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Ball State University Muncie, Indiana

second edition

WITH 215 ILLUSTRATIONS



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to our wives

ELLEN & RUTH

and our children

LAURA & LESLIE

ANDREW & ELLEN

As an instructor, you already know that the personal health course is one of the most exciting courses a college student will take. Today's media-oriented college students are already aware of the critical health issues of the 1990s.

They hear about environmental issues, substance abuse, sexually transmitted diseases, fitness, and nutrition virtually every day. The value of the personal health course is its potential to expand students' knowledge of these and other health topics. Students will be able to examine their attitudes toward health issues and decide how they can modify their behaviors to improve their overall health status and perhaps prevent or delay certain health conditions.

AUTHORSHIP

Focus on Health accomplishes this task with a carefully composed, well-documented manuscript written by two health educators who teach the personal health course to nearly 1000 students each year. We understand the teaching issues you face in the classroom on a daily basis and have written this text with your concerns in mind.

Also, as colleagues at the same university, we have been able to maintain the highest level of content integration and consistency of writing style. Reviewers clearly indicate that *Focus on Health* is written in a manner that conveys accuracy, clarity, and sensitivity.

AUDIENCE

This book is written for college students in a wide variety of settings; from community colleges to four-year, comprehensive universities. The content is carefully written to be meaningful for both traditional and nontraditional-age students. We have not ignored the increasing numbers of nontraditional students who have decided to pursue a college education. Frequent points within the discussion concern the lives of these nontraditional students. *Focus on Health* continues to encourage students of all ages and backgrounds to achieve their goals.

NEW FEATURES OF THIS EDITION

The second edition of *Focus on Health* incorporates several new features that will appeal to your students.

Revised Presentation of Themes

Rather than present each of the dimensions of health and the developmental tasks within every unit, the second edition of *Focus on Health* now locates these themes as a section entirely within Chapter 1 for a less rigorous and more concise presentation.

Learning from All Cultures

Recognizing the importance of learning information from a multicultural perspective, students are encouraged to view their health within a broader context with the addition of new boxes titled "Learning from All Cultures" in every chapter. The information in these boxes allows students to examine health related topics from the perspectives of others from different racial or ethnic backgrounds and to recognize that the world is filled with many fascinating people whose views and approaches to life may be different than those with whom they are already familiar.

Separate Mental Health and Stress Management Chapters

In the first edition of *Focus on Health*, one chapter presented mental health and stress information. However, with so many important topics for college students to understand in these two areas, two separate chapters are now presented to make the material more manageable for students: Chapter 2, Achieving Emotional Maturity: Keys to Your Mental Health, and Chapter 3, Stress: Managing the Unexpected.

Healthy People 2000 Objectives

Healthy People 2000 is the government document that outlines 300 health objectives for the nation to achieve by the year 2000. Each chapter in *Focus on Health* highlights approximately five objectives that relate to that chapter's content. Awareness of these objectives will enable students to become part of the national push to achieve better health.

Design

The dynamic design of this edition was crafted by a successful design agency. We know how important it is to visually “grab” the students’ attention. Your students will enjoy looking through this text, as well as reading it. We have also increased the page size and introduced a double-column format. Helpful definitions are easily located in highlighted boxes.

With this edition, we have a totally new illustration program. The artwork has been reconceived and redrawn for a better defined, three-dimensional appearance that both enhances the learning process and provides a more visually appealing presentation.

In addition, we consulted a photographic researcher in order to select photos that would not only relay current health issues but also show a wide diversity of people.

Current Issues and Topics

In addition to updating important health information that appeared in the first edition of *Focus on Health* (for example, AIDS, cancer, heart disease, drug information, and contraceptive approaches), we have added more than 75 new topics. Some of these new topics include:

Chapter 1	<ul style="list-style-type: none"> • the concept of empowerment • developing intimacy 	Chapter 7	<ul style="list-style-type: none"> • addictive personality • drug testing by hair analysis • costs to fight the drug war
Chapter 2	<ul style="list-style-type: none"> • developing communication skills • nonverbal communication • Maslow’s hierarchy of needs • self-esteem • the importance of humor • loneliness 	Chapter 8	<ul style="list-style-type: none"> • new definition of alcoholism • new definition of moderate drinking • binge drinking • codependence
Chapter 3	<ul style="list-style-type: none"> • anger and cynicism • realistic life perspective • suggestions for time management 	Chapter 9	<ul style="list-style-type: none"> • international marketing of cigarettes • chippers • transdermal nicotine patches • Joe Camel • Supreme Court ruling regarding tobacco company liability • vending machine sales to minors • new passive smoking information
Chapter 4	<ul style="list-style-type: none"> • ACSM fitness criteria • types of stretching • bench aerobics • “power nap” 	Chapter 10	<ul style="list-style-type: none"> • new cardiovascular statistics • the new “big four” risk factors • excimer laser use on coronary arteries
Chapter 5	<ul style="list-style-type: none"> • importance of water and fluids • the Food Pyramid • new food label requirements • international nutritional concerns • new food technology 	Chapter 11	<ul style="list-style-type: none"> • tumor suppressor genes • age-related breast cancer risk • PSA test (prostate specific antigen test) • new Pap tests • DES and cervical cancer • ovarian cancer • alternative cancer therapies • breast implants
Chapter 6	<ul style="list-style-type: none"> • healthy weight ranges • weight loss industry regulation • diagnostic criteria for eating disorders 	Chapter 12	<ul style="list-style-type: none"> • new discussion of immunity • updated HIV/AIDS information: classifications of HIV/AIDS 26 conditions and T-4 helper cell count • HIV/AIDS medications • HIV/AIDS and health-care workers • new “other STDs” table • new sections on allergic disorders, rheumatoid arthritis, tuberculosis, pneumonia, mumps
		Chapter 13	<ul style="list-style-type: none"> • simplified biological and psychosocial sexuality material

- Chapter 14
 - friendship
 - intimacy
 - HIV protection with oral sex
 - revised rape and date rape prevention guidelines
 - increase in households headed by single males
 - increase in grown-up children living with parents
 - recent research pointing to a biological basis for homosexuality

- Chapter 15
 - Depo-Provera injectable progesterone
 - updated table of contraceptive effectiveness rates
 - updated abortion information
 - heat exposure and pregnancy problems
 - balloon tuboplasty use for infertility

- Chapter 16
 - primary care physicians
 - alternative health-care providers
 - evaluating a hospital
 - the health-care crisis in America

- Chapter 17
 - expanded discussion of world population growth
 - Great Midwest Flood of 1993
 - gray-air and brown-air smog
 - the three Rs: reduce, reuse, and recycle
 - electromagnetic fields and cancer development
 - safe selection of sunglasses

- Chapter 18
 - sexuality and aging
 - new demographic data on the elderly
 - Netherlands' new euthanasia law
 - durable power of attorney for health care
 - revised funeral costs

All New Body Systems Appendix

Also to enhance learning and visual appeal, the Body Systems have been completely redrawn to highlight more difficult anatomical concepts and provide greater detail. Reviewers have indicated that the newly drawn figures are visually exciting and especially relevant for students.

Personalized Learning

We have incorporated new pedagogical features in this edition that ask your students to apply the information to their own behaviors. Each box or feature is easily identified by a design element or symbol.

Health Action Guides These unique boxes provide health behavior strategies or guidelines that students can use to improve their own health habits. These guidelines enliven the text material in every chapter to make the content especially applicable to students.

To Carry This Further... Each Personal Assessment concludes with this section to help students apply what they have learned to their daily lives.

Pronunciation guides Located in the definition boxes, pronunciation guides are now included where appropriate to help students become familiar with more difficult terms.

SUCCESSFUL FEATURES

Along with our new features, *Focus on Health* presents a number of existing unique features that enhance student learning:

Two Central Themes

As mentioned earlier, two central themes (the multiple dimensions of health and the developmental tasks) are included in Chapter 1. These provide students with a foundation for applying the dimensions to achieve positive health goals and to help them fulfill their developmental tasks.

Flexibility of Chapter Organization

The second edition of *Focus on Health* has 18 chapters. The first chapter stands alone as an introductory chapter that explains the focus of the book. The arrangement of the chapters follows the recommendations of both the users of earlier editions of *Focus on Health* and the reviewers for this edition. Of course, individual professors can choose to set up their chapters in any arrangement they desire to suit the needs of their own courses.

Health Reference Guide

This guide lists the most commonly used resources that may have an impact on health. Perforated and laminated, this guide provides information, such as national hot line phone numbers, that students can keep for later use.

Pedagogical Aids

In addition to the new pedagogical features previously discussed, the second edition of *Focus on Health* incorporates a variety of proven learning aids that enhance student understanding.

