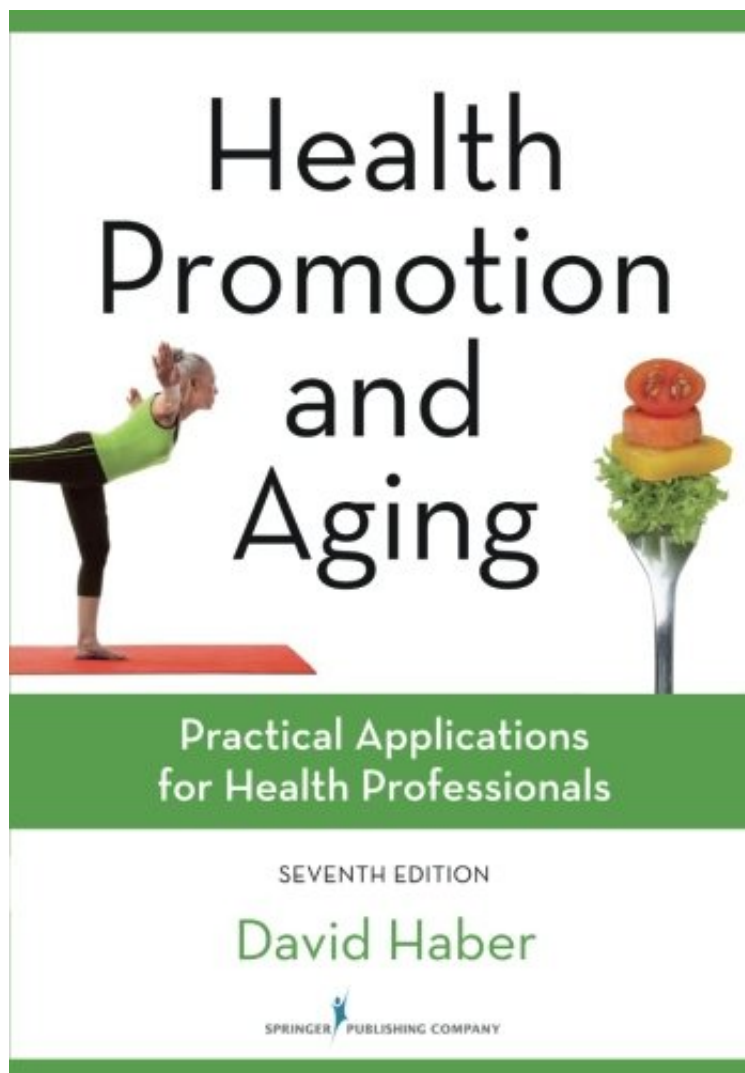


Health Promotion and Aging, Seventh Edition: Practical Applications for Health Professionals

David Haber PhD

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The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The text synthesizes state-of-the-art research findings -- providing convincing evidence that health promotion truly works -- with practical, effective strategies. Encompassing important research results that supplant prior recommendations, this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life. Completely reorganized for ease of use, this textbook features updated demographics and rankings for leading causes of death, new blood pressure screening guidelines and data on obesity and diabetes, updated exercise regimens, older-driver statistics and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. Highly practical, the text includes health-promoting tools, resource lists, assessment tools, illustrations, checklists, and tables. Additionally, the book includes key terms and learning objectives at the start of each chapter, along with thought-provoking questions and reflection boxes. An Instructor's Manual and PowerPoint slides are available to facilitate teaching. New to the Seventh Edition: Provides updated blood pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening guidelines Presents updates on exercise regimens ranging from yoga to the tango Expands and updates section on emotional regulation and conflict resolution skills with aging Discusses Boomer Entrepreneurism Provides new policy recommendations including student loan debt among older adults Expands gerotechnology and smart home innovations Updates on "Obamacare" and health care delivery recommendations Addresses "Buyer Beware" regarding brain-training programs Expands global aging and LGBT aging content

About the Author David Haber, PhD, is an assistant professor in the Gerontology Department at Western Oregon University, Monmouth, Oregon. Prior to his current affiliation he worked at several institutes of higher education. For a decade he was the John and Janice Fisher distinguished professor of wellness and gerontology at Ball State University in Muncie, Indiana. For the decade prior to that, Dr. Haber was a professor at the University of Texas Medical Branch in Galveston. Before that he served as the director of the Center for Healthy Aging, at Creighton University's multidisciplinary shopping mall-based geriatric center in Omaha, Nebraska. His early academic and research career included positions at the University of the District of Columbia; the University of South Florida, Tampa; and the University of Southern California, where he also received his PhD in sociology from the Andrus Gerontology Center. Dr. Haber is a fellow in the Gerontological Society of America, and he is recognized for two Best Practice Awards from the National Council on Aging, the Distinguished Teacher Award from the Association for Gerontology in Higher Education, and the Molly Mettler Award for Leadership in Health Promotion from the National Council on Aging. The third edition of this book, *Health Promotion and Aging*, was selected for the 2004 Book of the Year Award by the American Journal of Nursing in two categories: Gerontologic Nursing, and Community and Public Health. Dr. Haber also authored *Health Care for an Aging Society*. Dr. Haber has authored 87 academic publications and has been project director or principal investigator of 20 research or demonstration grants related to health and aging. Typically, these applied projects involved gerontology and health professional students leading community health promotion ventures with older adults. Dr. Haber's current interest in life is cat therapy with frail elders.