

Healthy Lifestyle



New for 2015 - 2016

Healthy Weight Commitment Foundation website is no longer a resource for the test plan. Please see rule #49 in the General Rules and Regulations for the process when a test resource is changed. The rating sheet has been updated.

This event will be open to Middle School competitors at NLC 2016.

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. In addition, each competitor will set a 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. (NLC competitors may continue to pursue their goal and add to their portfolio until the first day of the NLC.)

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, in good standing in the division 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 National HOSA Competitive Events Program \(GRR\)](#)."

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

Choosing Health	10%
• Creation of optimal health	
• Motivation for change and choice	
Physical activity, exercise and fitness	15%
Healthy eating	25%
Reaching optimal weight.....	10%
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.
 - 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/>
 - Let's Move <http://www.letsmove.gov/>
 - National Prevention Strategy <http://www.surgeongeneral.gov/priorities/prevention/strategy/index.html>
 - [Andersen, Dr. Wayne Scott. *Dr. A's Habits of Health: The Path to Permanent Weight Control and Optimal Health.* Habits of Health Press, Latest edition.](#)
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.**
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 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 and will be one-third of the final composite score. (50 points for the test and 100 points for the interview.)
8. An important component of this event is the development of a Healthy Lifestyle portfolio. The portfolio will document the individual competitor's specific goal(s) 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(s) and in living a healthier lifestyle.
9. **ROUND TWO:** Round Two will consist of a four (4) minute interview with 1-3 judges followed by two (2) minutes to respond to judge questions. The competitor will use **ONLY** his/her portfolio, and paper notecards or electronic notecards (on a tablet, smart phone, laptop, etc.) 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 portfolio 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. The following sample questions, or similar questions, may be asked:
 - o What was the greatest challenge you faced in achieving your goal?
 - o Did you ever think about giving up? Why didn't you?
 - o What surprised you the most about this entire process?
 - o If you could start this process all over again, what would you do differently?
 - o What will you take from this experience to use in your future profession?
 - 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.
10. 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.
11. **PERSONAL HEALTHY LIFESTYLE GOAL**
- a. 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.
 - b. In setting a goal, the competitor must first analyze his/her current health status, and may consult with a licensed health practitioner as part of the goal-setting process.
 - c. The goal should be challenging yet attainable. The more challenging the goal, the more impressive the achievement will be to the judges.
 - d. 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.)
 - e. If the competitor advances from one level of competition to the next (for example, state to national 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 6 of these guidelines.
12. **HEALTHY LIFESTYLE PORTFOLIO**
- a. The portfolio contains documentation of the competitor's efforts to achieve his/her goal(s).
 - b. The 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. The portfolio must be contained in an official HOSA portfolio or portfolio from

[Awards Unlimited](#) (NBK150, NBK 250, or PBK2002)

- e. The first two pages will be the completed Healthy Lifestyle Assessment found on pages 7-8 in these guidelines.
 - f. There are no specific rules or restrictions for the portfolio, with the exception of the Healthy Lifestyle Assessment. The number of pages, use of photos, etc., is totally up to the competitor.
13. 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. (If there are three judges, the judges will also use the competitor's Healthy Lifestyle portfolio for judging, and will return it to the competitor before he/she leaves the event location.)
14. Competitors who fail to bring their portfolio copies to the event will not receive any evidence points on the rating sheet.
15. 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 his/her 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.
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 ([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)

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
- 7. One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.

Facilities, Equipment and Materials (Per Section)

General

- Testing room with tables/chairs for the number of registered competitors
- Interview room, conference style, for each Round Two section
- Flash card for 1 minute remaining
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations

Round One: Written Test (Reference: All resources)

- One test copy per competitor
- Scantron /answer forms

Round Two:

- Pencils for judges
- Stopwatch

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.

