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Titolo	Health promotion and wellness : an evidence-based guide to clinical preventive services // editors, Cheryl Hawk, DC, PhD, CHES, Will Evans, DC, PhD, MCHES
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Descrizione fisica	1 online resource (ix, 164 pages) : illustrations
Collana	Gale eBooks
Disciplina	362.1
Soggetti	Health promotion - United States Preventive health services - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Understanding health behavior -- Wellness coaching -- Health communications -- Health informatics -- Advocacy -- Clinical preventive services -- Physical activity counseling -- Nutrition -- Weight management -- Injury prevention -- Tobacco and substance use -- Stress management -- Worksite wellness -- Retooling your office.
Sommario/riassunto	Health Promotion and Wellness is designed to provide health care providers with both the theoretical knowledge and practical skills they need to provide high-quality clinical preventive services. This unique resource is separated into two sections: The first section gives information on risks, ways providers can assess for risk and tools they can use to advise and help patients move forward. The second section is a tool kit with information, resources, tools and other items that can help the clinician provide evidence-based, patient-centered information to their patients. This accessible refer