A silhouette of a woman in a dynamic, athletic pose, possibly a kick or a dance move, set against a warm, orange-toned background with vertical bars, suggesting a window or a screen. The woman is positioned on the left side of the frame, with her right leg raised and bent, and her left arm extended forward. The background is a gradient of warm colors, from deep red at the top to bright yellow at the bottom, with vertical bars creating a grid-like pattern.

Cheryl A. Kolander
Danny J. Ballard
Cynthia K. Chandler

CONTEMPORARY WOMEN'S HEALTH

ISSUES FOR TODAY AND THE FUTURE

C O N T E M P O R A R Y

Women's Health



Issues for Today and the Future

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CIP

Dedications

To my nieces and nephews as they seek to make their own contributions to improving the status of women.

CAK

To my loving husband and son, Jim and Brad, who make all of life worthwhile; and to my beloved parents, Hershell and Fay Ramsey—my first and best teachers.

DJB

To my family and friends whose support and guidance have helped me to become the person I am.

CKC

Preface

Women serve as the major decision makers and users of health-care services, but making wise health decisions today can be difficult. Only recently have we begun to understand that many of the decisions made by health-care providers have been based on research related to men. Research extrapolated data from studies using men as subjects and assumed that women would respond to similar treatment protocols. Thus, making the right choices for women's health can be challenging both for a woman and her health-care provider. The lack of research using women as subjects directly impacts the ability to make informed decisions. Fortunately, women are demanding more attention to their unique health needs. An increase in the amount of media attention and funding for research specific to women's health issues during the last decade is a testimonial to the increasing concern about women's health.

APPROACH

Contemporary Women's Health: Issues for Today and the Future has been written specifically to incorporate an interactive format with the most current, up-to-date material available about women's health. Although some topics in this text are similar to those found in personal health textbooks, most emphasis is placed on "women-only" issues. A variety of activities and reflective exercises have been designed to help women assess their current health status and plan for changes in their health behaviors.

We believe that learning should be dynamic and occurs when students integrate the issues as well as the facts for a vast array of health topics. Our emphasis is health promotion so we have addressed the social, economic, and political issues as well as the educational dimension. The format of this text encourages students to examine their current health knowledge, attitudes, and behaviors and explore possibilities to impact change and improvement in the health status of all women.

AUTHORSHIP

Contemporary Women's Health was written by three women university professors with considerable college teaching experience in health education and counselor education. As a result of long-term, continuous interaction with college women, we have developed a text that meets the complex needs of women as they explore their current health status and find ways to improve their quality of life. When we first discussed the possibility of writing this text, the only book available was *Our Bodies, Ourselves*. Since that time, the number of articles, research, and textbooks about women's health have proliferated. However, the format we have chosen lends itself well to classroom interaction, discussion, and problem solving related to the whole person, not just the physical aspect of women's health. We have written this text for women, thus the personal pronouns are from a female perspective. We hope that men, as well as women, will benefit from reading this text and gain a deeper understanding of the uniqueness of women's health issues.

AUDIENCE

This text is designed to be used by instructors and students in health education, nursing, and women's studies. The range of topics covered and the inclusion of viewpoints and activities makes this textbook appropriate for traditional and nontraditional students. We attempted to maintain sensitivity to diversity issues such as race, ethnicity, sexual orientation, and global health issues whenever possible.

FEATURES

Emphasis on Health Promotion

We believe that primary prevention remains the best method to curb rising health-care costs and reduce premature death. We encourage you to participate in the *Journal Activities* provided throughout the chapters.

Create your own personal journal to use with the text to record your reflections on the varied and complex health issues that are discussed, and how you may be impacted. Based on what you have read in the text, your journal entries should incorporate strategies for improving your quality of life and relationships.

Chapter 2, Developing a Healthy Lifestyle, includes health behavior change models to help you assess the conscious and unconscious factors contributing to women's health status. Many times we have a desire to change a particular behavior, and we are more likely to be successful in our efforts if we follow a plan. The health behavior change models will help you design a plan for change yielding more potential for success.

The *Assess Yourself* activities in each chapter present exercises and inventories also useful in developing your own personal plan for change.

Emphasizes Becoming a Wise Health-Care Consumer

Chapter 12, Becoming a Wise Consumer, examines practical issues and information that women need to know for making informed decisions with topics such as cosmetics and beauty products, the effects of advertising in the health-care industry, and home health tests.

