

Healthy Lifestyle

New for 2021-2022

Editorial changes have been made in the guidelines for clarity.
Rating sheet has been updated to reflect guideline changes.
ChooseMyPlate resource has been deleted.
World Health Organization website has been added as a resource.
Healthy People is now Healthy People 2030.
Dietary Guidelines for Americans, 2020-2025 has been added.

Event Summary

Healthy Lifestyle provides HOSA members with the opportunity to gain knowledge and skills required to understand healthy living and the impact on health throughout the life span. This competitive event consists of 2 rounds. Round One is a written, multiple choice test and the top scoring competitors will advance to Round Two for a judge interview. In addition, each competitor will focus on one personal healthy lifestyle goal and document his or her efforts in a personalized portfolio. This event aims to inspire members to learn more about health literacy topics and to develop healthy habits for a lifetime.

Dress Code Competitors shall wear proper business attire or official HOSA uniform, during both rounds. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. Middle School, Secondary and Postsecondary / Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)](#)."
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Official References

- 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. <http://www.cdc.gov/HealthyLiving/>
- c. World Health Organization: Health Topics. <https://www.who.int/health-topics/>
- d. Healthy People 2030. <https://health.gov/healthypeople>
- e. Dietary Guidelines for Americans 2020-2025. [dietary guidelines.gov](http://dietaryguidelines.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>

Round One: Test

- 5. [Test Instructions:](#) The written test will consist of 50 multiple choice items in a maximum of 60 minutes.
- 6. **Time Remaining Announcements:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.

7. **Written Test Plan**

Overall Health and 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%

- 8. The test score from Round One will be used to qualify the competitor for Round Two.

9. **Sample Test Questions**

- 1. According to the WHO, what is the leading cause of death and disability among adolescents?
 - A. Interpersonal violence
 - B. Mental health
 - C. Unintentional injuries**
 - D. Alcohol and drug use

WHO: Health Topics

- 2. How does regular intense physical activity by adults decrease the risk of developing a hip fracture?
 - A. Increases joint range of motion
 - B. Slows the loss of bone density**
 - C. Builds connective tissue around the joints
 - D. Decreases pressure on the hip joint

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3. The 2020-2025 Dietary Guidelines for Americans report that almost 90% of Americans do not meet the recommendations for which of the following protein subgroups?
 - A. Poultry and eggs
 - B. Nuts and seed
 - C. Seafoods**
 - D. Meats

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Personal Healthy Lifestyle SMART Goal

10. 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.
11. 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 and prior to beginning this event.**
12. The goal should follow the SMART formula (see resources on pg.2 for assistance-Specific, Measurable, Attainable, Realistic, Timely)
13. 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.)
14. If the competitor advances from one level of competition to the next (for example, chartered association 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.
15. Examples of goals can be found on page 6 of these guidelines.
16. The time period for the Healthy Lifestyle Goal will be from July 1, 2021 – May 15, 2022.

Healthy Lifestyle Portfolio

17. A Healthy Lifestyle Portfolio will be developed to document the competitor's specific goal and efforts to practice a healthier lifestyle through healthier practices (exercise, nutrition, etc...) and/or avoiding risky behaviors.
18. The rules or restrictions for the portfolio, include:
 - A. **Title page** must include the event name, competitor's name & age, HOSA chapter and division, school name, chartered association, and specific healthy lifestyle goal.
 - B. **A baseline health assessment** must be included that is relevant to the chosen SMART goal. Competitors may research and include an existing health assessment, get one from a licensed health provider, or create their own. This assessment must measure both general health factors and specific important factors relevant to the chosen SMART goal. The baseline health assessment will be completed both before the healthy lifestyle goal starts, and again prior to competition.
 - C. **Parental permission form** must be signed (if applicable).
 - D. **Evidence of Journey:**
 - i. The competitor's achievements are judged, and the portfolio provides

the proof of his/her accomplishments during the interview with the judges.

- ii. 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.
- iii. Documentation of medical care and progress (lab work, results of medical tests, etc.) may be included in the 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.
- iv. Narrative pages are formatted:
 1. one-sided, typed, 12 pt. Arial font, double-spaced, in English, 1" margins on 8 ½" x 11" paper
 2. Running header with last name, event name and page number on top right side of each page (not counting title page).

E. **Reference Page:** List the literature cited to give guidance to the portfolio. American Psychological Association (APA) is the preferred resource in Health Science. One page only. *Points will be awarded for compiling a clean, legible reference page, but the formatting of the reference page is not judged.*

19. The only specific rules for the portfolio are listed in rule #18. The number of pages, use of photos, data, etc. is totally up to the competitor and will not be judged.

Round Two: Presentation for Judges

20. Round Two will consist of a four (4) minute presentation with judges followed by two (2) minutes to respond to judge questions.
21. 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.
22. The Presentation will contain the following key items:
 - 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. Competitors may choose to bring their portfolio to ILC competition, to reference during the presentation, but no points are awarded on the rating sheet for doing so.
 - 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 (4) minutes and then judges will 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: The judges will have two (2) minutes to evaluate the portfolio and complete the rating sheets.

