



MEASURING IMPACT

WHY SPORTS MATTER

CAF's mission touches many important issues in society. The statistics continue to show that access to sports and a supportive community makes a significant difference in the lives of individuals with long-lasting impact beyond sport.

CHILDHOOD OBESITY

Children and youth with a disability are 4x less physically active than their peers and **38% more likely to be obese.**¹

EMPLOYMENT RATE

18% of wheelchair users are employed. This number **rises to 58%** for those who participate in wheelchair sports.¹

ACTIVITY LEVEL

Nearly half of all adults with a disability get no aerobic physical activity.¹

HEALTH PERCEPTION

37% of people with disabilities **self-report their health as poor** as compared to only 8% of the general population.²

COPING STRATEGIES

2/3 of people with spinal cord injuries determine their coping strategies **by week 12 post-injury.**³

Introducing people to sport within the first 3 months post-injury can have a significant impact on their mental health and well-being.

QUALITY OF LIFE FOR VETERANS

Veterans with disabilities who took part in a three-week adaptive sports camp had statistically significant improvements in measures of tension, depression, anger, vigor, psychological health, quality of life, and sport skills.⁴

QUALITY OF LIFE FOR YOUTH

A study on youth swim programs found these primary benefits to athletes with disabilities: redefined capabilities, affirmed sense of self, strengthened social connection and enhanced acceptance.⁵

MENTOR IMPACT

Peer mentorship allows challenged athletes to accept their injury and gain confidence in their social position.⁶

¹ University of Houston <http://www.rehabpub.com/2015/08/playing-adaptive-sports-just-physical-fitness-benefits/>

² Centers for Disease Control and Prevention. (2006). Disability and health state chartbook, 2006: Profiles of health for adults with disabilities. Atlanta, GA: Centers for Disease Control and Prevention.

³ Pollard, C., & Kennedy, P. (2007). A longitudinal analysis of emotional impact, coping strategies and post-traumatic psychological growth following spinal cord injury: A 10-year review. *British Journal of Health Psychology*, 12(3), 347-362.

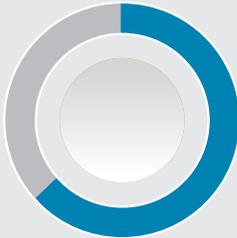
⁴ Lundberg, N., Bennett, J., & Smith, S. (2011). Outcomes of adaptive sports and recreation participation among veterans returning from combat with acquired disability. *Therapeutic Recreation Journal*, 45(2), 105.

⁵ Turnidge, J., Vierimaa, M., & Côté, J. (2012). An in-depth investigation of a model sport program for athletes with a physical disability. *Psychology*, 3(12), 1131.

⁶ Goodwin, D., Johnston, K., Gustafson, P., Elliott, M., Thurmeier, R., & Kuttai, H. (2009). It's okay to be a quad: Wheelchair rugby players' sense of community. *Adapted Physical Activity Quarterly*, 26(2), 102-117.

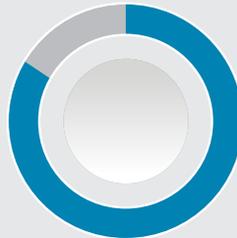


OUR POSTIVE IMPACT



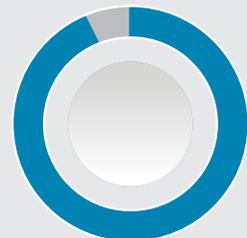
61%

of our program recipients have a household income of \$40,000 or less



80%

of individuals reported an increase in participation in social activities



94%

of athletes supported agree CAF is having a serious impact on the disability community



8 out of 10 supported athletes reported an increase in happiness, confidence and emotional satisfaction as a result of CAF programs

THE GREATER NEED IN THE U.S.

21,000,000

people live with a **permanent physical challenge**

260,000

people living with **spinal cord injuries** with 12,000 new injuries each year³

606,000

youth under 18 living with a **permanent physical challenge**¹

14 million

individuals aged 12 years and older with **visual impairment**

1.7 million

people with **limb loss** and 185,000 new amputations each year²

\$4.7 million

Est. lifetime healthcare cost for an individual who suffered a spinal cord injury at age 25⁴ and \$500K for individuals with limb loss⁵

¹ Cottingham, M., Lee, D., & Lee, M. (2018) Estimates of population sizes of individuals with disabilities Presented to Challenged Athletes Foundation

² National Institute for Health

³ <https://www.cdc.gov/visionhealth/basics/ced/fastfacts.htm>

⁴ Spinal Cord Injury Model System, 2015

⁵ Amputee Coalition, 2015