

Submission Requirements

[excerpt from the Federal Register Notice]

Entries not in compliance with the submission requirements outlined below will be ineligible for further review and prize award. During the open submission period, eligible participants may register and submit an entry onto the Challenge Web site, to include:

Phase I (Prototype Development)

1. A completed HBD Challenge Submission Template describing the proposed project, project personnel and data sources.
2. A PowerPoint or other visual presentation of the proposed project including purpose, methods and anticipated outcomes of the proposed approach, which could be used to present the proposal to a judging panel.
3. A description of data that are anticipated to be captured by the proposed approach, comparability to the Behavioral Risk Factor Surveillance System (BRFSS), and, if applicable, descriptions of online app(s), web-based tools or communication devices used to recruit or track subjects' healthy behavior information.
4. Proposal of a viable data source(s) from a currently available or a feasible future source (such as a proposed app or online tool). HBD Challenge participants may propose the use of public and/or private data sources, as long as respondent agrees to participate and the respondent confidentiality and privacy are maintained.
5. A demonstration of how CDC would be able to access the data.
6. A detailed outline of the information that will be obtained.
7. A demonstration of how data will be extracted and collected: Present the format in which it will be stored.
8. A description of how the new data source(s) could be linked with other data sources, in a statistically robust manner that could result in useful public health insights, citing statistical approaches and evidence to support the proposal.
9. A focus on one or more behavioral factors including physical activity, sleep, sedentary behaviors, and/or nutrition.
10. Information about the population reached and generalizability of the approach.
11. A description of how data could be stratified by demographic characteristics (e.g. age, sex, education, geographic jurisdiction).
12. An indication of how information gathered addresses some or all of the following common metrics in one or more of the healthy behavior topics below:
 - a. Sleep:
 - i. Hours of sleep per night (sleep duration)
 - ii. Amount of time awake (sleep quality)
 - iii. Number of times awake (sleep quality)
 - iv. Number of adults reporting having trouble getting to and staying asleep

- v. Time to fall asleep
- vi. Amount of time in REM vs. non-REM sleep (duration of sleep stage)
- vii. Heart rate
- viii. Respiration
- ix. Sleep behaviors such as snoring, sleep talking, and sleep movement

b. Sedentary Behaviors:

- i. Average number of hours per day spent sedentary, excluding sleep time
- ii. Average number of hours per week spent on a computer/screen including watching TV, videos, playing computer games, emailing or using the internet
- iii. Sedentary data with additional information on location (work, school, community, etc.) broken down by weekday and weekend day

c. Nutrition:

- i. Total calories consumed per day
- ii. Consumption of fruit (not including juices) by day, week, or month
- iii. Consumption of green leafy or lettuce salads, with or without other vegetables, by day, week, or month
- iv. Consumption of vegetables (not including lettuce salads and potatoes) by day, week, or month
- v. Number of sugar-sweetened beverages consumed by day, week, or month
- vi. Number of caffeinated drinks consumed by day, week, or month

d. Physical activity:

- i. Minutes of moderate-to-vigorous physical activity (MVPA) per day (ideally by location—work, school, in community)
- ii. Daily number of steps
- iii. Miles/km (Distance) on foot
- iv. Number of days of physical activity/week or month (and established number of days in one month)
- v. Minutes of moderate-to-vigorous physical activity (MVPA) per day (ideally by location—work, school, in community) broken down by week day and weekend day.
- vi. Calories burned
- vii. Type of activity (aerobic, strength, etc.)
- viii. Active minutes
- ix. Duration of exercise
- x. Flights of stairs climbed
- xi. Average and peak heart rate
- xii. Occupational physical activity and active chores amount: (location of physical activity)
- xiii. Number of hours of reported physical activities while at work, in or around household
- xiv. Leisure time physical activity amount:
- xv. # of hours per week adult participants spent in sports, fitness or recreational physical activities, organized or non-organized, that lasted a minimum of 10 continuous minutes
- xvi. Number of adults reporting and time spent walking or cycling to work or school

Participants may also choose to suggest additional metrics in the areas of nutrition, physical activity, sedentary behaviors, and/or sleep. If additional metrics are included, the participant should include a short description of the data and how it might inform public health efforts (such information and data will be collected in accordance with any applicable laws and regulations).