

# **The Relationship Between Self-Rated Health Status and the Level of Health-Contributing Lifestyle of Former College Football Players**

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The purpose of this study was to compare self-rated health status with the level of health-contributing lifestyle (HCL) of former college football players. Self-rated health status of 10 former football players on the 1982 Jacksonville State University Football team was determined using responses to a question on the Health After Sports Survey administered by dietetic Students and completed by members of the 1982 football team. The level of a health-contributing lifestyle (HCL) of each football player was evaluated using a modified version of the Healthy Eating Index (HEI) combined with a Physical Activity Score (PAS) to determine the health-contributing lifestyle (HCL) score (with 1=poor, 2=fair, and 3=good). It appears, from plotting the data on a scatter plot, that self-perception of health status is positively related to the level of health-contributing lifestyle in the group of former football players; however, the small sample size failed to yield statistical significance with analyzed by the Pearson  $r$  test. It is the recommendation of the researchers that this pilot study be used with a larger population sample to determine if there is a true correlation between self-rated health and the level of health-contributing lifestyle.