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Nota di contenuto	Cover -- Half Title -- Title -- Copyright -- CONTENTS -- Introduction -- PART A Determinants of health -- Summary of Part A -- 1 Personal, behavioural and environmental factors -- 1.1 The interplay among conditioning factors -- 1.2 The mediating role of health behaviour -- 2 The impact of socioeconomic status -- 2.1 The importance of the family -- 2.2 The influence of education, work and career -- 3 The influence of gender and age -- 3.1 Development of health in boys and girls -- 3.2 Development of health late in the life course -- PART B Basic theories of health -- Summary of Part B -- 4 Psychological theories of health -- 4.1 The individual as active information processor -- 4.2 The individual as masterer of stress -- 5 Sociological theories of health -- 5.1 The interrelation of social and health inequality -- 5.2 Health-impairing social and organisational structures -- 6 Public health theories -- 6.1 Identifying risk factors for public health -- 6.2 Identifying optimal healthcare structures -- PART C Understanding public health -- Summary of Part C -- 7 The concept of salutogenesis -- 7.1 Resistance resources -- 7.2 Sense of coherence -- 8 The model of productive processing of reality -- 8.1 The association between socialisation and health -- 8.2 Health outcomes of coping with developmental tasks -- 9 Strategies of public health -- 9.1 Health promotion and disease prevention -- 9.2 Prevention and health promotion in the life course -- 9.3 Examples of promotion strategies

Sommario/riassunto

This book develops a new model of the genesis of health, on the basis of the interplay between genetic and environmental factors. Hurrelmann and Richter build upon the basic theories of health and the popular model of salutogenesis to offer a comprehensive interdisciplinary theory of health genesis and success: Productive Processing of Reality (PPR). The authors show that health is the lifelong dynamic process of dealing with the internal reality of physical and psychological impulses and the external reality of social and material impulses. To demonstrate this, the book is split into three interconnected parts. Part A analyses the determinants of health, providing an overview of the insights of current research and the impact of socioeconomic influences and gender on health. Part B covers public health, social, learning and coping theories, all of which understand health as an interaction between people and their environment. Part C draws on these four theories to outline PPR, stressing the interrelation between physical and mental constitution and the demands of the social and mental environment, and suggesting strategies for coping with these demands during the life course. *Understanding Public Health: Productive Processing of Internal and External Reality* will be valuable reading for students and researchers in psychology, sociology, educational science, public health and medical science, and for policymakers in public health.
