



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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