjoy games and activities that develop motor skills and hand-eye coordination.

⇒ YAP currently takes place at 5 sites throughout the state.