



Healthy Lifestyle

New for 2018 - 2019

For the 2018-2019 membership year portfolios and notebooks with the old or new HOSA logo will both be accepted. Competitors will now use the SMART formula to write their goal; Advisors must now sign the permission form in addition to parents/guardians. The rating sheet has been updated. At ILC, [photo ID](#) must be presented prior to competing in each round. For ILC, Round Two appointment times WILL NOT be distributed in hard copy to each competitor; appointment times will be posted on the HOSA App, HOSA website, and at CE Headquarters.

Purpose Healthy living reduces the cost of healthcare. Health professionals who practice a healthy lifestyle can be positive role models for their patients and more credible as health experts. For many health professionals, health promotion is a part of their job description. The purpose of this event is to provide the HOSA member with an opportunity to learn healthy living concepts and apply their learning to a personal healthy lifestyle goal.

Description 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 benefit of exercise, healthy eating, and avoiding risky behaviors. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. Round Two will include a judge interview.

In addition, each competitor will focus on one personal goal and document his or her efforts in a personalized Healthy Lifestyle portfolio. 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. (ILC competitors may continue to pursue their goal and add to their portfolio until the first day of the ILC.)

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**
1. Competitors in this event must be active members of HOSA-Future Health Professionals, in good standing in the division in which they are registered to compete (Middle School, Secondary, or Post-Secondary).
 2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)

3. Round One: **Written Test Plan**

Health-Related Quality of Life & Well-Being.....	10%
Prevention and Wellness.....	10%
Physical activity, exercise and fitness.....	20%
Healthy eating and optimal weight	20%
Oral health.....	5%
Sleep	5%
Disease prevention.....	10%
• Diabetes	
• Cancer	
• Heart disease	
• Stroke	
• STDs	

- Risky behaviors 10%
 - Excessive alcohol use
 - Smoking and tobacco use
 - Injury and accident prevention
- Stress management and longevity 10%

NOTE: *States/regions may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.*

4. All official references are used in the development of the written test, as posted, as of September 1, 2018.
 - a. US Department of Health and Human Services (2015). Prevention & wellness. Retrieved from <http://www.hhs.gov/programs/prevention-and-wellness/index.html>
 - b. Centers for Disease Control and Prevention (2017). Healthy living. Retrieved from <http://www.cdc.gov/HealthyLiving/>
 - c. ChooseMyPlate.gov (n.d.). Choose my plate. Retrieved from <http://www.choosemyplate.gov/>
 - d. HealthyPeople.gov (2017). Adolescent health. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/Adolescent-Health>
 - e. HealthyPeople.gov (2017). Healthy people 2020. Retrieved from <https://www.healthypeople.gov/>

**As a place to start, competitors are encouraged to learn about how to set SMART goals from the following sites. Other sites may also be used, at the discretion of the competitor, for their own understanding of how to set effective SMART goals.*

- f. Esposito, E. (2015). The essential guide to writing smart goals, Retrieved from <https://www.smartsheet.com/blog/essential-guide-writing-smart-goals>
 - g. DecisionSkills (2014). SMART goals- quick overview. Retrieved from <https://www.youtube.com/watch?v=1-SvuFIQjK8>
5. 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.** At ILC, [photo ID](#) must be presented prior to competing in each round.
6. **Test Instructions:** Competitors will be given instructions on the use of the Scantron form. After instructions have been given to the competitors, they will be notified to start the test. There will be a maximum of **60 minutes** to complete the 50-item test. There will be a verbal announcement when there are 15 minutes remaining for the test period. Competitors may be excused from the testing site promptly after completion of the test.
7. The test score from Round One will be used to qualify the competitor for the Round Two interview. The test score will then be added to the interview score to determine final results.
8. A Healthy Lifestyle Portfolio will be developed. The portfolio will document the individual competitor's specific goal and efforts to practice a healthier lifestyle through exercise, nutrition, and/or avoiding risky behaviors. In Round Two, the competitor will be judged on the progress made toward achieving his/her goal and in living a healthier lifestyle.

9. Competitors in this event are **encouraged to see a licensed health 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 Portfolio at the discretion of the competitor and their parents and/or legal guardian, if the competitor is under the age of 18. Competitors may block out personal information such as SSN, insurance number, address, etc....

