



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

Mark Edberg

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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.

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