

Appendices

Appendix I: U.S. General Population Comparison of Health Indicators

When comparing the prevalence rates of a number of health indicators in Special Olympics athletes to those in the general population, we see a number of inconsistencies. One of the largest discrepancies exists in obesity. In Special Olympics athletes, 45.6% of the adult population in the United States were obese compared to 36.4% of the U.S. general population. However, while the prevalence of being obese or overweight is higher in adult Special Olympics athletes, a higher percent are sufficiently active compared to the general population.

Table 4. Comparative health indicators for Special Olympics athletes and the general population in the United States (2007-2015)

Indicator (Age)	Special Olympics athletes (%)	General population (%)
Untreated Tooth Decay in Special Olympics athletes and general population (18-64)	26.4	23.7 ¹
Obesity in Special Olympics athletes and general population – (BMI≥30) (20+)	45.6	36.4 ²
Overweight or Obese in Special Olympics athletes and general population – (BMI≥25) (20+)	74.0	69.5 ²
Sufficient Aerobic activity in Special Olympics athletes and general population. (3 or more days per week) (18+)	64.2	49.6 ³
Insufficient Aerobic activity in Special Olympics athletes and general population (1-2 days per week) (18+)	30.6	20.2 ³
Inactive - Aerobic activity in Special Olympics athletes and general population (No days per week) (18+)	5.2	30.2 ³

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