



HEALTH HIGHLIGHTS

SEPTEMBER 2024

MONUMENT VALLEY HEALTHY ATHLETES & BOCCE



This remote event would not have been possible without a lot of help.

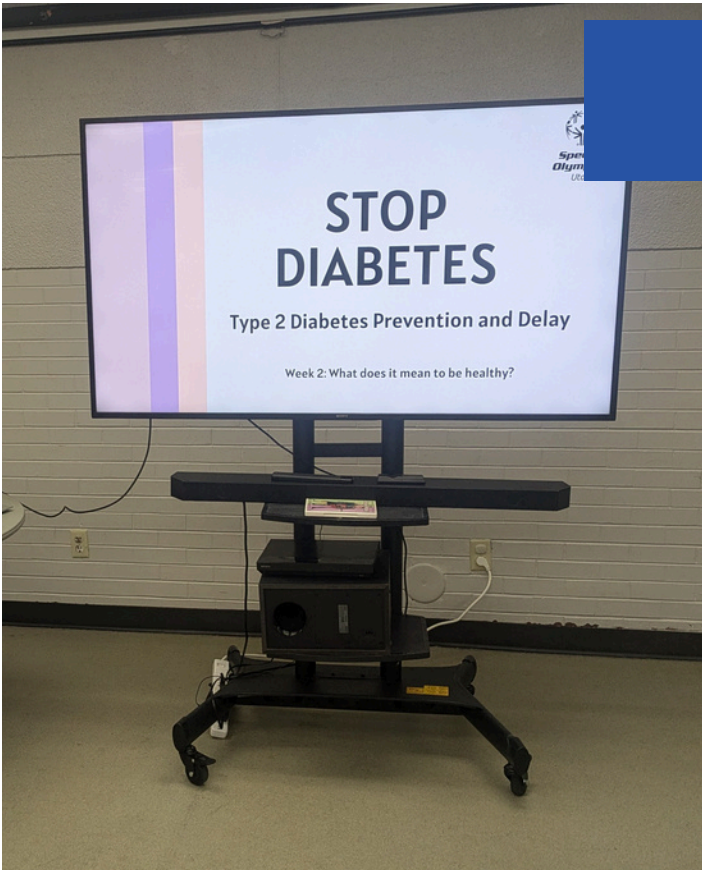
We're extremely grateful to the doctors and students of both the Rocky Mountain University Optometry program and University of Utah Physicians Assistant program for donating their time, travel and expertise to provide the screenings.

We're also thankful for the support of school principal Heather Amado and her staff for providing a welcoming environment and logistical support to ensure we saw as many students as possible. We hope to return to Navajo Nation soon to continue working with this group.

Tsébii'nidzisgai Elementary School in Monument Valley, Utah hosted MedFest (general medical) and Opening Eyes (vision) screenings for all students with intellectual and developmental disabilities. In total, 56 students from the elementary and high school were screened, including the athletes of the new Monument Valley Eagles Unified Bocce team! Our clinical volunteers, staff and community members were able to learn how to play the game from the athletes and compete in games alongside them for Unified doubles.



STOP DIABETES NOW OFFERED VIRTUALLY



To better accommodate the schedules and needs of our athletes, our new type 2 diabetes prevention program can now be joined online. We hope that by providing this option, we'll be able to reach athletes who would otherwise be unable to join due to lack of transportation, scheduling conflicts, or living in remote locations. Join us LIVE on Thursdays at 6pm on Zoom or sign up to receive recordings [HERE](#).

TYRELL HOLIDAY ATTENDS NUTRITION SUMMIT IN D.C.

SOUT's Navajo Nation Health and Fitness Specialist, Tyrell Holiday, was invited to participate in a Nutrition Summit hosted by Special Olympics North America in Washington D.C. in mid-September. He participated alongside a group of health professionals who represented several tribes and nations from North America.

Tyrell was able to share unique considerations his community faces in accessing nutritious and affordable food items, provide input on changes to national food assistance programs on reservations, and share the successes and challenges SOUT has had in providing nutrition and related health programming in his area.