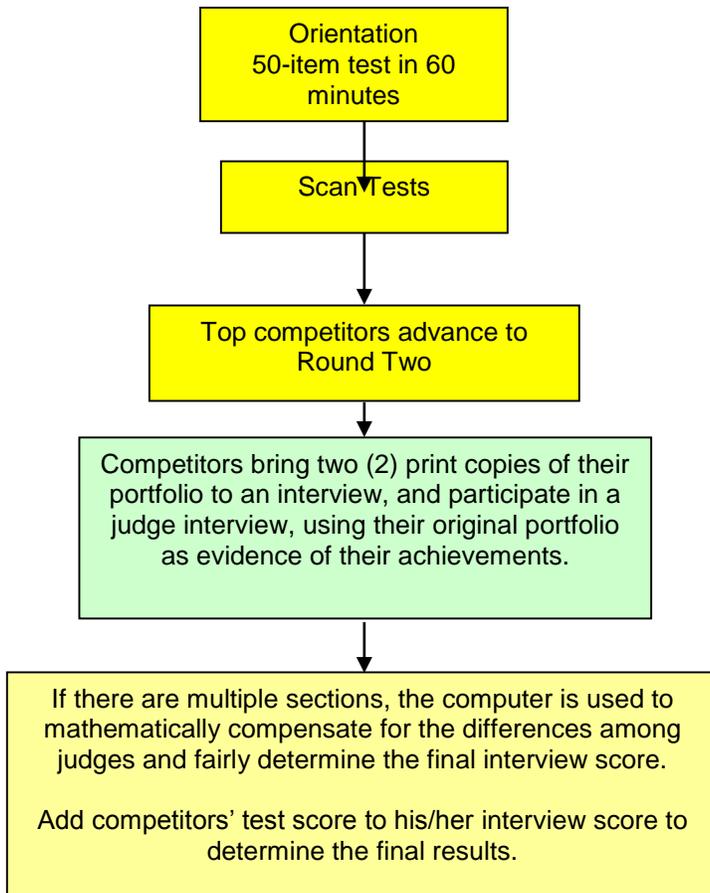
2. Which of the following does ChooseMyPlate.gov recommend that you eat twice a week?
 - A. Seafood
 - B. Cheese
 - C. Beans
 - D. Yogurt

3. What is the leading preventable cause of death in the United States?
 - A. Tobacco use
 - B. Binge drinking
 - C. Choking (airway obstruction)
 - D. Accidents

Icon Key

	Two paper copies of the event product must be submitted.
	The orientation includes an event element. Competitors must bring pencils/pens.
	Round One scores are used to advance competitors to Round Two at the NLC.
	Official notebook, scrapbook or portfolio required.
	A computer is used at the NLC to provide a statistically fair method for balancing scores when multiple sections are scheduled.

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 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 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 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					Points Awarded
	Superior	Excellent	Good	Fair	Poor	
PERSONAL HEALTHY LIFESTYLE GOAL						
1. Goal is consistent with practicing a healthy lifestyle.	10	8	6	4	2	0
2. The goal was challenging but attainable.	10	8	6	4	2	0
3. The goal was achieved.	10	8	6	4	2	0
EVIDENCE						
4. Verbal explanation clearly describes the journey towards achieving the goal.	10	8	6	4	2	0
5. Written evidence provides clear, measurable baseline data at the start of this process.	5	4	3	2	1	0
6. Written evidence and documentation provides proof of progress toward the goal.	10	8	6	4	2	0
QUESTIONS						
7. Answers to judge questions reflect a deep understanding of healthy living concepts.	10	8	6	4	2	0
8. INTERVIEW						
• Appearance	5	4	3	2	1	0
• Delivery (poise, speaking skills, confidence, eye contact)	10	8	6	4	2	0
• Effective use of portfolio to support the oral presentation	5	4	3	2	1	0
9. OVERALL: Demonstrates a long-term commitment to practicing a healthy lifestyle.	10	8	6	4	2	0
TOTAL JUDGE POINTS	95	76	57	38	19	0
POINTS GIVEN BY EVENT PERSONNEL:						
• Healthy Lifestyle Assessment Included	5					0
• Parental Permission included if 17 years or younger						
• Official HOSA portfolio used						
TOTAL POINTS	100	80	60	40	20	0

HEALTHY LIFESTYLE

Parental (Guardian) Permission

This form must be included in the Healthy Lifestyle Portfolio for competitors who are 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 portfolio. 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 portfolio is accurate and used with your permission.

Parent (Guardian) Signature _____ Date _____

Print Full Name and Address