Final Scoring

- 23. Scores from Round One test will be added to Round Two to determine the final results.
- 24. In the case of a tie, the highest score will be used to determine rank.

Required Digital Uploads

25. The completed portfolio must be uploaded as a single document, pdf preferred, by competitor:
- a. to [Tallo](#) for Secondary & Postsecondary/Collegiate divisions **OR**
 - b. to [this Link](#) for Middle School division. Name of file MUST read: school name.charteredassociation.membername.ILC2022
 - c. Uploads for ILC will be open from April 15th - May 15th for ILC qualified competitors only.

Instructions for uploading materials to Tallo (Secondary/Postsecondary divisions only) can be found [HERE](#).

NOTE: *Chartered Associations have the option to use hard copy submissions instead of digital submissions. Please check with your State Advisor to determine what process is used in your Chartered Association. For ILC, only digital submissions will be used for judging if uploaded by May 15th.*

Competitors Must Provide:

- Uploaded .pdf of portfolio, by published deadline
- #2 lead pencil with eraser
- Watch with second hand (optional-Round Two only)
- Index cards or electronic notecards (optional)
- [Photo ID](#)

HEALTHY LIFESTYLE GOAL & ASSESSMENT

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 where to begin, 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.

A baseline health assessment is a critical starting point for any behavior change. It helps provide a current view of one's overall health status, including physical, social, and emotional wellness components. A baseline health assessment also helps provide guidance in the creation and follow through of the plan necessary to meet one's SMART goal. Competitors may research examples online, request one from their primary health provider, or create their own. For more information on baseline health assessments, visit:

- <https://scopeblog.stanford.edu/2015/01/27/why-establishing-a-health-baseline-is-a-critical-starting-point-for-achieving-future-health-goals/>

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 & Chartered Association:

HEALTHY LIFESTYLE – Judge’s Rating Sheet Round Two Interview

Competitor # _____ Judge’s Signature _____
 Division: MS _____ SS _____ PS/C _____

One PDF file with Portfolio Uploaded Online*: Yes ____ No ____

*If the materials are not uploaded, please note that applicable items on the rubric below cannot be judged.

A. Portfolio	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
1. Title Page	Title page includes event name, competitor’s name & age, HOSA chapter and division, school name, chartered association, and specific healthy lifestyle goal.	N/A	N/A	N/A	Portfolio not submitted OR title page does not include all requirements OR is not present.	
2. Baseline Health Assessment	Baseline Health Assessment is included.	N/A	N/A	N/A	Portfolio not submitted OR Baseline Health Assessment is not included.	
3. Parental/Advisor Permission Form included if age 17 or younger	Parental/Advisor Permission Form is included if age 17 or under or is not applicable to competitor.	N/A	N/A	N/A	Portfolio not submitted OR Parental/Advisor Permission Form is required but not included.	
4. Reference Page	The reference page is included with the paper.	N/A	N/A	N/A	Paper not submitted OR no reference page is included OR all items are not included.	