Examines Emotional Health

Unique coverage of emotional health including skill development, assertiveness training, and resolving grief is presented to give students practical information to be used in developing positive self-esteem, decision making, and image building. Coverage of life transitions from childhood through late adulthood is also examined, and presents discussions of important topics such as body image, self-identity, social identity, family values, and life goals.

Integration of Multicultural and Global Issues

The culture of women is both unique and diverse. Women as a population have special needs and concerns that are universal to all women but different from men. At the same time, women around the world have a diversity of needs and concerns that

arise because they come from many differing countries, ethnicities, value systems, and socioeconomic conditions. We have attempted to consider this complex mixture of women's health issues and have integrated this content in the text as well as in many of the various boxed materials.

The bumper sticker that adorns many cars, "Think globally, act locally," provides a thought-provoking message. We need to expand our consciousness regarding adequate health care and services for all women, and we strive to be more sensitive to the diversity of cultural perspectives.

Prevention of Violence Against Women

Chapter 13, Preventing Abuse Against Women, discusses topics such as date rape, acquaintance rape, sexual harassment, and child abuse while encouraging women to empower themselves against abuse by providing tips, helpful suggestions, and potential resources.

An Applied Approach

The events of today make up the history for tomorrow. Women's history is built from the stories of real-life women. *Her Story* are brief boxed vignettes about women, all based on real-life events, and intended to demonstrate how women's health is evolving. Each concludes with several follow-up questions to allow the student to apply the chapter content to discussions and possible solutions. The triumphs and tragedies, the successes and failures, and the gains and losses that women experience create the culture of women. As time passes, these same experiences will reflect the history of women, where they have been, and for what they are striving.

Healthy People 2000 Objectives

Each chapter includes an update of how far we have come in achieving the *Healthy People 2000 Objectives*, particularly those objectives most relevant to women. Progress toward achieving the goal based on the *Midcourse Review and 1995 Revisions* is quantified at the end of each objective. When the data show a negative value, it indicates movement away from the targeted goals; a positive value indicates movement toward the targeted goals.

Full-Color Design

To enhance the teaching-learning process, the full-color design accentuates the visual appeal of the text and makes more difficult illustrative concepts easier to understand.

Pedagogical Features

Although this text is designed to provide the most important and most current health information and research about women, the student will easily be able to apply the knowledge directly to herself. This process is made easy with the following helpful features in every chapter.

- *Chapter objectives* identify the goals at the beginning of each chapter.
- *Health tips* are boxed and provide steps to change and enhance health behaviors.
- *FYT* boxes highlight additional facts and events that impact the status of women.
- *Her Story* boxes provide brief vignettes of actual cases with follow-up questions to help students apply what they have just learned.
- *Viewpoint* boxes highlight controversial issues and ask students to reflect upon their own opinions.
- *Journal Activities* encourage students to record their reflections on the health issues discussed, how they are personally impacted, and identify strategies for improving health.
- *Assess Yourself!* activities provide interactive exercises and inventories to help students determine their own need for behavior change.
- *Definition* boxes are provided to reinforce new terms and provide pronunciation guides when appropriate.
- *Chapter summaries* are bulleted to reinforce content for test preparation.
- *Review questions* help students apply the concepts learned in the chapter.
- *Resources* provide a variety of additional materials including national organizations and hotlines (when available), videotapes and audiotapes, websites (when available), and suggested readings.
- *References* cite the most current resources available.

ANCILLARY

An *Instructor's Manual and Test Bank* contains chapter overviews, objectives, additional activities and resources, and more than nine-hundred test items. Twenty-five transparency masters are located at the back of the manual. Additional information about ancillaries is available from your WCB/McGraw-Hill sales representative.

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About the Authors



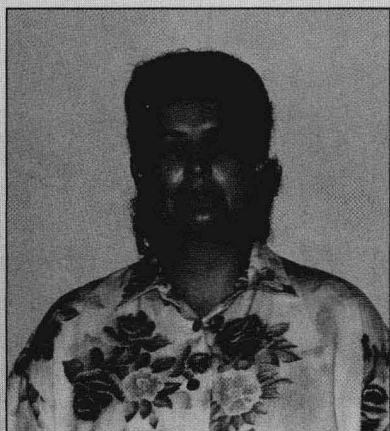
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