10. **PERSONAL HEALTHY LIFESTYLE GOAL**
 - a. The goal for this event should be related to the individual's personal health within *any* dimension of wellness. This is a personal choice and should be something that moves the competitor toward a healthier lifestyle.
 - b. In setting a goal, the competitor must first analyze his/her current health status, and should consult with a licensed health practitioner as part of the goal-setting process.
 - c. The goal should follow the SMART formula (see resources on pg.2 for assistance- Specific, Measurable, Attainable, Realistic, Timely)
 - d. The goal should focus the competitor's efforts to practice a healthier lifestyle through building or maintaining healthy behaviors, **and/or** avoiding risky behaviors. (The competitor can select any area of healthy living.)
 - e. If the competitor advances from one level of competition to the next (for example, state to international level) the goal will not change, but the competitor should continue to work on his/her goal and update the Healthy Lifestyle portfolio as desired.
 - f. Examples of goals can be found on page 7 of these guidelines.

11. **HEALTHY LIFESTYLE PORTFOLIO**
 - a. The portfolio contains documentation of the competitor's efforts to achieve his/her goal(s). The only rules or restrictions for the portfolio, include:
 1. The first three pages will be the title page and completed Healthy Lifestyle Assessment found on pages 8-9 in these guidelines.
 2. Title page must include the event name, competitor's name & age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal.
 3. Healthy Lifestyle Assessment must be included.
 4. Parental permission form must be signed (if applicable).
 5. Sheet protectors, lamination and page dividers may NOT be used.
 6. The number of pages, use of photos, etc., is totally up to the competitor.
 7. The portfolio for this event must be submitted in English for judging.
 8. The portfolio must be contained in an official HOSA portfolio or notebook from [Awards Unlimited](#) (NBK150, NBK 250, or PBK2002). For the 2018-2019 membership year portfolios and notebooks with the old or new HOSA logo will both be accepted.
 - b. The *entire* portfolio is NOT JUDGED. Rather, the competitor's achievements are judged, and the portfolio provides the competitor with a visual aid and proof of his/her accomplishments during the interview with the judges.
 - c. 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.
 - d. There are no specific rules or restrictions for the portfolio, with the exception of rule 11a. The number of pages, use of photos, data, etc.... is totally up to the competitor.

12. In addition to the Healthy Lifestyle portfolio described above, competitors must bring two (2) copies of the portfolio pages printed on 8 ½ x 11 white paper, stapled at the top left corner, to turn in immediately prior to competing. The white paper copies will be HOSA's copies of the portfolio and will NOT be returned to the competitors. These copies will be used by the judges and will NOT be published or released.
13. Competitors who fail to bring their portfolio copies to the event will be penalized on the rating sheet.
14. **ROUND TWO:** Round Two will consist of a four (4) minute presentation with judges followed by two (2) minutes to respond to judge questions. Use of index card notes during the presentation are permitted. Electronic notecards (on a tablet, smart phone, laptop, etc....) are permitted, but may not be shown to judges.
 - 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 competitor will use the portfolio during the interview as a visual aid and evidence of his/her achievements.
 - c. 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 call time at the end of each phase of the interview.
 - d. **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. The following sample questions, or similar questions, may be asked:
 - What was the greatest challenge you faced in achieving your goal?
 - Did you ever think about giving up? Why didn't you?
 - What surprised you the most about this entire process?
 - If you could start this process all over again, what would you do differently?
 - What will you take from this experience to use in your future profession?
 - e. **CONCLUSION:** Immediately following the interview, the official portfolio and the 2 copies will be left with the judges, and the competitors will be directed to wait in the holding/evaluation room. The judges will have two (2) minutes to evaluate the portfolio and complete the rating sheets. After the judges are finished with the original portfolio, it will be returned to the competitors at which time they are free to leave. The copies become the property of HOSA-Future Health Professionals.
15. 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, and will call time at the end of each phase of the interview.
16. In case of a tie, the highest test score will be used to determine the rank.

Competitors Must Provide:

- Event guidelines (orientation)
- Pens and #2 lead pencil with eraser
- Healthy Lifestyle portfolio or notebook ([Awards Unlimited](#) NBK150, NBK 250, or PBK2002)
- Two (2) plain paper copies of the portfolio contents to be turned in before the interview with judges.
- Watch with second hand (optional)
- Index cards or electronic notecards (optional)
- [Photo ID](#)

FOR SPECIFICS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)**Required Personnel**

- One Event Manager
- One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- Two - three judges for each section in Round Two
- Proctors for testing- Approximately one proctor for 20 competitors
- One-two event assistants per section
- Timekeeper, one per section

Facilities, Equipment and Materials (Per Section)**Round One Written Test** (Reference: All resources)

- Testing room with tables/chairs for the number of registered competitors (see [HOSA Room Set](#))
- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms- one copy per competitor
- Evaluation forms- competitor and event personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

