



# Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition

*David Haber PhD*

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## **Praise for the fifth edition:**

I applaud Dr. Haber for addressing key concepts and issues in health promotion and aging, and making them accessible, respectful, mindful, and empowering.

**-Marilyn R. Gugliucci, PhD**

Director, Geriatrics Education and Research, University of New England  
Past President, AGHE

David Haber has done it again! ...A must-have for students and faculty alike.

**-Barbara Resnick, PhD, CRNP, FAAN**

Substantially revised and updated, the sixth edition of this classic text continues to define healthy aging by illustrating how to prevent disease and make large-scale improvements toward health and wellness. New to this edition is current information regarding the future of Medicare, Social Security, and the Affordable Care Act, information about the Healthy People 2020 initiative supported with examples, up-to-date and comprehensive medical screening recommendations, and an extensive review of new developments in complementary and alternative medicine, geriatric mental health, community health, and public health policy. A new section on technology and aging is also included, as well as an instructor's manual.

The text synthesizes current research findings with practical applications, and includes detailed and updated descriptions of the author's own programs that have been recognized by the National Council on the Aging's Best Practices in Health Promotion and Aging.

## **New to this Edition:**

- Up-to-date coverage of the future of Medicare, Social Security, the Affordable Care Act, and the Healthy People 2020 initiative
- New section on technology and aging
- Current developments in complementary and alternative medicine
- New findings regarding geriatric physical and mental health and community health
- Current information about exercise, nutrition and weight management
- Updated information on public health policy
- Current trends in long-term care and end-of-life-care
- Updated sociodemographic trends
- Instructor's manual



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Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition can be one of your beginner books that are good idea. We all recommend that straight away because this publication has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition but doesn't forget the main position, giving the reader the hottest in addition to based confirm resource info that maybe you can be among it. This great information can drawn you into new stage of crucial contemplating.

#### **Emma Englund:**

Is it anyone who having spare time and then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition can be the answer, oh how comes? A book you know. You are therefore out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

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