



HEALTHY LIFESTYLE

Purpose: Healthy living reduces the cost of healthcare. Healthcare professionals who practice a healthy lifestyle can be positive role models for their patients and more credible as healthcare experts. For many healthcare professionals, health promotion is a part of their job description.

The purpose of this event is to provide the Health Science student with an opportunity to learn healthy living concepts and apply their learning to a personal healthy lifestyle goal.

Description of Event: This event will consist of two rounds of competition. Round One will be a written, multiple choice test that will assess content knowledge of health literacy topics such as the physical benefits of exercise, healthy eating, and avoiding risky behaviors. The focus will be on the short and long-term effects of healthy living on the function of the human body.

In addition, each competitor will set a personal goal and document his or her efforts in a personalized Healthy Lifestyle notebook. The time period will begin on or after September 1st of the competition year, and will conclude at the specific conference at which the event is held. The notebook will document the individual competitor’s specific goal(s) and efforts to practice a healthier lifestyle through exercise, nutrition, and/or avoiding risky behaviors. The competitor will be judged on the progress made toward achieving his/her goal(s) and in living a healthier lifestyle.

Dress Code: Competitors shall wear proper business attire or official HOSA uniform, during the orientation, written test, and judge interview. Bonus points will be awarded for proper dress.

- Rules and Procedures**
- Competitors in this event must be active members of HOSA in good standing in the category in which they are registered to compete (Secondary or Postsecondary/Collegiate).
 - The test shall be developed from the National HOSA test item bank and will consist of fifty (50) multiple choice items. Competitors will be given one hour to complete the test.

Round One: **Written Test Plan**

Physical activity, exercise and fitness	25%
Diet, nutrition and eating right	30%
Overweight and obesity	10%
Oral health.....	5%
Sleep	10%
Disease prevention.....	10%
• Diabetes	
• Cancer	
• Heart disease	
• Stroke	
• STDs	
Risky behaviors	10%
• Excessive alcohol use	
• Smoking and tobacco use	
• Injury and accident prevention	

- All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. **No proxies will be allowed for the orientation.** No study materials are allowed in the room.

4. All official references are used in the development of the written test.
 - US Department of Health and Human Services: Prevention <http://www.hhs.gov/safety/index.html>
 - CDC Healthy Living website <http://www.cdc.gov/HealthyLiving/>
 - ChooseMyPlate.gov <http://www.choosemyplate.gov/>
 - The Surgeon General's Vision for a Fit and Healthy Nation 2010 <http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>
 - Healthy Weight Commitment Foundation <http://www.healthyweightcommit.org/>
 - Let's Move <http://www.letsmove.gov/>
5. The test score from Round One will be used to qualify the competitor for the Round Two interview and will be one-third of the final composite score. (50 points for the test and 100 points for the interview.)
6. Round Two will consist of a 6-minute interview with 1-3 judges. The competitor will use ONLY his/her notebook, and notecards if desired, during the interview.
 - a. INTRODUCTION: The competitor will be introduced to the judge(s) and seated at a conference table with the judges.
 - b. EXPLANATION: The competitor will have four (4) minutes to explain his/her personal healthy living goal and show/demonstrate/discuss his/her progress toward achieving the goal. The notebook will be used by the competitor during the interview as a visual aid and evidence of his/her achievements.
 - c. JUDGE QUESTIONS: Time will be called at four minutes and the Section Leader will announce to the judges that they have up to two (2) minutes to ask questions of the competitor.
 - d. CONCLUSION: Time will be called and the questioning will be stopped at two minutes or when the judges complete their questioning (whichever comes first) and the competitor will be excused from the room.
 - e. RATING: The judges will have an additional two (2) minutes to complete the rating sheet.
7. Competitors will be scheduled every 8 minutes (4-minute explanation, 2 minutes for questions, and 2 minutes for judge rating). A time card will be held up with one minute remaining during the explanation and again with one minute remaining during the judge questions. The timekeeper will hold up the one minute timecard for approximately 30 seconds, and will call time at the end of each phase of the interview.
8. PERSONAL HEALTHY LIFESTYLE GOAL
 - The goal for this event should be related to the individual's personal health. This is a personal choice and should be something that moves the competitor towards a healthier lifestyle.
 - In setting a goal, the competitor must first analyze his/her current health status, and may consult with a licensed healthcare practitioner as part of the goal-setting process.
 - The goal should be challenging yet attainable. The more challenging the goal, the more impressive the achievement will be to the judges.
 - The goal should focus the competitor's efforts to practice a healthier lifestyle through exercise, nutrition, **and/or** avoiding risky behaviors. (The competitor can select one or multiple areas of healthy living.)
 - Examples of goals can be found on page 5 of these guidelines.