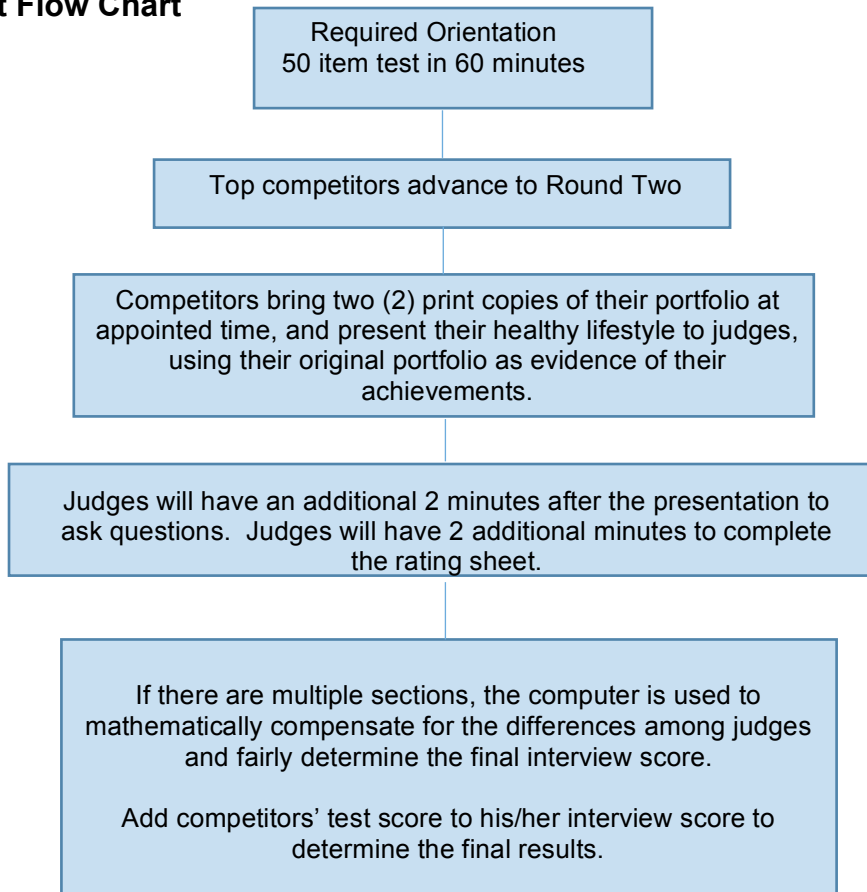
Round Two: Judge Interview

- Interview room, conference style, for each Round Two section (see [HOSA Room Set](#))
- List of competitors for check-in
- Rating sheets – one per judge per competitor
- #2 lead pencils (judges & evaluations)
- Flash card for 1-minute remaining
- Stopwatch(s)
- Large envelopes, one per competitor, for portfolio copies (optional)
- Labels with competitor info, one per envelope (optional)
- Evaluation forms-competitor, judge, event personnel
- Copy of guidelines for judges
- Hand sanitizer (alcohol based handrub)
- Expandable file folder or box (to collect portfolio copies)

Sample Round One Test Questions

1. Regular intense physical activity by adults can decrease the risk of developing a hip fracture because such activity:
 - A. increases joint range of motion.
 - B. slows the loss of bone density.
 - C. builds connective tissue support around the joints.
 - D. decreases the amount of fat that is putting pressure on the hip joint.
2. Which of the following does ChooseMyPlate.gov recommend that you eat twice a week as a main protein food?
 - A. seafood
 - B. cheese
 - C. beans
 - D. yogurt
3. The leading cause of premature and preventable death in the United States is:
 - A. tobacco use.
 - B. binge drinking.
 - C. choking (airway obstruction).
 - D. accidents.

Event Flow Chart



HEALTHY LIFESTYLE GOAL PURPOSE AND EXAMPLES

Every day, health 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, health 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? Your nutrition? Will your goal really lead to improved physical health? How will you empirically and objectively measure your progress and accomplishments? Competitors in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss his/her goals for improving personal health. HOSA does not encourage any HOSA member getting involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

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

Sample SMART goals:

- ★ I will increase my daily hydration to 64 oz. of water by the end of the spring semester. I will do this by bringing a 20 oz. water bottle with me everywhere and filling it up every morning, noon, and early evening. I will use a calendar to help me track my consumption.
- ★ By June 15th, I will be able to run one mile in under 8:00 minutes. I will do this by running after school with music that will help me pace my run five days a week, beginning with a 20-minute one-mile run, and reducing my time by at least 15 seconds every two weeks. I will track my progress in a fitness log.
- ★ I will reduce the number of stress headaches I get from one daily, to one bimonthly, by taking 10 minutes during each day to meditate. By May 15th, I will find and use soothing music or YouTube meditation videos to sit still in a corner of my room for 10 minutes each morning and focus on letting go of everything that is causing me pain. I will keep a pain diary to help me reach my goal.

