



Health and Behavior: The Interplay of Biological, Behavioral, and Societal Influences

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Health and Behavior reviews our improved understanding of the complex interplay among biological, psychological, and social influences and explores findings suggested by recent research-including interventions at multiple levels that we can employ to improve human health.

The book covers three main areas:

- What do biological, behavioral, and social sciences contribute to our understanding of health-including cardiovascular, immune system and brain functioning, behaviors that influence health, the role of social networks and socioeconomic status, and more.
- What can we learn from applied research on interventions to improve the health of individuals, families, communities, organizations, and larger populations?
- How can we expeditiously translate research findings into application?

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