

The background of the cover is a photograph of a sailboat with a red sail on a body of water. In the background, there is a large, dark, forested mountain under a blue sky. The overall tone is serene and natural.

Brief Second Edition

ACCESS TO HEALTH

Donatelle ■ Davis

ACCESS TO HEALTH

To The Instructor

The first and second editions of *Access to Health* represented our commitment to writing introductory health texts that were market leaders, rather than market followers. Having viewed the black-and-white texts of the 1970s, the colorful, insert-laden texts of the 1980s, and the early 1990s versions of texts that tried to “go where no personal health text had gone before,” we found it to be a challenge to develop a text that would stand out as a superior text in a long list of competitors. Even more challenging was developing a first and second edition of a text that met the needs of an increasingly demanding, increasingly diverse group of college students.

To accomplish this, we had to incorporate our collective insights from teaching thousands of students in personal health classes, our experiences reviewing and adopting numerous health texts over the years, and the cumulative reactions and comments from professors, graduate teaching assistants, and many others teaching these courses, into a text that would best serve the needs of the largest number of potential users. We listened to your suggestions on how to improve, we analyzed the current research to determine what new information would be most vital to present to a much more sophisticated student, and we are continually trying to break new ground in the personal health market. The large number of adoptions and the favorable reviewer comments suggest that the first and second editions of *Access to Health* met the needs of many of you. The fact that many of our competitors have followed our lead and included comprehensive sections and/or chapters on such areas as interpersonal communication, addictive behaviors, and modern maladies, provides an additional indication that our “new ideas” for the personal health market were well received.

At the same time that we were listening to your com-

ments and suggestions on how to make the second edition of *Access to Health* a market leader, we also were listening closely to those of you who were beginning to diversify in your classroom offerings. Although you liked the fact that the second edition of *Access to Health* was comprehensive, readable, interesting, understandable, and relevant to a wide range of intellectual capabilities and backgrounds, some of your course descriptions were changing to include a more “focused” approach to health, wellness, and personal fitness. You began to ask for a book that included all of the positive attributes of the more comprehensive book, but was more concentrated on the essential elements of psychological health, health behavior, stress management, nutrition, weight control, physical fitness and other vital foundations of health and wellness.

Clearly, today’s health, fitness, and wellness students are among the most knowledgeable health consumers in our history. Millions of Americans are attempting to modify their lifestyles by eating less saturated fat and cholesterol, consuming more whole grains, fruits, and vegetables, striving to achieve optimal body fat levels, quitting smoking, drinking less, practicing stress management, getting into shape through aerobic exercise, toning, or strengthening body parts, demonstrating a concern for the environment, and a wide range of health promoting activities. Textbooks on wellness, fitness, eating right, living life to its fullest, having better relationships, improved sex lives, etc. have taken America by storm. Finding the most reliable, scientifically accurate written materials among this rapidly changing, highly controversial health information is often a tremendous challenge for even the most educated health consumer. Sifting through this information and trying to determine fact from fiction and right from wrong has become a

daily struggle for the typical adult. Many students have had the benefit of comprehensive health education classes in public schools and come into college courses ready for new; and more extensive information. They have also been exposed to health information in the mass media and are ready for a more in-depth, thought-provoking approach to high interest health and wellness topics. This edition of *Access to Health*, although abbreviated in length and reduced in cost, is not short on content. We have carefully selected those areas that are most critical for inclusion in today's wellness-oriented health classes, and fitness courses and expanded our coverage and emphasis in these areas. We have also retained and updated those chapters deemed essential to any contemporary discussions of health and wellness, such as environmental health, HIV diseases, and other sexually transmitted diseases. We have also attempted to portray the multiple dimensions of health accurately, emphasizing personal responsibility for health behaviors, environmental and social factors that predispose people to behave in a particular manner, and positive decision-making for health and wellness. This edition has been designed not only to be read and enjoyed, but to expand student's knowledge in key health areas, while serving as a catalyst for individual change.