HEALTHY LIFESTYLE Assessment

Complete this assessment when you begin this event (start date) and within two (2) weeks (final column) of the conference day at which this portfolio 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 point deduction.

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 or no animal 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"/> <input type="checkbox"/> I regularly go to bed before 11 pm. <input type="checkbox"/> <input type="checkbox"/> I rarely eat in front of the television or my electronic device. <input type="checkbox"/> <input type="checkbox"/> I avoid being out in the sun without sunscreen. <input type="checkbox"/> <input type="checkbox"/> I floss daily and brush my teeth at least three times a day. <input type="checkbox"/> <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"/> <input type="checkbox"/> I often take unnecessary risks. <input type="checkbox"/> <input type="checkbox"/> I suffer from frequent headaches or migraines. <input type="checkbox"/> <input type="checkbox"/> I eat when I'm depressed, angry, or under stress. <input type="checkbox"/> <input type="checkbox"/> I am more than 10 pounds overweight. <input type="checkbox"/> <input type="checkbox"/> I use a tanning bed.						
TOTAL POINTS						

HEALTHY LIFESTYLE ROUND TWO INTERVIEW

Competitor #: _____

Judge's Signature: _____

Division: MS SS PS/C

Items Evaluated	Points Possible						Points Awarded
	Superior	-----	-----	-----	-----	-----	Poor
No partial points are given in Section A. All seven items <u>must</u> be completed to receive 45 points. If any portion is missing, Section A is scored a 0.							
A. POINTS FOR FOLLOWING GUIDELINES							
<input type="checkbox"/> Title page includes event name, competitor's name & age, HOSA chapter and division, school name, state, and specific healthy lifestyle goal. <input type="checkbox"/> Healthy Lifestyle Assessment Included (may or may not be completed to award points) <input type="checkbox"/> Parent/Advisor Permission included if age 17 and younger (<i>points awarded if included or if not applicable</i>) <input type="checkbox"/> Official HOSA portfolio used <input type="checkbox"/> Two (2) portfolio copies provided <input type="checkbox"/> Sheet protectors, lamination, dividers are NOT used <input type="checkbox"/> Submitted in English	45						0
B. PERSONAL HEALTHY LIFESTYLE GOAL							
1. Goal follows SMART formula (Specific, Measurable, Attainable, Realistic, Timely)	10	8	6	4	2	0	
2. Goal is consistent with practicing a healthy lifestyle.	10	8	6	4	2	0	
3. The goal was challenging but attainable.	10	8	6	4	2	0	
4. Competitor worked toward or maintained goal for a significant part of the year.	10	8	6	4	2	0	
5. Demonstrates commitment to practicing a healthy lifestyle beyond HOSA competition.	10	8	6	4	2	0	
C. EVIDENCE							
1. Verbal explanation clearly describes the journey towards achieving the goal.	15	12	9	6	3	0	
2. Written evidence provides clear, measurable baseline data at the start of this process.	5	4	3	2	1	0	
3. Written evidence and documentation provides healthy proof of progress toward the goal.	10	8	6	4	2	0	
D. INTERVIEW							
1. Delivery (poise, speaking skills, confidence, eye contact).	10	8	6	4	2	0	
2. Effective use of portfolio to support the presentation.	5	4	3	2	1	0	
3. Answers to judge questions reflect a deep understanding of healthy living concepts.	10	8	6	4	2	0	
4. Nothing except portfolio shown to judges	5	4	3	2	1	0	
TOTAL POINTS							155 ----- 0

HEALTHY LIFESTYLE

Parent/Guardian/Advisor Permission

This form MUST be included in the Healthy Lifestyle Portfolio for competitors who are age 17 or younger.

Competitor Name _____ Date of Birth _____

SMART Goal: _____

Note to Parents/Advisors: Please read these 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 are 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 in this event are **encouraged to see a licensed health provider before beginning this event** to obtain baseline data and discuss his/her goal for improving personal health. HOSA does not encourage any HOSA member getting involved with a fad diet, exercise program, or other program that is not under the direction of a licensed healthcare provider. These practices can be dangerous to a person's health and are not the intent of this event.

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

By signing this form, parents/guardians:

- Agree that you have read the event guidelines.
- Verify that all the information in this portfolio is accurate and used with your permission.

Parent (Guardian) Signature: _____ Date: _____

Print Full Name and Address:

By signing this form, HOSA advisors:

- Agree that you have read the event guidelines.
- Verify that the submitted goal is realistic and based in sound research for this competitor.

Advisor Signature: _____ Date: _____

Print Advisor Name, Chapter Name, School & State:

