

Native Health Advocacy

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Team Event: 2-4 competitors per team	Round 2: Problem + Presentation	



New for 2025 – 2026

Editorial updates have been made.

Event Summary

Native Health Advocacy challenges teams to engage in a two-round event focused on addressing healthcare disparities and legislation relevant to Native American communities. In Round One, teams of 2-4 students will complete a written test on Native American healthcare legislation in the United States. In Round Two, teams will work to solve a healthcare scenario involving a fictional reservation.

Each year, a document containing critical information about a fictional reservation—such as historical and cultural data, healthcare needs, partnerships, staffing, and demographics—will be released and included in the event guidelines. Teams are expected to study these documents in advance and use them during the competition to develop an informed solution to the problem presented. Teams will have 30 minutes to analyze the scenario and develop a solution, which they will then present in an 6-minute presentation to a panel of judges. They will then be asked two questions regarding the problem and how their team would solve it.

Sponsorship (Minnesota HOSA Exclusive.)

This event is proudly sponsored by Tribal Health, LLC, which will award a cash prize of \$200 per team member for the 1st place winners, and \$100 per team member for the 2nd place winners at the State Leadership Conference (SLC).

Dress Code

Proper business attire or official HOSA uniform. Bonus points will be awarded for **proper dress**, members must be properly dressed to receive bonus points.

Competitor Must Provide

- [Photo ID](#) for both rounds
- #2 lead pencils (NOT mechanical) with eraser for the test.

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).

Official References

2. The below references are used in the development of the test questions.

- Clinical Practice Issues in American Indians and Alaska Natives
 - <https://www.ncbi.nlm.nih.gov/books/NBK570601/>
- American Indian Health Policy: Historical Trends and Contemporary Issues
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035886/>
- Understanding and Honoring the Needs of Native American Elders
 - <https://www.myamericannurse.com/understanding-and-honoring-the-needs-of-native-american-elders/>
- Mystery and Medicine of Native Americans
 - <https://thebiomedicalseientist.net/2022/09/05/mystery-and-medicine-native-americans>
- Native Mascots and Other Misguided Beliefs
 - <https://americanindian.si.edu/sites/1/files/pdf/seminars-symposia/Fall2011-Director.pdf>
- Native Health Crisis in Urban Areas
 - <https://dc.meditill.northwestern.edu/explores-2022>
- Urban Indian Health Organizations (UIHOS)
 - <https://www.uihi.org/about-urban-indian-health-organizations>
- Indigenous Mental Health – NAMI
 - <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>
- How Language Revitalization Boosts Indigenous Health – UBC News
 - <https://news.ubc.ca/2025/06/how-language-revitalization-boosts-indigenous-health>

3. **ROUND ONE: The Test**

Test Instructions: The written test will consist of 50 multiple-choice items in a maximum of 60 minutes. The team test score average from Round One will be used to qualify the team for the Round Two presentation.

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

The written test plan for Native Health Advocacy is:

- Clinical Practice Issues in American Indians and Alaska Natives – 17%
- American Indian Health Policy: Historical Trends and Contemporary Issues – 14%
- Understanding and Honoring the Needs of Native American Elders – 7%
- Mystery and Medicine of Native Americans – 10%
- Native Mascots and Other Misguided Beliefs – 10%
- Native Health Crisis in Urban Areas – 7%
- Urban Indian Health Organizations (UIHOs) – 5%
- Indigenous Mental Health – NAMI – 10%
- How Language Revitalization Boosts Indigenous Health – 5%

5. **Sample Round One Test Questions**

Which of the following factors has been identified as a major contributor to health disparities among Native American populations?

- A. Lack of access to traditional healing practices
- B. Limited access to quality healthcare services
- C. Over-reliance on urban hospitals
- D. High rates of employment in rural areas

The Indian Health Service (IHS) was established to provide healthcare services specifically to Native American and Alaska Native populations. Which of the following best describes one of the key challenges faced by the IHS?

- A. Limited geographic coverage in urban centers
- B. Overfunding leading to resource mismanagement
- C. Underfunding and staff shortages in rural health facilities
- D. Lack of collaboration with tribal health systems

Traditional healing practices are an integral part of Native American culture. Which of the following is a common practice among Native American tribes used to address both physical and spiritual well-being?

- A. Acupuncture
- B. Sweat lodge ceremonies
- C. Aromatherapy
- D. Chiropractic adjustments

ROUND TWO: Scenario Analysis and Presentation

6. For this round you will need to study **this document** prior to competing. It contains information about a fake reservation hospital and community. This will include information such as historical and cultural data, healthcare needs, partnerships, staffing, and demographics. You will have access to this during the problem solving and presentation stage however you will not have enough time to read it in full.
7. The problem is a secret topic related to Native American healthcare, tribal health systems, or health disparities. Each team will be given the same problem to analyze. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be penalized per the General Rules and Regulations (GRRs).
8. Event personnel will announce when teams have five (5) minutes and one (1) minute remaining in the preparation room. A timekeeper will notify teams when there is one (1) minute left during the presentation.

