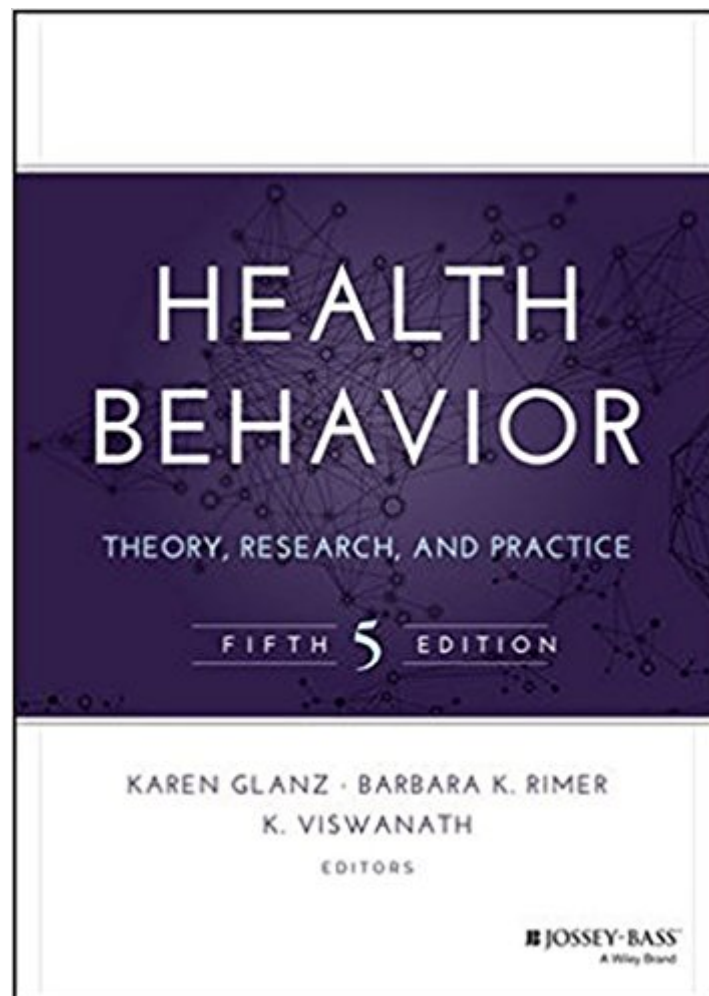




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# Health Behavior: Theory, Research, And Practice (Jossey-Bass Public Health)



## Synopsis

The essential health behavior text, updated with the latest theories, research, and issues Health Behavior: Theory, Research and Practice provides a thorough introduction to understanding and changing health behavior, core tenets of the public health role. Covering theory, applications, and research, this comprehensive book has become the gold standard of health behavior texts. This new fifth edition has been updated to reflect the most recent changes in the public health field with a focus on health behavior, including coverage of the intersection of health and community, culture, and communication, with detailed explanations of both established and emerging theories. Offering perspective applicable at the individual, interpersonal, group, and community levels, this essential guide provides the most complete coverage of the field to give public health students and practitioners an authoritative reference for both the theoretical and practical aspects of health behavior. A deep understanding of human behaviors is essential for effective public health and health care management. This guide provides the most complete, up-to-date information in the field, to give you a real-world understanding and the background knowledge to apply it successfully. Learn how e-health and social media factor into health communication Explore the link between culture and health, and the importance of community Get up to date on emerging theories of health behavior and their applications Examine the push toward evidence-based interventions, and global applications Written and edited by the leading health and social behavior theorists and researchers, Health Behavior: Theory, Research and Practice provides the information and real-world perspective that builds a solid understanding of how to analyze and improve health behaviors and health.

## Book Information

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## Customer Reviews

A LANDMARK VOLUME LINKING THEORY TO RESEARCH AND PRACTICE IN THE CONTINUUM OF HEALTH BEHAVIOR Advancing the science of health behavior through the informed application of health behavior theories, the new Fifth Edition of *Health Behavior: Theory, Research, and Practice* serves as the definitive text for students, practitioners, and scientists in these areas. This edition responds to new developments in health behavior theories and their application in new settings, to new populations, and in new ways. This book analyzes the key components of theories of health behavior, describing current applications of these theories and identifying important future directions for research and practice in health behavior change. This new edition discusses changes in the science and practice of public health and health promotion, updating the coverage of these areas in a rapidly evolving field. *Health Behavior: Theory, Research, and Practice*, Fifth Edition explores: How e-health and social media factor into health communication The link between culture and health, and the importance of community Emerging theories of health behavior and their applications The push toward evidence-based interventions and global applications Written and edited by leading health and social behavior theorists and researchers, *Health Behavior: Theory, Research, and Practice* provides real-world perspective with a solid approach for the analysis and improvement of health behaviors and health. Companion Web site: [www.wiley.com/go/glanz5e](http://www.wiley.com/go/glanz5e) Additional resources: [www.josseybasspublichealth.com](http://www.josseybasspublichealth.com)

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at Harvard Chan and Dana-Farber.

Online resources like Boston University Public health resource is better at explaining the theories than this book. This book uses a lot of words to try and get at the constructs. It just never hits the mark. It fails to explain any principles. The paragraph structure showing evidence-based research and then trails off without explaining how the example relates to the theory construct. In other words, it builds up to a point then never delivers.

Book arrived as described and on time. My rating is for the content of the book itself. I find the format confusing with the excessive use of APA citing, but I do understand the reasoning for doing this. The content is easy to understand, but not very engaging. I find myself struggling to get through each chapter. I had to purchase this book for a class.

Comprehensive coverage of the theories of behavior change, with a social ecological framework. Nicely done. I use it in my graduate course I teach.

Great textbook. Good reference book. It's definitely a keeper. I enjoyed using it for class. It was easy to follow and the authors had a knack for getting straight to the point. I would recommend this book for any one in Health and wellness education.

Very informative

Bought this textbook for a graduate level class. Very detailed on various topics related to health behavior. Could be written at a different reading level, though. Overall, nice book. Kindle version is easier to read.

Wonderful detailed book

If your doing your MPH at a National University perfect book for your course.

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