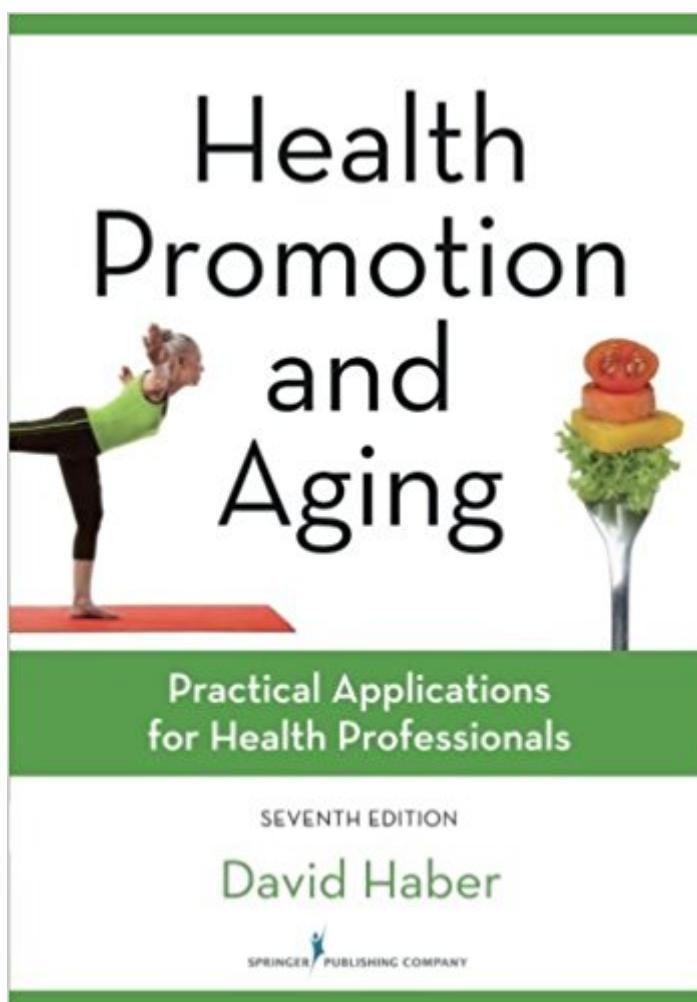


The book was found

Health Promotion And Aging, Seventh Edition: Practical Applications For Health Professionals



Synopsis

The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The text synthesizes state-of-the-art research findings -- providing convincing evidence that health promotion truly works -- with practical, effective strategies. Encompassing important research results that supplant prior recommendations, this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life. Completely reorganized for ease of use, this textbook features updated demographics and rankings for leading causes of death, new blood pressure screening guidelines and data on obesity and diabetes, updated exercise regimens, older-driver statistics and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. Highly practical, the text includes health-promoting tools, resource lists, assessment tools, illustrations, checklists, and tables. Additionally, the book includes key terms and learning objectives at the start of each chapter, along with thought-provoking questions and reflection boxes. An Instructor's Manual and PowerPoint slides are available to facilitate teaching.

New to the Seventh Edition:

- Provides updated blood pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening guidelines
- Presents updates on exercise regimens ranging from yoga to the tango
- Expands and updates section on emotional regulation and conflict resolution skills with aging
- Discusses Boomer Entrepreneurism
- Provides new policy recommendations including student loan debt among older adults
- Expands gerotechnology and smart home innovations
- Updates on "Obamacare" and health care delivery recommendations
- Addresses "Buyer Beware" regarding brain-training programs
- Expands global aging and LGBT aging content

Book Information

Paperback: 504 pages

Publisher: Springer Publishing Company; 7 edition (March 21, 2016)

Language: English

ISBN-10: 0826131883

ISBN-13: 978-0826131881

Product Dimensions: 7 x 1.1 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #67,988 in Books (See Top 100 in Books) #4 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #14 in Books > Medical Books > Medicine > Preventive Medicine #16 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Gerontology

Customer Reviews

David Haber, PhD, is an assistant professor in the Gerontology Department at Western Oregon University, Monmouth, Oregon. Prior to his current affiliation he worked at several institutes of higher education. For a decade he was the John and Janice Fisher distinguished professor of wellness and gerontology at Ball State University in Muncie, Indiana. For the decade prior to that, Dr. Haber was a professor at the University of Texas Medical Branch in Galveston. Before that he served as the director of the Center for Healthy Aging, at Creighton University's multidisciplinary shopping mall-based geriatric center in Omaha, Nebraska. His early academic and research career included positions at the University of the District of Columbia; the University of South Florida, Tampa; and the University of Southern California, where he also received his PhD in sociology from the Andrus Gerontology Center. Dr. Haber is a fellow in the Gerontological Society of America, and he is recognized for two Best Practice Awards from the National Council on Aging, the Distinguished Teacher Award from the Association for Gerontology in Higher Education, and the Molly Mettler Award for Leadership in Health Promotion from the National Council on Aging. The third edition of this book, *Health Promotion and Aging*, was selected for the 2004 Book of the Year Award by the American Journal of Nursing in two categories: Gerontologic Nursing, and Community and Public Health. Dr. Haber also authored *Health Care for an Aging Society*. Dr. Haber has authored 87 academic publications and has been project director or principal investigator of 20 research or demonstration grants related to health and aging. Typically, these applied projects involved gerontology and health professional students leading community health promotion ventures with older adults. Dr. Haber's current interest in life is cat therapy with frail elders.

Comprehensive compilation of information on aging.

I love this book

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

Health Promotion and Aging, Seventh Edition: Practical Applications for Health Professionals Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care

Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition Health Promotion and Aging: Practical Applications for Health Professionals, Fifth Edition Health Promotion and Aging: Practical Applications for Health Professionals 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Foundations for Health Promotion, 4e (Public Health and Health Promotion) Health Promotion in Nursing Practice (7th Edition) (Health Promotion in Nursing Practice (Pender)) Health Promotion and Disease Prevention in Clinical Practice (Health Promotion & Disease Prevention in Clinical Practice) Health Promotion Throughout the Life Span, 7e (Health Promotion Throughout the Lifespan (Edelman)) Health Promotion Throughout the Life Span, 8e (Health Promotion Throughout the Lifespan (Edelman)) Health Promotion Throughout the Life Span - E-Book (Health Promotion Throughout the Lifespan (Edelman)) Health Promotion in Nursing Practice (Health Promotion in Nursing Practice (Pender)) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Epidemiology for Health Promotion and Disease Prevention Professionals The Merck Manual of Health & Aging: The comprehensive guide to the changes and challenges of aging-for older adults and those who care for and about them Aging Well: Gerontological Education for Nurses and Other Health Professionals Handbook of Aging and the Social Sciences, Eighth Edition (Handbooks of Aging) The Seventh Day: The Seventh Day Duet Theory in a Nutshell: A Practical Guide to Health Promotion Theories

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)