9. HEALTHY LIFESTYLE NOTEBOOK
 - The notebook contains documentation of the competitor's efforts to achieve his/her goal(s).
 - The notebook is NOT JUDGED. Rather, the competitor's achievements are judged, and the notebook provides the competitor with a visual aid and proof of his/her accomplishments during the interview with the judges.
 - The more substantive the documentation, the easier it will be for the judges to evaluate progress towards the goal. Documentation may include data from reputable sources, photos, letters from professionals, etc.
 - The notebook must be contained in an official HOSA notebook or portfolio from Awards Unlimited.
 - The first two pages will be the completed Healthy Lifestyle Assessment found on pages 6-7 in these guidelines.
 - There are no specific rules or restrictions for the notebook, with the exception of the Healthy Lifestyle Assessment. The number of pages, use of photos, etc., is totally up to the competitor.
 - Competitors will bring two print copies of their Healthy Lifestyle notebook on 8 ½ x 11" paper to be turned in before the judging begins. These copies will be used by the judges and will NOT be published or released.
10. Competitors in this event are **encouraged to see a licensed healthcare provider before beginning this event** to obtain baseline data and discuss his/her goals for improving personal health. Documentation of medical care and progress (lab work, results of medical tests, etc.) may be included in the competitor's Healthy Lifestyle Notebook at the discretion of the competitor and his/her parents and/or legal guardian if the competitor is under the age of 18.
11. In case of a tie, the highest test score will be used to determine the rank.
12. Competitors in this event at the National Leadership Conference are encouraged to participate in the HOSA Showcase as scheduled. Each competitor brings his/her original notebook to the Showcase to share his/her event experiences with conference delegates.
13. Competitors must bring all items noted with *** in the materials section of these guidelines to the event.
14. Competitors must be familiar with and adhere to the "**General Rules and Regulations of the National HOSA Competitive Events Program.**"

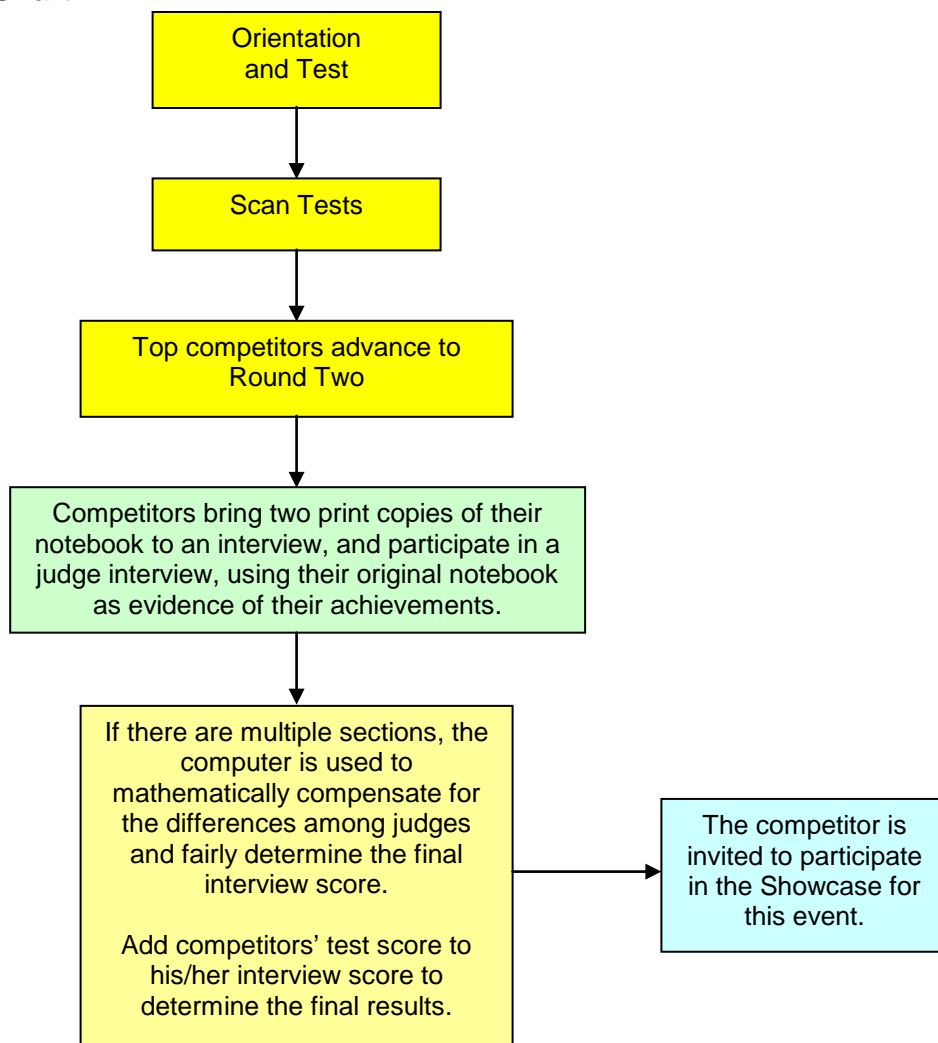
Required Personnel

1. One Event Manager per event
2. One Section Leader per section
3. One - three judges for each section in Round Two
4. Proctors for testing
5. One-two event assistants per section
6. Timekeeper, one per section

