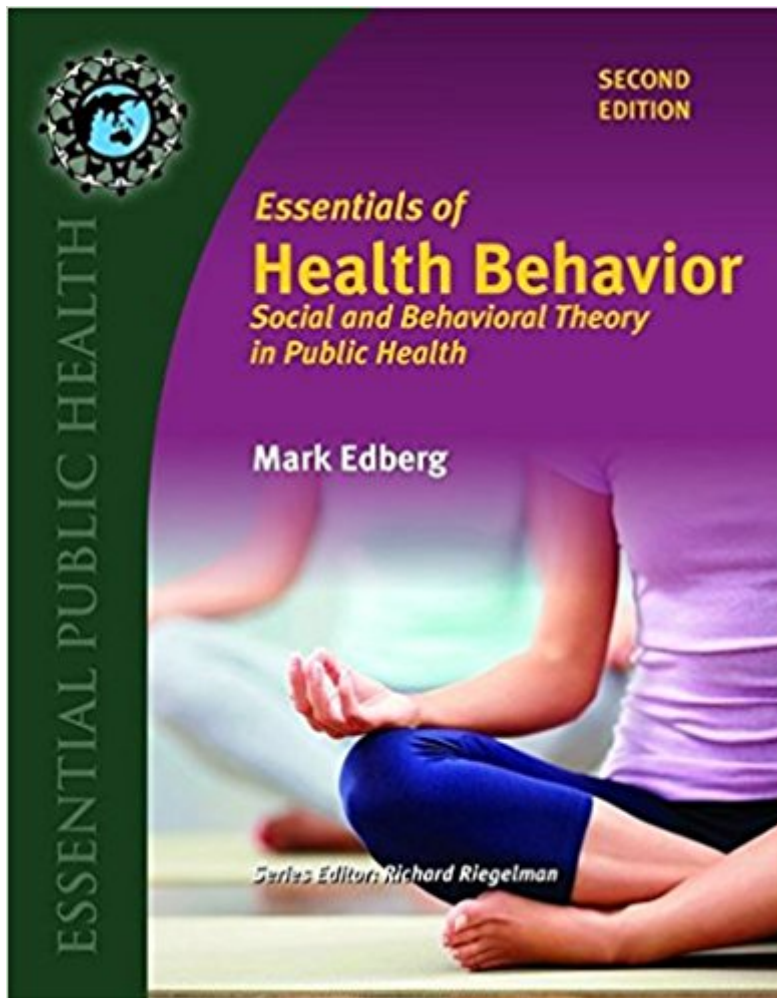




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# Essentials Of Health Behavior (Essential Public Health)



## Synopsis

Health promotion, education, and prevention programs ultimately focus on changing health behavior. *Essentials of Health Behavior, Second Edition* provides the groundwork for understanding, assessing, and effectively applying theories of human behavior within the practice of public health. In clear and accessible language, it provides the student with a background of the kinds of social and behavioral theories that guide our understanding of health related behavior and form the background for health promotion and prevention efforts. Filled with real life examples and profiles, the text explores some of the ways in which these theories and approaches are used in applied health promotion efforts. This book will:

- Introduce students to the relationship between behavior and a selection of major health issues.
- Provide an introductory background to the kinds of social and behavioral theories that guide our understanding of health related behavior and form the background for health promotion and prevention efforts.
- Explore some of the ways in which these theories and approaches are used in applied health promotion efforts.

The Second Edition offers:

- New chapter on multi-level theories and frameworks
- Updated examples of application and practice throughout
- Additional information on several of the theories presented, such as the Diffusion of Innovations theory and the Social Cognitive Theory

Looking for more real-life evidence? Check out Cases 3, 5-11, 13, 18, & 20 in *Essential Case Studies in Public Health, Putting Public Health into Practice*.

## Book Information

Series: Essential Public Health

Paperback: 224 pages

Publisher: Jones & Bartlett Learning; 2 edition (November 14, 2013)

Language: English

ISBN-10: 1449698506

ISBN-13: 978-1449698508

Product Dimensions: 0.5 x 8.5 x 10.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 21 customer reviews

Best Sellers Rank: #11,125 in Books (See Top 100 in Books) #14 in [Books > Textbooks > Medicine & Health Sciences > Research > Epidemiology](#) #20 in [Books > Medical Books > Administration & Medicine Economics > Public Health > Epidemiology](#) #27 in [Books > Textbooks > Medicine & Health Sciences > Administration & Policy > Health Care Delivery](#)

## Customer Reviews

I had to buy this book for a course I was taking and boy it is dry and boring.

Great product. Quality is solid.

I didn't love this book, but I didn't hate it either. I did not find the content very interesting. Although it is applicable to the health care world, especially to the Community and Public Health world, the content was presented in a less than appealing way.

Pages, Publisher Promotions Missing. I purchased it "NEW." I couldn't return at hand because I needed it for classes but I will place seller on My "Watch List."

Chapters are short and simple to follow. It gets to the point with explanations and examples. Includes global and national health crisis. Will update later when I finish the course.

Full of valuable information on public health theory. It is easy to read, making the theory very easy to understand if it is your first time learning about theory used in health behaviors.

Great price and product for a rental!

It did not come with the access code for the website which would of been really helpful

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