CONTENT INFORMATION

This text is organized into 16 chapters. Much of the content of the full version of *Access Second Edition* has been revised, updated, and expanded, particularly in the fundamental areas of personal health and wellness. Instructors looking for a course that is focused primarily on the core areas of physical fitness, stress, nutrition, weight control, emotional health, addictions, drugs, psychosocial elements of wellness, environmental health, and the major health topics of our times, will find this book to be especially well suited for their students. Rather than being just a superficial approach to these areas, this text provides a medium for student thinking, knowledge acquisition, and individual decision making that is based on rigorous scientific research in the core health areas. The text focuses on adult problems that have relevance to adult populations who are at critical points in their own lifestyle behaviors and offers options without preaching or talking down to the reader. The book represents our attempt to actively engage the reader in the promotion of their own health and the prevention of premature death, dysfunction, and/or disability in the physical, social, spiritual, emotional, and environmental elements of their lives.

New To The Brief Edition

Two New Chapters in the areas of Aerobic and Muscular Fitness In response to many of your requests, we have made dramatic changes in our emphasis on the physical aspects of health and wellness. This edition includes two completely new chapters on Physical Fitness (aerobic exercise) and Muscular Fitness (strength and toning) for those college and university classes where such content coverage is required. No discussion of health and wellness would be complete without providing an in-depth, comprehensive, "cutting edge" treatment of these topics. Those students who are particularly interested in improving their own physical health/wellness status, will find that these chapters provide answers to many common "getting started" and "keeping going" kinds of questions in the domain of physical health.

Revised and Expanded Nutrition and Weight Control Chapters These sections have been greatly expanded with increased emphasis on lifestyle changes that may improve overall dietary health. In addition, these chapters will include more comprehensive information on making dietary decisions with respect to fat as a percent of total calories, myths and misconceptions about fats, fibers, and other nutritional facts. Information on the new food pyramid, endorsed nationally as a guide for improved dietary practices, and the national objectives of the nation are included in this chapter.

Communication and Interpersonal Relationship Emphasis In keeping with our many positive responses about these chapters in previous editions, we have retained much of our earlier emphasis on the importance of effective communication in interpersonal relationships. Boxes, chapter sections, and interactive, thought-provoking health promotion exercises are designed to encourage each person to examine his or her own communication style and make improvements as necessary. The meaning of "love" and the role of love in relationships is also explored.

Revised Coverage of HIV disease and other STDs One of the difficulties in writing any health-related text is that by the time the text goes to press, much of the information is already "dated." Recognizing the inherent difficulties in remaining current in areas such as HIV disease (AIDS), we have incorporated the most current information into this chapter as the book nears its final production phases. We have also expanded our coverage of the sexually transmitted diseases and enhanced our emphasis on high risk "behaviors" rather than on the out-dated "high risk groups" that many health texts continue to discuss.

Infectious Diseases and the Modern Maladies As with the HIV epidemic, there are many additional disease areas that have begun to reach epidemic proportions in the United States today. We have expanded our coverage of relevant diseases such as tuberculosis, to increase national awareness of these growing threats to health.

Stress and Psychosocial Aspects of Health and Wellness No text featuring fundamentals of health and wellness would be complete without an enhanced section on the role of stress on individual well-being and the importance of selected psychosocial variables in determining overall fitness for quality living. Rather than adopting a “blame the victim” approach, we have emphasized the importance of individual responsibility while acknowledging that sometimes health is influenced by factors that may be outside of our individual control. Responsibility to self and to others within the broader environment is a key dimension of a healthy perspective on life.

■ SPECIAL FEATURES

A major goal of the first and second editions of *Access to Health* was to provide extensive, comprehensive, and interesting coverage of relevant health topics in an effort to help students make informed health decisions. Another major goal was to stimulate thinking, to enhance personal environmental awareness, and to promote positive personal health behaviors. In the Brief Edition of *Access to Health*, we have retained the same goals with the additional goals of providing an updated, focused approach to central health/wellness topics. In each chapter, several special features enhance our content areas, and encourage the reader to actively participate in the thinking, reasoning, and decision-making process.

Boxed Features

Promoting Your Health These boxes are designed to complement key concepts in each chapter and to translate theory into practical applications relevant to each student's lifestyle decisions. Many of these boxes are designed as self-assessments or offer advice on changing specific behaviors.

Health in Your Community In the true spirit of the health and wellness movements, these boxes are designed to encourage students to think more globally about the impact of their personal actions on the larger environment. Rather than only focusing on “self” these boxes encourage students to demonstrate concern and consider actions designed to help others or to improve the social and environmental conditions in which they live.

Highlight Boxes These general boxes are designed to highlight key topics relevant to information discussed in each chapter. Issues relevant to special populations, global health, myths and misconceptions and other topics will be the focus of these areas.

Other Features

Chapter Objectives Designed to help the reader focus on essential points highlighted in each chapter.

Chapter Outline Provides reader with a quick reference for “what's included” in each chapter and the progression of selected points.

Running Glossary Glossary of key terms for review in each chapter. Terms are defined as they appear, eliminating the need to locate information elsewhere in the text.

Appendix on First Aid and Emergency Care A brief, easy-to-read appendix that includes basic information about first aid and emergency care.



ABC News/PH Video Library for Health The media age has established video as a dominant influence in American life. Video is one of the most dynamic and effective means of communication you can use to enhance learning in the classroom. But the quality of the video material and how well it relates to your course can make all the difference.

Prentice Hall and ABC News have brought together their talents in academic publishing and global reporting and are proud to present the most comprehensive video ancillaries available in the college market today. Prominent and respected anchors, such as David Brinkley, Ted Koppel, and Peter Jennings, bring together their insights in health into your classroom. ABC and Prentice Hall offer your students a resource of these feature and documentary-style videos, which relate directly to the issues and applications in *Access to Health: Brief Second Edition*.

The ABC News/PH Video Library pulls together critically acclaimed selections from Nightline, This Week with David Brinkley, and World News Tonight. The programs are of extremely high production quality, present substantial content, and are hosted by well-versed, well-known anchors. Carefully researched selections effectively complement and enhance the material in *Access to Health*.

The New York Times

The New York Times Contemporary View *The New York Times* and Prentice Hall, two leading publishers in academia and world news, are proud to cosponsor A **CONTEMPORARY VIEW**, a program designed to enhance student access to current and relevant information in the world of health.

Your students will receive a 16-page dodger—a student version of *The New York Times* containing approximately 30 articles to be used in conjunction with *Access to Health: Brief Second Edition*. The stories in the dodger are actual articles that appeared in current issues of *The New York Times* and relate specifically to the world of health. The selected articles include events and new developments in personal health, health-related services and technologies, and national and international issues in health.

Knowledge of world events is invaluable. Reading a premier news publication such as *The New York Times* establishes a practice of staying abreast of the events hap-

pening in today's society. Students who deepen their appreciation of print in the learning environment will remain devoted to the medium throughout their lives.

Instructor's Resource Manual Offers the instructor detailed outlines, discussion questions, and in and out-of-class activities for each chapter. Includes a video guide to the ABC/Prentice Hall Video Library.

Test Item File A compendium of over 2,000 multiple choice, matching, short answer, and essay questions.

Testing Software The test item file on disk, available for IBM and Macintosh computers, gives the instructor the ability to edit or delete existing questions and create and edit new questions.

Prentice Hall Health Transparencies A complete set of beautiful full-color transparency acetates produced from a wide range of illustrations from the text and from other sources. Available free to qualified adopters.

Slide Sets for AIDS and Other Sexually Transmitted Diseases This valuable resource is available free to qualified adopters. Please ask your Prentice Hall representative for details.

Study Guide and Workbook (For Sale Item) This handy student resource offers learning objectives, self-quizzes on text material, additional self-assessment activities, and behavior change strategies.

Acknowledgments

As with any major undertaking, this book represents the combined efforts of many people. The authors wish to express their sincere appreciation to the many talented professionals who provided us with constructive reviews and criticism and helpful, thought-provoking ideas. First and foremost, we would like to extend our thanks to the editorial, production, marketing, and sales staff at Prentice Hall for their efforts in making the first and second editions of *Access to Health* a success, and to those staff members who continued the fine tradition of excellence into the Brief Edition. In particular, we would like to thank Ted Bolen for his leadership and guidance in directing this project and seeing it through to its completion; Thomas Moore and other members of the developmental editorial staff for their careful attention to detail and capable assistance with the reworking individual chapters into a cohesive, comprehensive, overview of key health/wellness components; Jordan Ochs, for his capable management of the production phases of the text; and many other key Prentice Hall staff members who provided their time, expertise, and talents to the project. Each of the above personnel exemplifies the fine tradition that the authors have been accustomed to in a quality Prentice Hall production. To all of you, thank you.

In addition to the Prentice Hall staff, the authors are grateful to many of the health professionals who contributed either directly or indirectly to the development of selected parts of this text. Dr. Tom Thomas, well known exercise physiologist from the University of Missouri, contributed two outstanding chapters in the areas of aerobic and muscular fitness. These chapters provide a “missing” element to the Brief Edition market that has not been present in other texts to date. Cheryl Graham, health educator at Oregon State University, provided an excellent revision and updating of her well-received

chapter on Addiction from the second edition of *Access to Health*. Donna Champeau, health educator at Oregon State University, utilized her background in gerontology to provide editorial assistance and direction in the revision of the chapter on Successful Life Transitions. Patricia Ketcham, Director of Student Health Education at Western Oregon State College provided invaluable assistance in the overall editing and revision of several chapters in the Brief Edition. She contributed many hours of painstaking effort to enhance the chapters on Drugs, Alcohol, (written by her in the second edition), Sexuality, Nutrition, Environmental Health and she also revised the first aid appendix. Her efforts and the efforts of each of the above individuals in the completion of this text are very much appreciated.

Several people contributed to the supplementary material provided with this book. Donna Champeau and Patricia Ketcham developed a test item file for the brief edition. The Instructor’s Resource Manual and the Study Guide were compiled by Emogene Fox, University of Arkansas and Vicki Krenz, California State University, Fresno, respectively.

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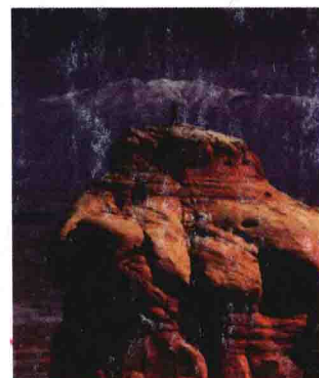
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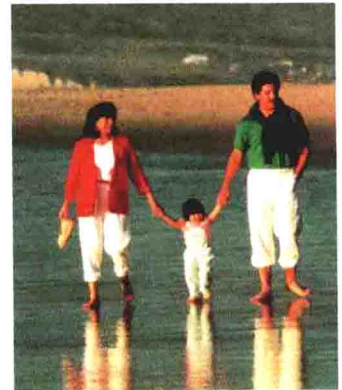
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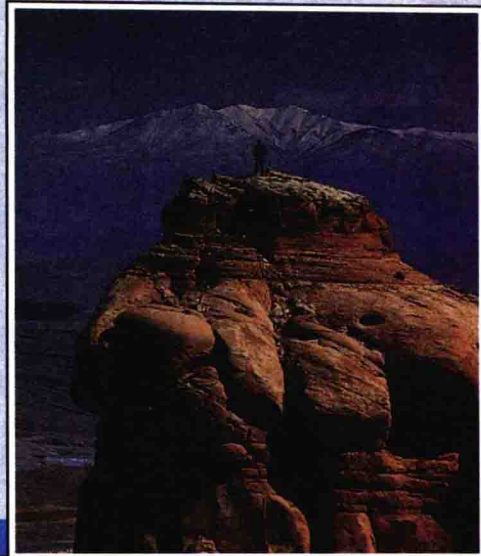
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1

Personal Health Promotion



■ Chapter Outline

- Defining Health and Wellness
- Health-Status Indicators
- Benefits of Obtaining Optimal Health
- Health Behaviors
- Behavior Change
- Access to Health

■ Objectives

- Explain why it is difficult to formulate a definition of health and then define health for yourself specifically.
- Describe the difference between quality and quantity of life and discuss why quality of life is a significant measure of health.
- Discuss some of the benefits of achieving optimal health.
- List basic behaviors associated with good health.
- Discuss the factors that influence health behavior change, drawing differences between predisposing, enabling, and reinforcing factors, and describe how you can change your health behavior.
- Explain why being well informed about health issues helps you achieve your health potential.