Facilities, Equipment and Materials (Per Section)

- General**
1. Testing room with tables/chairs for the number of registered competitors
 2. Interview room, conference style, for each Round Two section
 - *** 3. Print copy of the event guidelines for the event orientation
 4. Alcohol-based handrub for judges
- Round One: Written Test** (Reference: All resources)
1. One test copy per competitor
 2. Scantron forms
 - *** 3. Pencils for Round One test
- Round Two:**
1. Calculators, note pads, pencils for judges
 2. Event evaluations and pencils
 3. Stopwatch
 - *** 4. Healthy Lifestyle notebook
 5. Time card with 1 (or 1 minute) to be shown with one minute remaining during interview explanation AND judge questions.

Event Flow Chart



HEALTHY LIFESTYLE GOAL *PURPOSE AND EXAMPLES*

Every day, healthcare professionals encourage patients to live a healthier lifestyle in an effort to improve their medical condition and quality of life. In order to be successful practitioners, healthcare providers must know what to ask of patients, and how to encourage patients to change their behavior.

For most people, behavior change is not easy. Setting a challenging goal and achieving it is often harder than it looks - and requires time, effort and commitment.

Take a moment to review the purpose of this event. The goal is not to tell you how to think, feel or behave, but rather to help improve your understanding of how a healthy lifestyle affects individual health, **AND**, to let you experience the challenge of improving your own personal health.

Ultimately, your personal goal should be something you truly wish to achieve, and should be challenging yet attainable. Do you want to change a little, or a lot? Should you focus on exercise alone, or perhaps consider diet AND exercise? Will your goal really lead to improved physical health? How will you empirically and objectively measure your progress and accomplishments?

The following list of healthy lifestyle goals is provided to get you started. Be sure that the goal you write for yourself is personalized to fit your individual needs.

Sample goals:

- ★ Improve physical health with healthy eating and getting 150 minutes of exercise every week.
- ★ Run a half marathon.
- ★ Stop my two risky behaviors – smoking and fast food.
- ★ Limit my time in front of the television to 1 hour every day, and fill that extra time with homework and other positive activities.
- ★ Wear a pedometer and gradually work up 10,000 steps every day.
- ★ Increase my muscle strength by 20%.
- ★ Improve my physical health by learning how to dance.
- ★ Resolve my hypertension and lower my cholesterol by 20%.

HEALTHY LIFESTYLE Assessment

Complete this assessment when you begin this event and within two (2) weeks (final column) of the conference day at which this notebook will be presented. This assessment is designed for self-understanding and is not scored by the judges. Competitors may choose to leave areas blank without risk of disqualification.

Name _____ Date _____
 HOSA Chapter _____ State _____
 Birth date _____ Gender _____ Height _____

Personal Health Information	On Start Date	Final
Blood pressure		
Weight		
BMI		

Why did you decide to participate in this event? _____

Personal Assessment					Points	
<i>For each statement given, identify the most accurate answer and write the points (in parentheses) in the corresponding column on the right.</i>					On Start Date	Final
1. On average, how many minutes of aerobic exercise do you get each day?	None (0)	Less than 30 minutes (1)	30 – 60 minutes (3)	Greater than 60 minutes (5)		
2. How often do you do weight training for at least 20 minutes?	Never (0)	2 or 3 times a month (1)	Once a week (2)	Twice or more each week (3)		
3. Compared to most of your friends, how physically active are you?	Less (0)	About the same (1)	More active (3)			
4. Do you stretch or warm up before you work out?	Never (0)	Sometimes (1)	Usually (2)	Always (3)		
5. Do you participate in any organized sport (school or recreational) or physical activity (dance, etc.)?	No (0)	Yes (2)				
6. How often do you eat breakfast?	Never (0)	Rarely (1)	Most days (2)	Always (3)		
7. When you have a choice, do you choose:	Whole milk (0)	2% milk (1)	½% milk (2)	Non-fat milk (3)		
8. When you have a choice, do you choose:	A bagel (0)	White bread (1)	Multi-grain bread (2)	Wheat bread (3)		