Definition Boxes Key terms important to the student's understanding and application of the material are in boldface type and are defined in corresponding boxes. Pronunciation guides are provided where appropriate. Other significant terms in the text are in italics for added emphasis. Both approaches facilitate student vocabulary comprehension.

Comprehensive Glossary At the end of the text, all terms defined in the boxes, as well as pertinent italicized terms, are merged into a comprehensive glossary. This glossary improves the overall usefulness of the text.

Personal Assessment Inventories Each chapter contains at least one personal assessment inventory, starting with a comprehensive inventory ("A Personal Profile: Evaluating Your Health") in Chapter 1. These inventories serve three important functions: they capture the attention of the student, they serve as a basis for introspection and behavior change, and they provide suggestions to carry the applications further.

Star Boxes In each chapter special material in "star" boxes encourages the student to delve into a particular topic or to closely examine an important health issue.

Chapter Summaries To help the student pull the chapter material together, each chapter concludes with a bulleted summary of the key ideas and their significance or application. The student can then return to any part of the chapter for repeated study or clarification as needed.

Review Questions To help the student check for overall understanding, questions are provided after each chapter for review and analysis of the material presented.

Think About This... Formerly titled "Questions for Personal Contemplation" in the first edition, these questions encourage students to apply what they have learned in the chapter to determine appropriate solutions.

Documentation We believe that it is critical both for instructors and for students to be convinced that the material presented in a textbook is scientifically accurate, fully documented, and as up to date as possible. *Focus on Health* provides this kind of solid documentation with information fully referenced at the end of each chapter.

Suggested Readings Because some students desire further reading in a particular area of interest or research, *Focus on Health* provides an annotated reading list at the end of each chapter. This list is made up of current books that can be readily obtained in bookstores or public libraries. This edition includes more than 40 new annotated readings not found in the earlier edition.

Appendixes *Focus on Health* includes four appendixes that are valuable resources for the student:

- **Commonly Used Over-the-Counter Products.** Popular categories of over-the-counter drugs are discussed in detail, with recommendations for the consumer of these products.
- **First Aid and Personal Safety.** This appendix outlines practical safety recommendations in seven key areas: general first aid, personal safety, residential safety, recreational safety, firearm safety, motor vehicle safety, and home accident prevention.
- **Mental Disorders.** Categories of mental disorders and therapeutic approaches are outlined.
- **Body Systems.** The anatomical systems of the human body have been completely redrawn for this edition to highlight more difficult anatomical concepts.

ANCILLARIES

An extensive ancillary package is available to adopters to enhance the teaching-learning process. We have made a conscious effort to produce supplements that are extraordinary in utility and quality. This package has been carefully planned and developed to assist instructors in deriving the greatest benefit from the text. You will find several unique features in the ancillary package that will enhance the use of this book. Each of these ancillaries has been thoroughly reviewed by personal health instructors, and we have subsequently refined them to ensure clarity, accuracy, and a strong correlation to the text. We encourage instructors to examine them carefully. Beyond the following brief descriptions, additional information on these helpful packages may be obtained from Mosby.

Instructor's Manual and Test Bank

Prepared by Nancy Geha, Ph.D., of Eastern Kentucky University, the Instructor's Manual features chapter overviews, learning objectives, suggested lecture outlines with recommended notes and activities for teaching each chapter, personal assessments, issues in the news, individual activities, community activities, suggestions for guest lectures, current media resources including software, and 60 full-page transparency masters of helpful illustrations and charts. The Test Bank contains multiple choice, true/false, matching, and essay test questions. The manual is perforated and three-hole punched for convenience of use. The Instructor's Manual is also available for use on IBM and Macintosh computers.

Computerized Test Bank

This software provides a unique combination of user-friendly aids that enables the instructor to select, edit, delete, or add questions, as well as construct and print tests and answer keys. The Computerized Test Bank package is available to qualified adopters of the text for the IBM and Macintosh microcomputers.

Overhead Transparency Acetates

Sixty important illustrations and graphics are available as acetate transparencies. Attractively designed in full-color, these useful tools facilitate learning and classroom discussion. They were chosen specifically to help explain difficult concepts. This package is available to adopters of the text.

Personal Health Self-Assessment Software

This interactive software allows students to assess their personal health status by helping them to better understand their individual behaviors and habits and how these affect health. Students are asked a series of short questions about lifestyle and habits. Then they receive a personal health score that compares their health status with the optimal health score for a person of the same age, along with suggestions for gaining or maintaining high-level health. It is available to qualified adopters for use on IBM and Apple computers.

