



# Introduction to Health Behaviors: A Guide for Managers, Practitioners & Educators

*Marietta Orlowski*

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INTRODUCTION TO HEALTH BEHAVIORS: A GUIDE FOR MANAGERS, PRACTITIONERS & EDUCATORS is written specifically for professionals new to health behavior theory and challenged to shape the health behaviors of others. With its unique applied approach to learning theoretical constructs, INTRODUCTION TO HEALTH BEHAVIORS changes the way you think and behave in relationship to planning health promotion programs. This text introduces theory as a foundation of deep factual knowledge that is then synthesized and built upon in ways that help you understand the relationships between behaviors and health, antecedents and behaviors, and interventions and antecedents. An innovative chapter on the PER Worksheet, a tool that combines the eight most popular health behavior theories into one framework, teaches you how to organize facts across the different theories as well as incorporate future knowledge. INTRODUCTION TO HEALTH BEHAVIORS t also offers comprehensive coverage of topics such as determinants of population health status, logic models and how both theory and models are useful for designing multi-level interventions of change.

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