

than effectiveness. This is especially true of the most politicised branch of public health. Chapters are brief and several do not have enough space to develop the arguments needed. Although there have been a spate of books about alcohol and drugs in Australia, we still lack a book that does justice to the subject. The references are up to date and the book is well indexed.

This book provides useful snapshot of the alcohol and drug field in Australia as it was at the end of the Howard era.

doi: 10.1111/j.1753-6405.2010.00489.x

Theoretical foundations of health education and health promotion

By Manoj Sharma and John Albert Romas. Published by Jones and Bartlett Publishers, 2008. Paperback 263 pages plus index. ISBN 9780763749484 RRP US\$69.95

Reviewed by Louise Rowling

University of Sydney, New South Wales

This book, with a particular focus on theories and models of health education and health promotion is an introductory text for undergraduate students. Its purpose is as a resource for the certificate examination of core competencies for entry level practitioners for the United States Commission for Health Education Credentialing. The parameters for the text are explicitly within the US traditions of health promotion. For example, the authors state that "In health education and health promotion, we are primarily interested in predicting and explaining changes in behaviours or environments" (p 28). This positioning of the text has significant implications for European, Australian and New Zealand readers, in particular the complete omission in the text of conceptualising a socio-economic determinants approach to health promotion.

As to be expected of a text for undergraduate students, the same clear pattern is used to cover the content of each chapter. Key concepts and learning objectives are provided at the beginning followed by jargon free descriptions of the focus theory, and finally practical applications and learning tools (such as Glossaries and Review Questions).

Initially a number of planning models are elaborated such as PRECEDE-PROCEED, then followed by theories and models that focus on behaviour change – health belief model, transtheoretical model, theories of reasoned action and planned behaviour. Theoretical perspectives of stress and coping are also considered as they are seen by the authors to be an integral part of behaviour change. Their inclusion is unusual and perhaps for the purposes of this text an over-emphasised element on behaviour change. Additionally social cognitive theory, theoretical and practical applications for social marketing, diffusion of innovations and Freire's model of adult education are elaborated.

What many readers will miss from these chapters is the inclusion of a greater focus on the social and environmental aspects of health and their theoretical underpinnings. While consideration of the environment is included in social cognitive theory there is little attention to it in other chapters. In discussing the limitations of diffusion of innovations theory, its linearity is highlighted as a problem and attention to systematic context and norms is recommended. But this is not elaborated and the beginning practitioner models offer no explanations of this. There are no chapters that include work on community mobilisation, theories of organisational change, models of intersectoral action and a consideration of public policy. Similarly concepts such as community development and community empowerment are defined in an initial chapter but never elaborated elsewhere in the book.

In reviewing the Index notable omissions in content become apparent, such as inequalities, population health and social context. This is an indication of the limitations of this text in that the theories and models included focus almost exclusively on behaviour change for individuals, without balancing that content with attention to the wider social determinants of health.

I would not recommend this book as a sole reference on theories and models. Additionally, as a text that is supposedly introducing students to a field in Australia, it is an incomplete representation of health promotion theories and models. However, a review of its content critiquing its representation of health promotion would form a excellent assignment for those in training in Australia.

Theoretical Foundations Of Health Education And Health Promotion

Sharma

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Health Education Katie Fitzpatrick, Richard Tinning, 2014-02-05 Health Education Critical perspectives provides a socio cultural and critical approach to health education The book draws together international experts in the fields of health and education who deconstruct contemporary discourses and practices and re imagine a health education that both connects with young people and offers a way forward in addressing issues of health and wellbeing Chapters within specifically link academic work on neoliberalism healthism risk and the body to wider discourses of health and health education They challenge current practices and call for a re thinking of current health programs in education settings A unique feature of this book is the analyses of health education from both political and applied levels across a range of international contexts The book is divided into three sections the social and political contexts informing health education how individual health issues sexuality alcohol mental health the body and obesity nutrition articulate in education in complex ways alternative ways to think about health and health education pedagogy The overall theme of the book offers a perspective that the current approach to health education promoting a fear of ill health self surveillance and individual responsibility can become a form of health fascism and we need to be cognisant of this potential and its consequences for young people The book will be of key interest to academics and researchers exploring the political context of health education

Sleep and Health Michael A. Grandner, 2019-04-17 Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual community and population levels as well as a discussion of the implications for public health public policy and interventions Based on a firm foundation in many areas of sleep health research this text further provides introductions to each sub area of the field and a summary of the current research for each area This book serves as a resource for those interested in learning about the growing field of sleep health research including sections on social determinants cardiovascular disease cognitive functioning health behavior theory smoking and more Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities sleep and cardiometabolic disease risk real world effects of sleep deprivation and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area

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Foundations for Health Promotion - E-Book Jane Wills,Jennie Naidoo,2016-02-19 The new edition of the highly successful Foundations for Health Promotion continues to offer a wealth of information in a unique user friendly format Containing over 300 artworks tables and pull out boxes this helpful text covers the theory strategies and methods settings and implementation of health promotion Applicable to a wide range of health and social care professionals and anyone engaged with education about health and wellbeing Comprehensive updating and expansion to reflect recent research findings and major organizational and policy changes Clear structure and signposting for ease of reading and study Wide choice of examples and illustrative case studies reflect the needs of a variety of professional groups in health services local and municipal services and education Interactive learning activities with indicative answers help readers consolidate their learning Comprehensively updated and expanded to reflect major organizational and policy changes Interactive learning activities with indicative answers at the end of each chapter Pull out boxes illustrate recent research findings and case studies of practice

Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin,Mary Egan,Jo Adams,2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios

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