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Nota di contenuto	Cover; Title; Copyright; Contents; Figures; Tables; Foreword; Preface; Acknowledgments; Chapter 1: Introduction; Healthy People Initiatives; Sociodemographic Trends; Population Growth Over Age 65; The Baby Boomers; The Older Old, Chronic Conditions, and Disability; Centenarians; Life Expectancy; Hospital Stays and Physician Visits; Medication Use; Health Habits; Perceptions of Health; Volunteering; Marital Status; Work; Educational Status; Political Power; Internet Access; Poverty; Racial and Ethnic Composition; Definitions of Healthy Aging; The Federal Government Extraordinary AccomplishmentsPrevention; Wellness; Antiold and Antiaging; Compression of Morbidity; Health Perspectives and Aging; Health Expectancy Versus Life Expectancy; Physical Versus Emotional Aspects of Aging; Intergenerational Conflict Over Health Care?; Legislation; Medicare; Medicaid; Social Security; Quality Care, Health Care, Medical Care; Health Care Versus Medical Care; Chapter 2: Clinical Preventive Services; Medical Screenings and Prophylaxis: Considerable Controversy; Guide to Clinical Preventive Services; Accuracy, Reliability, and Effectiveness of Screening Tests Breast CancerThe 2001 Mammography Controversy; 2009 Mammography Update; Menopause and the HRT Controversy; 2012 HRT Update; Blood Pressure; Osteoporosis; Cholesterol; Statins; Cervical Cancer; Colorectal Cancer; Prostate Cancer; Skin Cancer;

Hearing and Vision; Oral Health; Diabetes; Depression; Hepatitis C; Are Screenings Going to the Dogs (and Cats)?; Immunization; Aspirin Prophylaxis; The Polypill; Medicare Prevention; A Final Word; Chapter 3: Health Educators: Collaboration, Communication, and Health Behavior Change; Collaboration; Willingness to Collaborate Client Empowerment Versus the Passive Patient How to Collaborate; Changing Medical Encounters into Health Encounters; An Office System for Implementing a Health Promotion Practice; Put Prevention into Practice; Community Health Promotion Programs; Personality Characteristics of a Health Educator Who is a Collaborator; Communication; Communication Skills; Interpersonal Effectiveness; Informational Processing; Social and Behavioral Support; Cruising the Internet; Case Study in Web Deception: drkoop.com; Websites; Electronic Newsletters
Communication Barriers Between Health Professionals and Older Clients Cross-Cultural Communication; Communicating to Client Companions; Health Professional Barriers; Jargon and Elderspeak; Four Common Reasons for Health Professionals Not to Communicate about Health Promotion to Older Clients; Health Behavior Change; Health Behavior Assessments and Interventions; Health Risk Appraisals; A Reflective Health Assessment; Stages of Change; Health Contracts; Precede; Ten Tips for Changing Health Behaviors; Motivation; Modest; Measurable; Memory; Positive Thoughts; Reinforcement Environmental Support

Sommario/riassunto

Praise for the fifth edition: "I applaud Dr. Haber for addressing key concepts and issues in health promotion and aging, and making them accessible, respectful, mindful, and empowering." -Marilyn R. Gugliucci, PhD. Director, Geriatrics Education and Research, University of New England. Past President, AGHE. "David Haber has done it again! ...A must-have for students and faculty alike." -Barbara Resnick, PhD, CRNP, FAAN. Substantially revised and updated, the sixth edition of this classic text continues to define healthy aging by illustrating how to prevent disease and make large-scale
