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Titolo	Health promotion in nursing practice // Nola J. Pender, Carolyn L. Murdaugh, Mary Ann Parsons
Pubbl/distr/stampa	Harlow, Essex, England : , : Pearson, , [2014] ©2014
ISBN	1-292-05482-4
Edizione	[Sixth edition, Pearson New International Edition.]
Descrizione fisica	1 online resource (352 pages) : illustrations (some color)
Collana	Always learning
Disciplina	610.73
Soggetti	Health promotion Preventive health services Nursing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Table of Contents -- 1. Introduction: Global Health Promotion: Challenges of the 21st Century -- 2. Toward a Definition of Health -- 3. Individual Models to Promote Health Behavior -- 4. Community Models to Promote Health -- 5. Assessing Health and Health Behaviors -- 6. Developing a Health Promotion-Prevention Plan -- 7. Physical Activity and Health Promotion -- 8. Nutrition and Health Promotion -- 9. Stress Management and Health Promotion -- 10. Social Support and Health -- 11. Evaluating Individual and Community Interventions -- 12. Self-Care for Health Promotion Across the Life Span -- 13. Health Promotion in Community Settings -- 14. Health Promotion in Vulnerable Populations -- 15. Promoting Health Through Social and Environmental Change -- Index.
Sommario/riassunto	For BSN and MSN courses in health promotion, and as a supplement to community nursing courses. This book presents a strong, up-to-date foundation for understanding and building the science and practice of health promotion. It has three goals: to introduce the major individual and community models and theories that guide health promotion interventions; to offer evidence-based strategies for effective health promotion in practice settings; and to foster critical thinking about future opportunities for research and more effective

interventions. This Sixth Edition is thoroughly updated to reflect the latest research and terminology. New coverage includes: the U.S. Government's Healthy People 2020 Goals; more ecological approaches encompassing families, communities, and nations; new health promotion technologies, and more.