A. Portfolio	Excellent 10 points	Good 8 points	Average 6 points	Fair 4 points	Poor 0 points	JUDGE SCORE
5. Competitor worked toward or maintained goal for a significant part of this last year.	Documented evidence that the goal was maintained for 9 -12 months of this past year.	Documented evidence that the goal was maintained for 6-9 months of this past year.	Documented evidence that the goal was maintained for 3-6 months of this previous year.	Documented evidence that the goal was maintained for 1-3 months of this previous year.	Portfolio not submitted OR no documentation was provided.	
6. Written evidence and documentation provides healthy proof of progress toward the goal.	The competitor provides extensive written documentation that provides proof of progress towards meeting their healthy lifestyle goal.	The competitor provides written documentation of their journey towards reaching their healthy lifestyle goal.	The competitor provides a moderate amount of written documentation towards progress made towards their healthy lifestyle goal.	The competitor provides minimal documentation towards progress made towards their healthy lifestyle goal.	Portfolio not submitted OR the competitor does not provide written documentation of progress made towards the goal.	
7. Written evidence provides clear, measurable baseline data at the start of this process.	Documentation is detailed, clearly defined and measurable from the beginning through the completion of this process.	Documentation is somewhat detailed and measurable throughout the project.	Data collected on this project is incomplete and inconsistent throughout this project.	Limited evidence of baseline data collected from this project is provided.	Portfolio not submitted OR no written evidence of baseline data is provided.	
B. SMART Goal	Excellent 15 points	Good 12 points	Average 9 points	Fair 6 points	Poor 0 points	JUDGE SCORE
1. Goal follows SMART formula	SMART goal is clearly defined with all five components: Specific, Measurable, Attainable, Realistic, and Timely	SMART goal has four of the five components present.	SMART goal has three of the five components present.	SMART goal has two of the five components present.	Portfolio not submitted OR SMART goal was not developed or only had one of the five components present.	
2. Goal is consistent with practicing a healthy lifestyle beyond HOSA competition	The goal fully supports the inclusion of a healthy habit or the removal of an unhealthy one. The goal includes a reputable method, not a "fad diet". The plan to maintain the goal past the HOSA competition is evident.	The goal includes the development of a healthy habit or the removal of an unhealthy one. A plan to maintain is not clearly defined.	The goal demonstrates practicing a healthy habit but may be unrealistic to maintain on a long-term basis.	There is minimal evidence or ability to demonstrate that the goal could be incorporated as a long-term healthy habit.	Portfolio not submitted OR there is no demonstration of working towards a healthy lifestyle goal.	
3. The goal is challenging but attainable.	The competitor set a challenging goal and is working/has worked hard to achieve that goal.	N/A	The competitor set a goal and is working/has worked to achieve that goal, but the goal is not particularly challenging.	N/A	Portfolio not submitted OR the competitor did not describe the goal they set or how they planned/are planning to achieve that goal.	
C. Presentation	Excellent 20 points	Good 15 points	Average 10 points	Fair 5 points	Poor 0 points	JUDGE SCORE
1. Content: Verbal explanation clearly describes the journey towards achieving the goal.	The competitor speaks with confidence as they describe their journey toward achieving the healthy lifestyle goal. It is evident that they are motivated by the results of reaching their goal.	The competitor describes their journey towards achieving their healthy lifestyle goal. They speak with less conviction about reaching their goal.	The competitor slightly describes the journey towards achieving their healthy lifestyle goal. They are not very believable.	The competitor speaks about healthy lifestyles but is unable to connect to their personal goals.	The competitor is not able to describe the journey toward achieving a healthy lifestyle.	

C. Presentation	Excellent 5 points	Good 4 points	Average 3 points	Fair 2 points	Poor 0 points	JUDGE SCORE
2. Voice Pitch, tempo, volume, quality	The competitor's voice was loud enough to hear. The competitor varied rate & volume to enhance the speech. Appropriate pausing was employed.	The competitor spoke loudly and clearly enough to be understood. The competitor varied rate OR volume to enhance the speech. Pauses were attempted.	The competitor could be heard most of the time. The competitor attempted to use some variety in vocal quality, but not always successfully.	Judges had difficulty hearing /understanding much of the speech due to little variety in rate or volume.	The competitor's voice is too low or monotone. Judges struggled to stay focused during the majority of presentation.	
3. Stage Presence Poise, posture, eye contact, and enthusiasm	Movements & gestures were purposeful and enhanced the delivery of the speech and did not distract. Body language reflects comfort interacting with audience. Facial expressions and body language consistently generated a strong interest and enthusiasm for the topic.	The competitor maintained adequate posture and non-distracting movement during the speech. Some gestures were used. Facial expressions and body language sometimes generated an interest and enthusiasm for the topic.	Stiff or unnatural use of nonverbal behaviors. Body language reflects some discomfort interacting with audience. Limited use of gestures to reinforce verbal message. Facial expressions and body language are used to try to generate enthusiasm but seem somewhat forced.	The competitor's posture, body language, and facial expressions indicated a lack of enthusiasm for the topic. Movements were distracting.	No attempt was made to use body movement or gestures to enhance the message. No interest or enthusiasm for the topic came through in presentation.	
4. Diction*, Pronunciation** and Grammar	Delivery emphasizes and enhances message. Clear enunciation and pronunciation. No vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone heightened interest and complemented the verbal message.	Delivery helps to enhance message. Clear enunciation and pronunciation. Minimal vocal fillers (ex: "ahs," "uh/ums," or "you-knows"). Tone complemented the verbal message	Delivery adequate. Enunciation and pronunciation suitable. Noticeable verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Tone seemed inconsistent at times.	Delivery quality minimal. Regular verbal fillers (ex: "ahs," "uh/ums," or "you-knows") present. Delivery problems cause disruption to message.	Many distracting errors in pronunciation and/or articulation. Monotone or inappropriate variation of vocal characteristics. Inconsistent with verbal message.	
5. Answered judge questions effectively.	The competitor provided excellent answers to judge's questions, shared important details and maintained a high level of professionalism and poise throughout the presentation.	The competitor answered the judge's questions accurately and provided some important details about healthy living concepts and their journey.	The competitor was able to answer most of the questions effectively, could have provided more details regarding healthy living concepts and their journey.	The competitor answered some of the questions but failed to expound on the details of healthy living concepts involved in their journey.	The competitor had trouble answering the judge's questions. More evidence is needed to demonstrate a basic understanding of healthy living concepts.	
Total Points (135)						

* Definition of Diction – Choice of words especially with regard to correctness, clearness, and effectiveness.

** Definition of Pronunciation – Act or manner of uttering officially.