

Third Edition

Health Promotion Programs

From Theory to Practice

Carl I. Fertman | Melissa L. Grim



Health Promotion Programs From Theory To Practice

Patricia Goodson



Health Promotion Programs From Theory To Practice:

Health Promotion Programs Carl I. Fertman, Diane D. Allensworth, Society for Public Health Education (SOPHE), 2016-11-07 Comprehensive coverage real world issues and a focus on the practical aspects of health promotion Health Promotion Programs combines theory and practice to deliver a comprehensive introduction to the planning implementation and evaluation of health promotion programs Presenting an overview of best practices from schools health care organizations workplaces and communities this book offers clear practical guidance with an emphasis on hands on learning This new second edition has been updated to include discussion on today's important issues including health equity the Affordable Care Act big data E health funding legislation financing and more New coverage includes programs for underserved priority populations at a geographically diverse variety of sites and new practice and discussion questions promote engagement on highly relevant topics Public health is a critical aspect of any society and health promotion programs play an important role This book provides clear instruction practical guidance and multiple avenues to deeper investigation Plan health promotion programs from the basis of health theory Gain in depth insight on new issues and challenges in the field Apply what you're learning with hands on activities Access digital learning aids and helpful templates models and suggestions Designed to promote engagement and emphasize action this book stresses the importance of doing as a vital part of learning yet each step of the process is directly traceable to health theory which provides a firm foundation to support a robust health promotion program **Health Promotion Programs** Carl I. Fertman, Melissa L. Grim, Society for Public Health Education (SOPHE), 2022-02-23 An incisive up to date and comprehensive treatment of effective health promotion programs In the newly revised Third Edition of Health Promotion Programs From Theory to Practice health and behavior experts Drs Carl I Fertman and Melissa Grim deliver a robust exploration of the history and rapid evolution of health promotion programs over the last three decades The authors describe knowledge advances in health and behavior that have impacted the planning support and implementation of health promotion programs With thoroughly updated content statistics data figures and tables the book discusses new resources programs and initiatives begun since the publication of the Second Edition in 2016 Key Terms and For Practice and Discussion Questions have been revised and the authors promote the use of health theory by providing the reader with suggestions models boxes and templates A renewed focus on health equity and social justice permeates much of the book and two significant health promotion and education events the HESPA II study and Healthy People 2030 are discussed at length Readers will also find A thorough introduction to health promotion programs including the historical context of health promotion settings and stakeholders for health promotion programs advisory boards and technology disruption and opportunities for health promotion Comprehensive explorations of health equity and social justice including discussions of vulnerable and underserved population groups racial and ethnic disparities in health and minority

group engagement Practical discussions of theory in health promotion programs including foundational theories and health promotion program planning models In depth examinations of health promotion program planning including needs assessments and program support Perfect for undergraduate and graduate students studying public health health administration nursing and medical research Health Promotion Programs From Theory to Practice is also ideal for medical students seeking a one stop resource on foundational concepts and cutting edge developments in health promotion programs

Health Promotion Programs Society for Public Health Education (SOPHE),2010-03-18 Health Promotion Programs introduces the theory of health promotion and presents an overview of current best practices from a wide variety of settings that include schools health care organizations workplace and community The 43 contributors to Health Promotion Programs focus on students and professionals interested in planning implementing and evaluating programs that promote health equity In addition to the focus on best practices each chapter contains information on Identifying health promotion programs Eliminating health disparities Defining and applying health promotion theories and models Assessing the needs of program participants Creating and supporting evidence based programs Implementing health promotion programs Tools program staff and budgets Advocacy Communicating health information effectively Developing and increasing program funding Evaluating improving and sustaining health promotion programs Health promotion challenges and opportunities Health promotion resources and career links The authors have clearly connected the dots among planning theory evaluation health disparity and advocacy and have created a user friendly toolbox for health promotion empowerment Ronald L Braithwaite PhD professor Morehouse School of Medicine Departments of Community Health and Preventive Medicine Family Medicine and Psychiatry The most comprehensive program planning text to date this book examines all facets of planning and implementation across four key work environments where health educators function Mal Goldsmith PhD CHES professor and coordinator of Health Education Southern Illinois University Edwardsville Health Promotion Programs explores the thinking of some of our field s leaders and confirms its well deserved place in the field and in our personal collections Susan M Radius PhD CHES professor and program director Health Science Department Towson University **Health Promotion**