Videodisc

This new ancillary includes numerous film clips on health issues facing students today. Approximately 60 minutes in total, this visual presentation enhances classroom discussion. The videodisc is also available in videotape (VHS) format. Consult your Mosby sales representative for details.

acknowledgments

The publisher's reviewers made excellent suggestions and criticisms that were integrated whenever possible. Their contributions are present in every chapter. We would like to express our sincere appreciation for both their critical and comparative readings. They were:

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SPECIAL

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The second edition of *Focus on Health* represents the sixth book we have written during the last decade. We could not have accomplished this without the help of numerous people. Among these are our many colleagues at Ball State University who continue to keep us abreast of new information in areas related to personal health. A special thanks goes out to you.

The list of dedicated people at Mosby is quite long. Many have played a direct part in influencing the direction of this writing project. Alison Miller, Jim Smith, Tom Hewitt, Vicki Malinee, and Cathy Bailey are exceptional people who have championed this project for years. They understand clearly the demands authors face as they juggle family, teaching, and writing schedules. They do their best to provide a supportive environment for Mosby authors.

We also wish to acknowledge the contributions of Bonnie McKenzie. Bonnie played a key role in the development of the new multicultural information boxes. We appreciate her research and writing efforts in this important area.

Michelle Turenne, our developmental editor, has done another magnificent job. Michelle has been working with us since we started with Mosby in 1982. Her attention to detail keeps getting sharper and sharper with each new project. We are, indeed, fortunate to have Michelle working with us.

It is difficult for authors to know the many people who work in the production end of a textbook project. Our principal connection with this part of Mosby is our production editor, Shannon Canty. Although a relative newcomer to this project, Shannon was a joy to work with. She made certain that every manuscript detail was clear and every production deadline met.

Finally, we would like to thank our families for the continued support and love they have given us. Perhaps more than others, our families understand the effort and commitment it takes to write books. We truly appreciate their sacrifices.

Dale B. Hahn ▲ Wayne A. Payne

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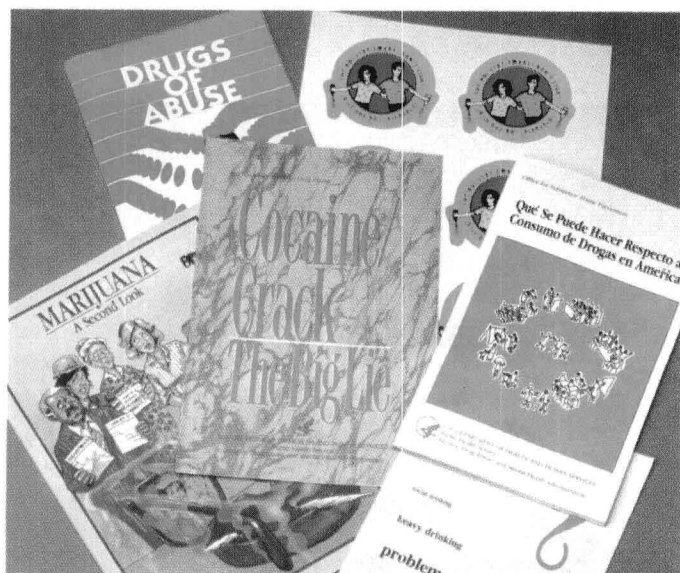
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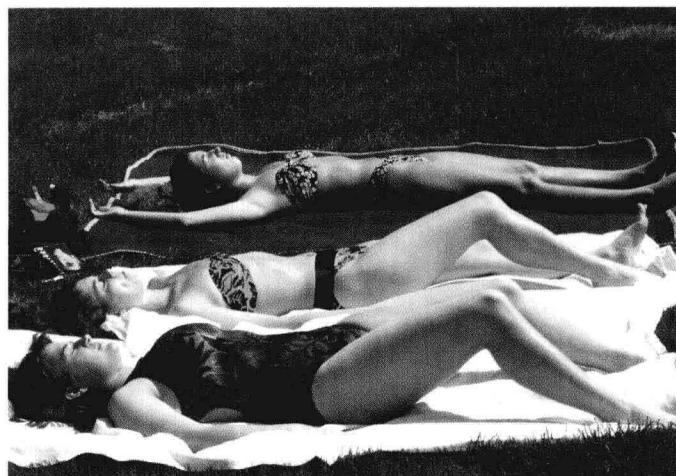
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