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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.