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improving and sustaining health promotion programs Health promotion challenges and opportunities Health promotion resources and career links The authors have clearly connected the dots among planning theory evaluation health disparity and advocacy and have created a user friendly toolbox for health promotion empowerment Ronald L Braithwaite PhD professor Morehouse School of Medicine Departments of Community Health and Preventive Medicine Family Medicine and Psychiatry The most comprehensive program planning text to date this book examines all facets of planning and implementation across four key work environments where health educators function Mal Goldsmith PhD CHES professor and coordinator of Health Education Southern Illinois University Edwardsville Health Promotion Programs explores the thinking of some of our field s leaders and confirms its well deserved place in the field and in our personal collections Susan M Radius PhD CHES professor and program director Health Science Department Towson University

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Programs Carl I. Fertman, Melissa L. Grim, Society for Public Health Education (SOPHE), 2022-03-22 An incisive up to date and comprehensive treatment of effective health promotion programs In the newly revised Third Edition of Health Promotion Programs From Theory to Practice health and behavior experts Drs Carl I Fertman and Melissa Grim deliver a robust exploration of the history and rapid evolution of health promotion programs over the last three decades The authors describe knowledge advances in health and behavior that have impacted the planning support and implementation of health promotion programs With thoroughly updated content statistics data figures and tables the book discusses new resources programs and initiatives begun since the publication of the Second Edition in 2016 Key Terms and For Practice and Discussion Questions have been revised and the authors promote the use of health theory by providing the reader with suggestions models boxes and templates A renewed focus on health equity and social justice permeates much of the book and two significant health promotion and education events the HESPA II study and Healthy People 2030 are discussed at length Readers will also find A thorough introduction to health promotion programs including the historical context of health promotion settings and stakeholders for health promotion programs advisory boards and technology disruption and opportunities for health promotion Comprehensive explorations of health equity and social justice including discussions of vulnerable and underserved population groups racial and ethnic disparities in health and minority group engagement Practical discussions of theory in health promotion programs including foundational theories and health promotion program planning models In depth examinations of health promotion program planning including needs assessments and program support Perfect for undergraduate and graduate students studying public health health administration nursing and medical research Health Promotion Programs From Theory to Practice is also ideal for medical students seeking a one stop resource on foundational concepts and cutting edge developments in health promotion programs

Workplace Health Promotion Programs Carl I. Fertman, 2015-09-11 Shine a spotlight on the benefits of promoting health in the workplace Workplace Health Promotion Programs focuses on the incredible value that employee health programs can offer by exploring six key

topics behavioral health physical health healthy environments health education nutritional health and physical activity This in depth resource explicitly establishes what successful workplace health promotion programs services and collaborations are and then builds upon this foundational understanding by introducing methods and tools for promoting employee health and safety while emphasizing the skills students need to do so Through this resource students will come to understand how to recognize employee health and safety opportunities and how to think on a larger scale when it comes to workplace health initiatives in small midsize and larger employers that are comprehensive and fiscally sound Workplace health promotion programs have the potential to both improve the health of the population as a whole and control healthcare spending in the process Health problems are estimated to cost employers in the United States over 200 billion per year through medical costs absenteeism disability and overall reduced productivity Improving well being through effective workplace health promotion programs can reduce this cost and create healthier happier workforces Discover the design implementation and evaluation of workplace health promotion programs that address the range of employee health needs and concerns Understand how evidence based programs can positively impact business and reduce health care cost Explore the larger scale implications of successful workplace health programs including health policies health insurance design worker safety employee behavior etc Learn how together employers and employees work to create a culture of health and well being to support and promote employee health and safety Review the ways in which successful workplace health promotion programs can prove financially beneficial Workplace Health Promotion Programs is a resource that guides students and professionals alike in the discovery development and execution of successful employee health initiatives