9. Resources about the reservation scenario may be provided to teams for use during their 30-minute preparation time (such as data, supporting research, etc.). Materials allowed in the preparation room:
 - a. HOSA will provide index cards for taking notes.
 - b. HOSA will provide flip chart paper and markers for preparing solution materials.
 - c. Competitors may NOT bring anything, except pencils, into the preparation room.
10. Teams will have 30 minutes to analyze the healthcare problem and prepare their solution using the provided resources. After the preparation time, they will have a maximum of six (6) minutes to present their solution to a panel of judges. All team members must participate in the presentation. Following the presentation, the judges will ask the team two (2) questions related to the problem and how their team would address it. Teams must work together to respond to the questions, demonstrating a collaborative understanding of the healthcare challenge and solution
11. **Sample Round Two Scenario**
The Pine River Tribe has been facing challenges with childhood vaccination rates due to factors such as limited healthcare access, historical mistrust of healthcare systems, and cultural beliefs that influence healthcare decisions. Your team is tasked with preparing a proposal to apply for a fictitious grant aimed at addressing these issues and improving vaccination rates in the community. In your presentation, you must convince the grant selection committee of the feasibility and impact of your proposal. Outline a comprehensive plan that includes strategies for implementation, methods to measure success, how the funds will be allocated, and ways to engage the community. Your solution should be culturally sensitive, practical, and designed for long-term sustainability. You have 30 minutes to prepare a 6-minute presentation for the committee.

Final Scoring

12. Round 2 Presentation scores will be added up for each team to determine the winner.
13. In case of a tie, the highest averaged round 1 test score will determine the rank.

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Round Two: Judge's Rating Sheet

Section # _____

Judge's Signature _____

Team # _____

Division: SS _____ PS/C _____

Presentation Content	Excellent (15 points)	Good (12 points)	Average (9 points)	Fair (6 points)	Poor (0 points)	Judge Score
1. Understanding of the Problem/Health Issue	Demonstrates clear, deep, insightful understanding of the problem or health issue.	Shows a solid understanding of the problem or health issue.	Demonstrates an average understanding of the problem. Judges left with a few questions.	Shows a basic understanding. Judges left with more questions than answers.	Team is not able to demonstrate an understanding of the problem or health issue.	
2. Creativity and Innovation in Solution	The team provided creative, imaginative solutions that were highly innovative and thoughtful.	The solution was unique and showed creativity but lacked the "wow" factor.	The solution was adequately imaginative. Would like to see more innovation in the solution.	Solutions provided were unoriginal and little imagination was included.	No evidence of imagination was used to solve the problem.	
3. Explanation of Solution	Clear and concise explanation of the solution in a logical, well-constructed presentation.	The explanation of the solution was mostly clear and logical.	An average explanation of the solution was provided. Some parts seem out of sequence.	The explanation of the solution did not flow and was hard to follow.	The explanation was fragmented and failed to provide a logical solution.	
4. Application of Cultural Understanding	Clear and thorough connection to cultural factors and traditional practices enhanced the solution.	Some cultural understanding was applied but lacked depth.	Cultural factors were included but not deeply connected to the solution.	Little cultural understanding was applied.	No demonstration of cultural understanding in the solution.	
5. Use of information from the case study	The presentation offered clear and effective use of information provided in the case study.	The information on the case study was mostly effective in the presentation but could have been clearer.	The presentation provided an average use of the information provided in the Case Study.	The presentation used a small amount of the information provided to teams on the secret topic.	The team did not include information provided on the secret topic.	

Presentation Delivery	Excellent (10 points)	Good (8 points)	Average (6 points)	Fair (4 points)	Poor (0 points)	Judge Score
1. Voice (Pitch, Tempo, Volume, Quality)	The team spoke loud and clear. Varied rate & volume to enhance the speech. Appropriate pausing was employed.	The team spoke clearly enough to be understood. Varied rate or volume was attempted.	Team could be heard most of the time. Some attempts at vocal variety were made.	Voice is low. Judges have difficulty hearing/understanding much of the speech due to low volume.	Judges had difficulty hearing/understanding much of the speech due to low volume.	

2. Stage Presence (Poise, Eye Contact, Enthusiasm)	Movements & gestures were purposeful and enhanced the delivery. Body language generated strong interest in the topic.	The team maintained adequate posture with some non-distracting gestures.	Stiff or unnatural use of gestures, limited engagement with audience.	Movements were distracting, body language indicated a lack of enthusiasm.	No gestures or body movement enhanced the message. No enthusiasm for the topic was shown.	
3. Diction, Pronunciation, Grammar	Delivery emphasizes the message with clear enunciation. No vocal fillers were present.	Delivery helped the message, with minimal vocal fillers (e.g., "uh," "um").	Delivery was adequate, with some noticeable verbal fillers. Tone was inconsistent.	Delivery quality was minimal, with regular fillers disrupting the message.	Numerous errors in pronunciation and articulation, or monotone delivery.	
4. Team Collaboration	Excellent collaboration with all team members contributing equally.	All but one person on the team contributed actively.	Teamworked together, though some members had limited participation.	Minimal collaboration, with one member dominating.	One team member did all the work, showing poor collaboration.	
5. Response to Judges' Questions	All questions were answered with clear, confident, and accurate responses.	Most questions were answered correctly, though lacking some confidence.	Responses were mostly correct but lacked thoroughness.	Answers were incomplete or lacked clarity. Judges had many follow-up questions.	Responses were incorrect or showed lack of preparation.	
Total Points (125)						