

Healthy LEAP into Fitness (HLIF)

2018-2019 DATA REPORT

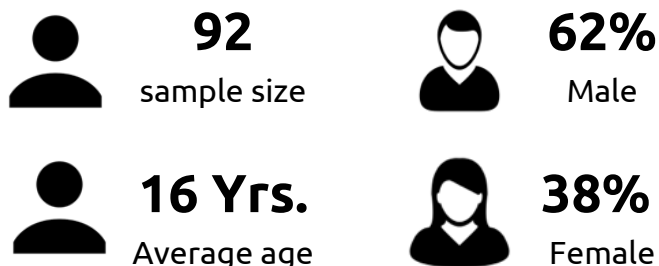


ARIZONA HEALTH OUTCOMES GRANT REPORT

In fall of 2018, SOAZ asked Unified Physical Education programs to employ the SOfit curriculum at least once per week, for a minimum of 8 weeks with all health metrics and lifestyle survey data collected by December 2018. The outcomes indicate that Arizona's HLIF program has made some positive health contributions.



HLIF PARTICIPANT DEMOGRAPHIC



21.6%

of participants made improvement in water consumption.



33%

of all participants lost weight.



39%

of all participants saw a mmHg decrease in systolic blood pressure.



Special Olympics Arizona
Healthy LEAP
into Fitness!
A SOfit Model

The greatest improvements in systolic blood pressure were for those experiencing obesity or high blood pressure at the beginning of their Special Olympics participation. For these participants, blood pressure dropped from an average of 126 to 121.