

Fifth Edition

Health Promotion

Throughout the Lifespan

Edelman . Mandle

Health Promotion *Throughout the Lifespan*

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FIFTH EDITION

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*To our wonderful families, friends, students, and colleagues—
that they promote health in themselves and others.*



Preface

PURPOSE OF THE BOOK

The case for promoting and protecting health and preventing disease and injury has been established by many accomplishments throughout the twentieth century. Americans are taking better care of themselves as they enter the twenty-first century. Public concern about physical fitness, good nutrition, and avoidance of health hazards such as smoking has gone beyond a fad and has become ingrained in the American lifestyle.

Encouraging positive health changes has been a major effort of individuals, the government, health professionals, and society in general. In the United States, public and private attempts to improve the health status of individuals and groups traditionally have focused on reducing communicable diseases and health hazards. Now growing concerns exist to improve access to and reduce costs of health services and improve the overall quality of life for all people. Americans also recognize that the health of each individual is influenced by health environments of all individuals worldwide.

Personal lifestyles are known to influence health status and nurses and other professionals can use specific strategies to help individuals, families, communities, and groups maintain and adopt positive lifestyle behaviors. Indirect health information and informed decision or direct health education and resulting health-promotion, health-protection, and disease- and injury-prevention practices can all lead to the adoption of healthy lifestyles.

Health-promotion advances require a better understanding of risk and behavior and intervention measures. Ten categories are identified as important determinants of health status:

1. Smoking
2. Nutrition
3. Alcohol use
4. Habituating drug use
5. Driving
6. Exercise
7. Sexuality and contraceptive use
8. Family relationships
9. Risk management
10. Coping and adaptation

Outcome measures designed to assist individual efforts to change and improve behavior in these areas can lead to a decrease in morbidity and mortality.

Nurses and other professionals who undertake health-promotion strategies also need to understand the basics of health protection and disease and injury prevention. Health protection is directed at population groups of all

ages and involves adherence to standards, infectious disease control, and governmental regulation and enforcement. The focus of these activities is on reducing exposure to various sources of hazards, including those related to air, water, foods, drugs, motor vehicles, and other physical agents.

Health care providers present the individual with disease- and injury-prevention services, which include immunizations, screenings, health education, and counseling. To implement prevention strategies effectively, it is essential to develop cross-cutting activities targeted to and tailored for all age groups in various settings, including schools, industries, the home, the health care delivery system, and the community.

Throughout the history of the United States, the public health community has assessed the health of Americans. In 1789, the Reverend Edward Wigglesworth developed the first American mortality tables through his study in New England. The *Report of a General Plan for the Promotion of Public and Personal Health* was completed by Lemuel Shattuck in 1880. *Healthy People, The Surgeon General's Report on Health Promotion and Disease Prevention* was first published in 1979 and followed by *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*, which listed three goals to be achieved by the year 2000:

1. Increase the span of healthy life for Americans.
2. Reduce health disparities among Americans.
3. Achieve access to preventive services for all Americans.

This report presented many opportunities in the form of measurable targets, or objectives, which were organized into 22 priority areas within four broad categories: (1) health promotion, (2) health protection, (3) preventive services, and (4) surveillance and data systems.

Healthy People 2000 Mid-Course Review and 1995 Revisions and annual updates evaluated progress in selected areas of health promotion, health protection, preventive services, and surveillance data systems.

In this relatively short time, significant improvements have been made in the health behaviors and health of Americans. Examples of these improvements include reductions in infant mortality; teenage pregnancies; injuries; tobacco, alcohol, and illicit drug use; and death rates from coronary heart disease and cerebrovascular accidents. In addition, childhood vaccination rates are at the highest recorded.

Unfortunately, many more improvements are needed in the health of many Americans. Tobacco use by adolescents continues to increase. Nearly 40% of adults do not

participate in leisure-time physical activity and 40% of adults are obese. Violence and other abusive behaviors continue to destroy individuals, families, and communities across the United States. Chronic health problems, such as mental disorders and diabetes mellitus, continue to be undiagnosed and undertreated. Another example of this is the occurrence of HIV and AIDS disproportionately in Black and Hispanic communities, especially in women.

Healthy People 2010 addresses these health problems by establishing goals and objectives for the first decade of the new millennium. The vision for *Healthy People 2010* is "Healthy People in Healthy Communities" because as nursing has long recognized, the health of each individual is inseparable from the health of families, communities, the nation, and the universe. Health is significantly affected by the environments in which each individual lives, works, travels, and plays. Dimensions of the environment are not only physical, but psychosocial and spiritual, including the behaviors, attitudes, and beliefs of each individual. Specific objectives in 28 focus areas support two major goals:

1. Increase quality and years of healthy life.
2. Eliminate health disparities.

These databases continue to provide assessments of health status and risk for evaluations and future planning, not only for health policy makers and health care providers, but for individuals, families, and communities (local, regional, national, and global).

The information in this edition of *Health Promotion Throughout the Lifespan* includes these and other data and recommendations for health promotion, health protection, preventive services, and surveillance data systems, including those in the U.S. Preventive Services Task Force.

APPROACH AND ORGANIZATION

This edition presents health data and related theories and skills that are needed to understand and practice when providing care. This book focuses on primary prevention intervention, based on the Leavell and Clark model; its three main components are (1) health promotion, (2) specific health protection, and (3) prevention of specific diseases. Health promotion is the intervention designed to improve health, such as providing adequate nutrition, a healthy environment, and ongoing health education. Specific protection and prevention are the interventions used to protect against illness, such as massive immunizations, periodic examinations, and safety features in the workplace.