Personal Assessment					Points	
<i>For each statement given, identify the most accurate answer and write the points (in parentheses) in the corresponding column.</i>					On Start Date	Final
9. On average, how many servings of fruit do you eat each day?	None (0)	One (1)	Two (2)	Three or more (3)		
10. On average, how many servings of vegetables do you eat each day?	None (0)	1-2 (1)	3-4 (2)	5 or more (3)		
11. In an average week, how often do you eat fast food?	7 or more times (0)	4 – 6 times (1)	2-3 times (2)	Once or less (4)		
12. How often do you drink soft drinks?	At least 3 times a day (0)	Daily (1)	Every other day (2)	Rarely (3)		
13. How much water do you drink each day?	None (1)	One glass (1)	2-3 glasses (2)	4 or more glasses (3)		
14. How often do you smoke?	Daily (0)	Rarely (1)	Never (5)			
15. How many hours of sleep do you get on school nights?	Less than 6 (0)	6 hours (1)	7 hours (2)	8 or more hours (4)		
16. On an average day, how stressed are you?	Extremely (0)	Moderately (1)	Slightly (3)	I'm not "stressed" (5)		
17. How would you describe your friends?	What friends? (0)	Depends on the day (1)	Somewhat supportive (2)	Very supportive (3)		
18. How many clubs and organized groups do you belong to at school and in your community?	None (0)	One (1)	Two (2)	Three or more (3)		
19. How do you feel about yourself?	I don't like myself (0)	I need to make some changes (2)	I like myself (3)			
20. How many hours per day, on average, do you spend using entertainment media? (TV, computer, video games)	8 or more hours (0)	5-7 hours (1)	2-4 hours (2)	Less than 2 hours per day (4)		
21. Give yourself two (2) points for every true statement: <input type="checkbox"/> I regularly go to bed before 11 pm. <input type="checkbox"/> I rarely eat in front of the television. <input type="checkbox"/> I avoid being out in the sun without sunscreen. <input type="checkbox"/> I floss daily and brush my teeth at least three times a day. <input type="checkbox"/> I try to eat foods that are high in fiber and low in fat.						
22. Subtract two (2) points for every true statement: <input type="checkbox"/> I often take unnecessary risks. <input type="checkbox"/> I suffer from frequent headaches or migraines. <input type="checkbox"/> I eat when I'm depressed, angry, or under stress. <input type="checkbox"/> I am more than 10 pounds overweight. <input type="checkbox"/> I use a tanning bed.						
TOTAL POINTS						

HEALTHY LIFESTYLE INTERVIEW

Competitor #: _____ Judge's Signature: _____

Items Evaluated	Points Possible					Allocated
	Superior	Excellent	Good	Fair	Poor	
PERSONAL HEALTHY LIFESTYLE GOAL						
1. Goal is consistent with practicing a healthy lifestyle.	10	8	6	4	2	
2. The goal was challenging but attainable.	10	8	6	4	2	
3. The goal was achieved.	10	8	6	4	2	
EVIDENCE						
4. Verbal explanation clearly describes the journey towards achieving the goal.	10	8	6	4	2	
5. Written evidence provides clear, measurable baseline data at the start of this process.	5	4	3	2	1	
6. Written evidence and documentation provides proof of progress toward the goal.	10	8	6	4	2	
QUESTIONS						
7. Answers to judge questions reflect a deep understanding of healthy living concepts.	10	8	6	4	2	
8. INTERVIEW						
• Appearance	10	8	6	4	2	
• Delivery (poise, speaking skills, confidence, eye contact)	10	8	6	4	2	
• Effective use of notebook to support the oral presentation	5	4	3	2	1	
9. OVERALL: Demonstrates a long-term commitment to practicing a healthy lifestyle.	10	8	6	4	2	
TOTAL SCORE	100	80	60	40	20	

HEALTHY LIFESTYLE *Parental (Guardian) Permission*

This form must be included in the Healthy Lifestyle Notebook for competitors age 17 or younger.

Competitor Name _____ Date of Birth _____

Note to Parents: Please read the event guidelines carefully. Participation is voluntary. HOSA members should choose to participate in this event if it is consistent with their personal and career goals.

HOSA members who wish to enter this competition may be asked to provide documentation of their personal health. This may include data from physician offices or other caregivers. It may also include information that can be considered highly personal or private.

Competitors and their parents should decide what information they wish to include in the Healthy Lifestyle notebook. Competitors should **ONLY** include information they are comfortable in sharing with event judges.

By signing this form, you:

- Agree that you have read the event guidelines.
- Verify that all the information in the notebook is accurate and used with your permission.
- Understand that competitors may be invited to participate in a Showcase to share their goals and results with HOSA conference delegates. Participation in the Showcase is voluntary, and has no bearing on the results of the competition.

Parent (Guardian) Signature _____ Date _____

Print Full Name and Address _____
