

1. Record Nr.	UNINA9910792308503321
Autore	Haber David <1944->
Titolo	Health promotion and aging [[electronic resource]] : practical applications for health professionals / / David Haber
Pubbl/distr/stampa	New York, : Springer Pub., c2010
ISBN	1-282-61071-6 9786612610714 0-8261-0599-8
Edizione	[5th ed.]
Descrizione fisica	1 online resource (664 p.)
Disciplina	362.198/9700973
Soggetti	Preventive health services for older people - United States Health promotion - United States Older people - Health and hygiene
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	Contents; List of Figures; List of Tables; Foreword; Preface; Acknowledgments; 1. INTRODUCTION; 2. HEALTH EDUCATORS: COLLABORATION AND COMMUNICATION; 3. CLINICAL PREVENTIVE SERVICES; 4. HEALTH BEHAVIOR CHANGE; 5. EXERCISE; 6. NUTRITION; 7. WEIGHT MANAGEMENT; 8. COMPLEMENTARY AND ALTERNATIVE MEDICINE; 9. SELECTED HEALTH EDUCATION TOPICS; 10. SOCIAL SUPPORT; 11. MENTAL HEALTH; 12. COMMUNITY HEALTH; 13. DIVERSITY; 14. PUBLIC HEALTH; 15. GLIMPSE INTO THE FUTURE; Bibliography; Index
Sommario/riassunto	This fifth edition of Health Promotion and Aging has been substantially revised and updated with multiple new sub-sections, topics, and terms in each chapter. This book presents a wide scope of cutting-edge topics including gay aging, Jewish aging, social networking, brain games, the Obama administration's health care reform, mental health parity, exploritas, Wii-habilitation, elderspeak, skin cancer, Family Smoking Prevention and Tobacco Control Act, Senator Ted Kennedy's government-run long term care proposal, and sleep-related medical disorders. . . This book is focused on current research

