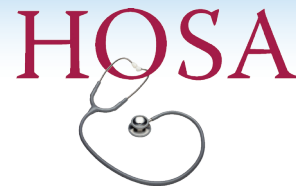


HOSA Healthy Habits is a statewide initiative sponsored by Cal-HOSA that invites you to step forward to make a change in your lifestyle to ensure a healthier you. Each participant will develop a personal goal, such as eating more fruits and vegetables, taking 10,000 steps a day, or getting adequate hours of sleep. Participants will work with others who share that same goal to build new healthy habits together as a team. All participants will be recognized at the State Leadership Conference in 2013 for their efforts and successes.



A Healthy Tomorrow Begins
With Healthy Choices Today



California Health Occupations Students of America

California Department of Education

California Hospital Association

DID YOU KNOW?

- Three out of every four Americans are failing to eat vegetables at least three times daily, and two out of every three are failing to eat two fruits daily, according to a new survey by the Centers for Disease Control and Prevention. Those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases, such as Type 2 diabetes, some types of cancer, and perhaps heart disease.
- A recent study shows that in healthy adults, one night of short sleep (four hours) is enough to cause insulin resistance. Another study shows that getting less than six hours of sleep a night on a regular basis increases the risk of early death from any cause by 12 percent.
- Those who walk between 5,000 and 10,000 steps a day are 40 percent less likely to develop metabolic syndrome, a condition that can predispose you to diabetes and heart problems. If your step count is 10,000 or more per day, you are 72 percent less likely to develop this condition.
- More than 50,000,000 people in U.S. depend on fast food. Fast food has a very high-energy density — about 65 percent higher than a typical diet and twice as high as recommended healthy diets, which makes us eat more than we otherwise would. Fast food is more likely to undermine normal appetite-control systems. Most fast food contains a high amount of sodium, which increases the risks of high blood pressure. Eating fast food along with a sedentary lifestyle leads to obesity.

HOSA

HEALTHY HABITS

PARTNER WITH LOCAL HEALTH PROFESSIONALS

WHY SHOULD I JOIN?

Statistics show that 61.4 percent of California's population, equivalent to 23 million people, are obese or overweight.

With approximately 25.5 percent of California's population under the age of 18, 1.5 million young people are obese and at risk of developing serious medical conditions, such as Type 2 diabetes, heart disease, depression, and osteoarthritis.

Obesity, in large part, results from a sedentary lifestyle and over consumption of energy-dense foods. Making slight lifestyle changes and developing healthy habits now can prevent health complications later in life.

As aspiring health professionals, you can develop healthy habits now so, in the future, you will be able to care for yourself in order to care for others. Help make California healthier beginning with you.

WHEN CAN I START?

Now! Beginning with a launch at the Cal-HOSA Student Leadership Conference in March 2012, HOSA Healthy Habits is embarking on a year long initiative for its participants to develop healthier lifestyles. Quarterly assessments will allow participants to evaluate their progress throughout the process.

HOW CAN I JOIN?

To learn more about HOSA Healthy Habits and how to participate, visit www.cal-hosa.org and click on "HOSA Healthy Habits." You may create a personal profile and begin to work toward your healthier tomorrow.

Cal-HOSA students are leaders in their communities and are committed to excellence.

This is an opportunity for students to demonstrate their leadership in the area of health and wellness.

EACH 1, REACH 1

As you adopt healthy habits and make them your own, share your success with others in your community and invite them to join you in creating a healthier California.

Reach out to your local health professionals and industry partners to join your HOSA Healthy Habits team. Encourage them to speak with your local chapter to share their experiences as health professionals and to give tips on exercising and healthier eating habits.

NEED HELP PARTNERING?

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