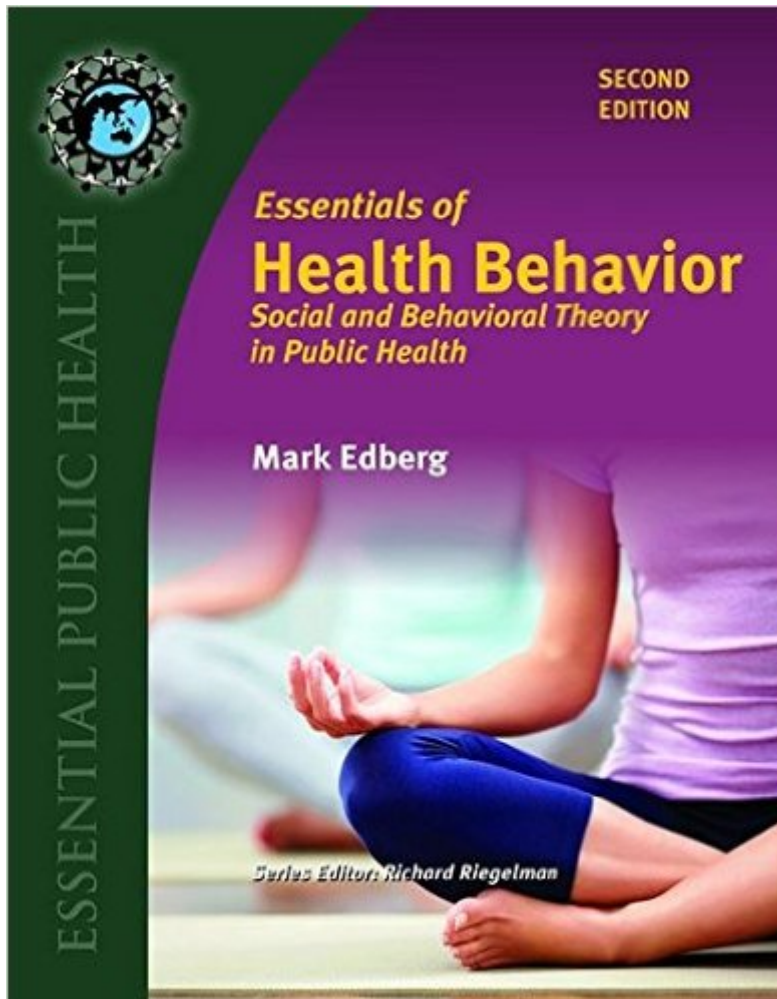


The book was found

# Essentials Of Health Behavior (Essential Public Health)



## Synopsis

Health promotion, education, and prevention programs ultimately focus on changing health behavior. *Essentials of Health Behavior, Second Edition* provides the groundwork for understanding, assessing, and effectively applying theories of human behavior within the practice of public health. In clear and accessible language, it provides the student with a background of the kinds of social and behavioral theories that guide our understanding of health related behavior and form the background for health promotion and prevention efforts. Filled with real life examples and profiles, the text explores some of the ways in which these theories and approaches are used in applied health promotion efforts. This book will:

- Introduce students to the relationship between behavior and a selection of major health issues.
- Provide an introductory background to the kinds of social and behavioral theories that guide our understanding of health related behavior and form the background for health promotion and prevention efforts.
- Explore some of the ways in which these theories and approaches are used in applied health promotion efforts.

The Second Edition offers:

- New chapter on multi-level theories and frameworks
- Updated examples of application and practice throughout
- Additional information on several of the theories presented, such as the Diffusion of Innovations theory and the Social Cognitive Theory

Looking for more real-life evidence? Check out Cases 3, 5-11, 13, 18, & 20 in *Essential Case Studies in Public Health, Putting Public Health into Practice*.

## Book Information

Series: Essential Public Health

Paperback: 224 pages

Publisher: Jones & Bartlett Learning; 2 edition (November 14, 2013)

Language: English

ISBN-10: 1449698506

ISBN-13: 978-1449698508

Product Dimensions: 0.5 x 8.5 x 10.8 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #53,701 in Books (See Top 100 in Books) #37 in [Books > Textbooks >](#)

[Medicine & Health Sciences > Research > Epidemiology](#) #49 in [Books > Medical Books >](#)

[Administration & Medicine Economics > Public Health > Epidemiology](#) #75 in [Books > Textbooks](#)

[> Medicine & Health Sciences > Administration & Policy > Health Care Delivery](#)

## Customer Reviews

Full of valuable information on public health theory. It is easy to read, making the theory very easy to understand if it is your first time learning about theory used in health behaviors.

This is just "ok". I find many sections kind of boring and the author seems to jump around quite a bit.

It did not come with the access code for the website which would of been really helpful

Thought it would be written more in laymen's terms.

The book was brand new and in perfect condition.

As expected. Great service

Great! Service excellent!

[Download to continue reading...](#)

Essential Case Studies In Public Health: Putting Public Health into Practice (Essential Public Health) Essentials Of Health Behavior (Essential Public Health) Essentials Of Biostatistics In Public Health (Essential Public Health) Essentials Of Public Health Communication (Essential Public Health) Essentials Of Management And Leadership In Public Health (Essential Public Health) Public Health 101: Healthy People-Healthy Populations (Essential Public Health) Essentials Of Environmental Health, 2nd Edition (Essential Public Health) Understanding Human Behavior: A Guide for Health Care Providers (Communication and Human Behavior for Health Science) Community/Public Health Nursing Practice: Health for Families and Populations, 5e (Maurer, Community/ Public Health Nursing Practice) Health Behavior Theory For Public Health: Principles, Foundations, and Applications Research Methods in Public Administration and Public Management: An Introduction (Routledge Masters in Public Management) Public Health Law and Ethics: A Reader (California/Milbank Books on Health and the Public) Public Health Law: Power, Duty, Restraint (California/Milbank Books on Health and the Public) Maxey-Rosenau-Last Public Health and Preventive Medicine: Fifteenth Edition (Maxcy-Rosenau-Last Public Health and Preventive Medicine) The Public Relations Strategic Toolkit: An Essential Guide to Successful Public Relations Practice Crucial Accountability: Tools for Resolving Violated Expectations, Broken Commitments,

and Bad Behavior, Second Edition: Tools for Resolving Violated Expectations, ... and Bad Behavior, Second Edition AUDIO Essentials Of Epidemiology In Public Health Managing Human Behavior in Public and Nonprofit Organizations The Essential Drucker: The Best of Sixty Years of Peter Drucker's Essential Writings on Management (Collins Business Essentials) Essentials Of Managed Health Care (Essentials of Managed Care)

[Dmca](#)