In addition to primary prevention, this book discusses secondary prevention intervention, focusing specifically on screening. Such programs include blood pressure, glaucoma, and diabetes screening and referral. (The acute component of secondary prevention is not addressed in this book.)

This text is presented in five parts, each forming the basis for the next.

Unit One, *Foundations for Health Promotion*, describes the foundational concepts of promoting and protecting

health and preventing diseases and injuries, including diagnostic, therapeutic, and ethical decision making based on the nursing emphasis of health patterns as described by Margaret Newman.

Unit Two, *Assessment for Health Promotion*, focuses on individuals, families, and communities and the factors affecting their health. The functional health pattern assessments developed by Gordon serve as the organizing framework for assessing the health of individuals, families, and communities.

Unit Three, *Interventions for Health Promotion*, discusses theories, methodologies, and case studies of nursing interventions, including screening, health education counseling, stress management, and crisis intervention.

Unit Four, *Application of Health Promotion*, also uses Gordon's functional health patterns, emphasizing developmental, cultural, ethnic, and environmental variables in assessing the developing person. The intent is to address the health concerns of all Americans regardless of gender, race, age, or sexual orientation. Although the human development theories discussed are primarily based on the research of male subjects, emerging theories based on female subjects have been included. The hope is to describe human development that more accurately reflects the complexity of human experiences throughout the lifespan.

Unit Five, *Challenges As We Enter the New Millennium*, presents a single chapter that discusses changing population groups and their health needs and related implications for research and practice in the next century. Throughout the text, research abstracts have been added to highlight state-of-the-art and the science of nursing practice and to demonstrate to the reader the relationship among research, practice, and outcomes.

Throughout these units, the evolving health care professions and the changing health care systems, including future challenges and initiatives for health promotion, are described. Emphasis is placed on the current concerns of reducing health care costs while increasing life expectancy and improving the quality of life for all Americans. This promotes the reader's immediate interest in and thoughts about the content of the chapters.

KEY FEATURES

Each chapter starts with a list of **objectives** to help focus the reader and emphasize the content the reader should acquire through reading the book. **Key Terms** are listed at the front to acquaint readers with the important terminology of the chapter.

Each chapter's narrative begins with **Think About It**, the presentation of a clinical issue or scenario that relates to the topic of the chapter, followed by critical thinking questions. This promotes the reader's immediate interest in and thought about the chapter.

Research Highlights provide brief synopses on current health promotion research studies that demonstrate the links between research, theory, and practice.

Multicultural Awareness boxes offer cultural perspectives on various aspects of health promotion.

Hot Topics explores current issues, controversies, and ethical dilemmas with respect to health promotion, providing an opportunity for critical analysis of care issues.

Health Teaching boxes present special tips and guidelines to use when educating people about health promotion activities.

NEW! The **Case Study** highlights a real-life clinical situation relevant to the chapter topic.

NEW! The **Care Plan** details nursing diagnoses relevant to health-promotion activities and the related interventions.

NEW! **Innovative Practice** boxes highlight inventive and resourceful projects, programs, and research studies that are new ways of implementing health promotion.

NEW! A **Glossary** in the back of the book contains the Key Terms from each chapter and their definitions.

ONLINE INSTRUCTOR'S SUPPLEMENT

New to this edition is **Course Resources**, an online supplement for instructors. Accessible at <http://evolve.elsevier.com/Edelman/>, this ancillary has many resources to help the instructor present the content of this book. They are:

- Chapter Outlines
- Teaching Strategies
- Research Evaluation and Critique

- Approximately 70 figures, boxes, and tables from the book reproduced in an **Image Collection**
- **Test Bank** with questions for each chapter
- **Glossary** of Key Terms and their definitions, reproduced from the book
- Annotated Bibliography of Teaching and Education References
- Content Updates

The current trend to emphasize the developing health of people mandates that health care professionals understand the many issues that surround individuals, families, and communities in social, work, and family settings, including the biological, inherited, cognitive, psychological, environmental, and sociocultural factors that can put their health at risk. Most important is that they develop interventions to promote health by understanding the diverse roles these factors play in the person's beliefs and health practices, particularly in the areas of disease and injury prevention, protection, and health promotion. Achieving such effectiveness requires collaboration with other health care providers and the integration of practice and policy while developing interventions and considering the ethical issues within individual, family, and community responsibilities for health.

Carole Lium Edelman
Carol Lynn Mandle



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The editors worked and learned from each other during the planning and development of this book; throughout the entire process, close contact prevailed. They seemed to become the book and, in turn, the book now reflects them.

Both family and friends helped in the work and fulfilled the many responsibilities requested of them.

I am fortunate to have faith in the Lord, who gives courage and strength to face life's difficulties in a positive manner. My children, Megan, Heather, Deirdre, and John, and my grandchildren, Ryan and Caroline, bring joy to me as an author and editor. Their patience and love are truly appreciated. Lenora Pennacchia provides much encouragement and support. Fredric Edelman gives continued joy and happiness in our marriage.

Carole Lium Edelman

In the continued development of health, I acknowledge our faith in God and the strength of my mother, sister, and aunt; the joy of friends; the love of marriage and family with Robert, Jonathan, David, and Elizabeth; the commitments of nurses to social justice in the care of all people; and the knowledge we are just beginning.

Carol Lynn Mandle

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