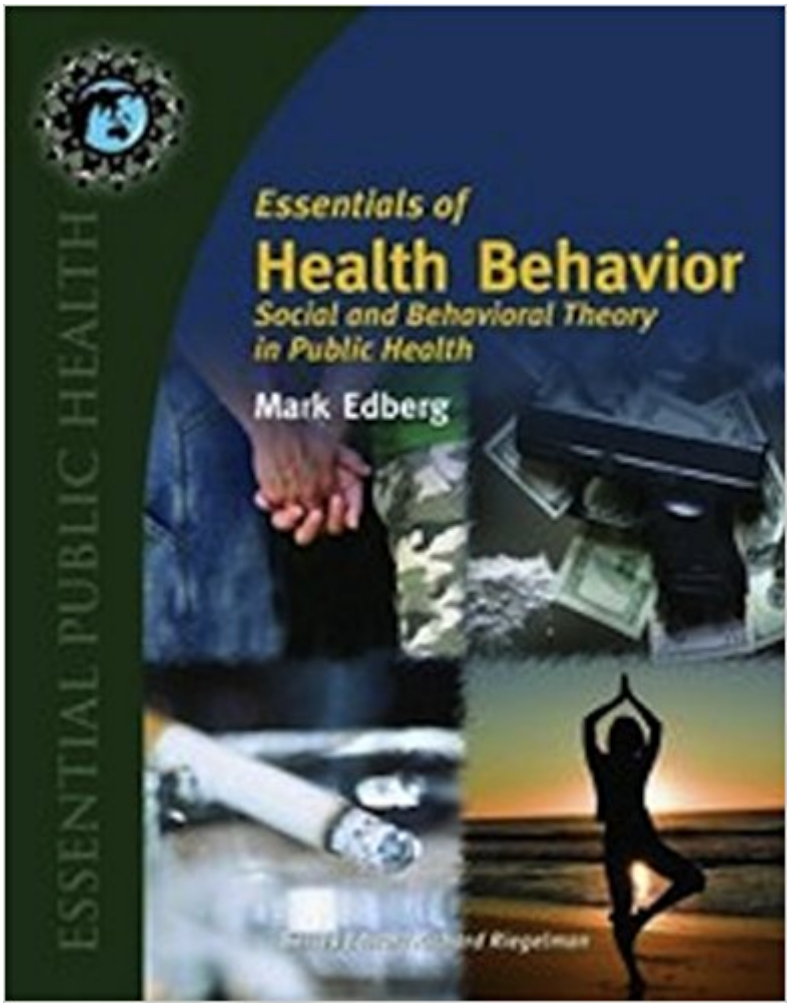
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Essentials Of Health Behavior: Social And Behavioral Theory In Public Health (Texts In The Essential Public)



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Synopsis

Essentials of Health Behavior is an introduction to the relationship between behavior and a selection of major health issues. 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 that 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. 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

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Customer Reviews

I found this book helpful in clarifying the development and practice of Health Behavior models. I am new to the study of Health Behaviors and found the Glanzer test too academic to get a good grasp of the concepts. This book (Essentials)***not the other Edberg book (Essential Readings) really helped me to better understand the concepts and the application of the models in the field.

This book provided the entrance into my Master’s in Public Heath program and I immediately knew that this program was perfect for me. The book discussed the bare realities of public health behavior and expressed proven methods to implement change and purposefully evaluate it. It also provides many useful resources. Great read!

Great textbook! easy reading style while still informative and interesting. Also came in perfect condition. Quoted this book over and over again in writing my papers and discussion questions while doing MPH. Excellent buy!!!

A little more worn than I expected. Price should of been just a tad lower.

This was ordered buy my daughter for her Master's Degree. She has been renting from these folks for a while now and the price sure beats any other way of getting the books.

It is for a class, it could be better.

This book is written in a way that is unconventional for most textbooks. It's easy to read and uses plenty of stories and scenarios to help bring readers in closer to the content. A+

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