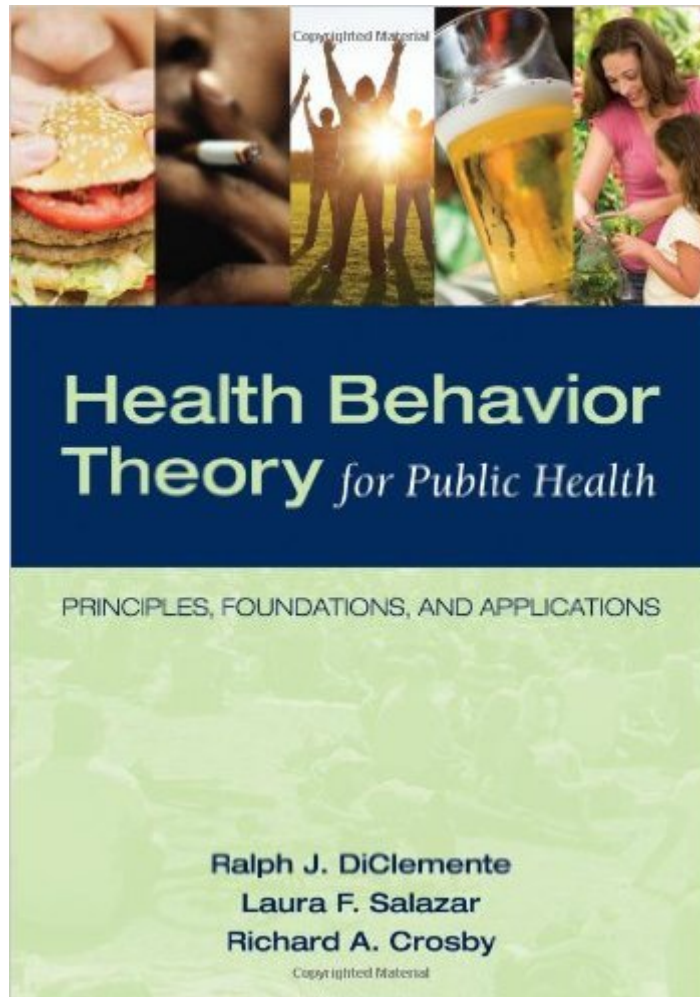


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# Health Behavior Theory For Public Health: Principles, Foundations, And Applications



## Synopsis

While a solid understanding of human behavior theory is an essential tool for designing and implementing successful health promotion programs, changing health behavior requires multiple skills beyond the ability to simply apply theory. Divided into three sections, the book takes a unique ecological approach to learning about health behavior theory and its application. The reader will first gain a broad understanding of health, public health, health behavior and health promotion planning. This is followed by a straightforward and expansive look at the most commonly applied theories and approaches to public health research and programs. Students will come away with a clear understanding of how theory fits into the larger scope of public health research and practice. Finally, readers will learn about the essential tasks of measurement, evaluation, and translation through an examination of a diverse set of application tools.

## Book Information

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## Customer Reviews

After taking several health behavior classes focused on theory, I would say this is the worst book I've ever read on health behavior theory. It's a very hard read to get through because it's not well written, it does not mesh with the current literature on all theories, and it over-emphasizes some very odd examples. Application is important, but by the 5th example, it's redundant. If this is for a class, rent it, do NOT buy it. Trust me, you will never use it again. If this is for your own information on behavior health theories, DO NOT BUY THIS BOOK. It will not be helpful for you, and I would definitely argue how it presents at least one of the theories it includes.

This is my first review on textbooks. There are just so many textbooks you need to buy as a grad student, but only so few one might actually enjoy while reading/making notes. This is one of those few for me. Very easy to read and follow. I like how authors always had multiple examples to demonstrate how theories and concepts can be applied in each of the chapters. Good textbook!

I am working on a PhD in Nursing in which Health Promotion is an integral theory and health an integral concept. I borrowed this text from University of California Berkeley along with many other theory texts. I will likely use the book to help me write my qualifying theory paper and cite these authors for their novel approach to health behavior theory. The mixing of individual with ecologic perspectives fits my own view while not having to settle on any one theory as the perfect fit because as DiClemente and Salazar explain there is complexity in many ways of looking at health behaviors. The authors highlight many of my favored behavioral theories yet blend the structural environmental perspectives into the mix. A truly original work that not only tells us what is out there but provides new perspectives on understanding what is already known. Bravo, and thank you authors!

Good book, lots of important info, great resources for theories on health and health behavior. Covers most theories with depth and application. It can be dry to read and that's in comparison to most textbooks, but overall it is a good textbook.

This is a great book. I love it. I will recommend it to any Public Health Major. This book is well-written.

The book I received was in perfect condition. Since I plan on keeping my books for future reference, this was helpful. I am able to write in the book, highlight what I feel is important and not worry about anything in the book that others wrote etc. The book came very quickly so I was able to begin studying before my semester even began!

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