Planning Health Promotion Programs L. Kay Bartholomew Eldredge, Christine M. Markham, Robert A. C. Ruiter, Maria E. Fernández, Gerjo Kok, Guy S. Parcel, 2016-01-04 The Intervention Mapping bible updated with new theory trends and cases Planning Health Promotion Programs is the bible of the field guiding students and practitioners through the planning process from a highly practical perspective Using an original framework called Intervention Mapping this book presents a series of steps tasks and processes that help you develop effective health promotion and education programs using a variety of approaches As no single model can accurately predict all health behavior or environmental changes this book shows you how to choose useful theories and integrate constructs from multiple theories to describe health problems and develop appropriate promotion and education solutions This new fourth edition has been streamlined for efficiency with information on the latest theories and trends in public health including competency based training and inter professional education New examples and case studies show you these concepts in action and the companion website provides lecture slides additional case studies and a test bank to bring this book directly into the classroom Health education and health promotion is a central function of many public health roles and new models theories and planning approaches are always emerging This book guides you through the planning process using the latest developments in the field and a practical approach that serves across discipline boundaries

Merge multiple theories into a single health education solution Learn the methods and processes of intervention planning Gain a practical understanding of multiple planning approaches Get up to date on the latest theories trends and developments in the field Both academic and practice settings need a realistic planning handbook based on system not prescription Planning Health Promotion Programs is the essential guide to the process equipping you with the knowledge and skills to develop solutions without a one size fits all approach

Theory in Health Promotion Research and Practice

Patricia Goodson,2010-10-25 Understanding health behavior is a critical foundation for successful health promotion and health education programs Yet many texts on health behavior theory tend to be encyclopedic in nature making learning dry and tedious for students Theory in Health Promotion Research and Practice Thinking Outside the Box is a different kind of health promotion theory book It offers a more critical perspective of existing health promotion theories and challenges the student to create new theoretical frameworks for understanding human health and wellbeing This unique text guides the reader to reflect

Planning, Implementing and Evaluating Health Promotion Programs with Navigate Advantage Access

James F. McKenzie,Brad L Neiger,Rosemary Thackeray,2022-07-18 Planning Implementing and Evaluating Health Promotion Programs Eighth Edition provides students with a comprehensive overview of the practical and theoretical skills needed to plan implement and evaluate health promotion programs in a variety of settings The Eighth Edition incorporates a straightforward step by step format to make concepts clear and the full process of health promotion planning understandable This edition features updated information throughout including the most current Responsibilities Competencies and Subcompetencies NCHEC SOPHE 2020 the Code of Ethics for the Health Education Profession CNHEO 2020 a Report of the Joint Committee on Health Education and Promotion Terminology and a new set of goals and objectives for the nation Healthy People 2030 Responsibilities and Competencies Boxes Readers will find useful boxes that contain the responsibilities and competencies for health education specialists that are applicable to the content of the chapter and are based on the latest data in the field Review Questions The questions at the end of each chapter reinforce the objectives and key terms presented in each chapter and allow readers to test their mastery of chapter content Activities Each chapter includes several activities that allow students to use their new knowledge and skills The activities are presented in several formats and often build on activities found in earlier chapters Includes Navigate Every new print copy includes 365 day access to Navigate Advantage which provides an interactive eBook flashcards web links slides in PowerPoint format and more Written for undergraduate courses in Health Education Promotion and Planning A valuable resource to guide students as they prepare to take either the Certified Health Education Specialist CHES or Master Certified Health Education Specialist MCHES exam 2023 480 pages

Evaluating Health Promotion Programs Thomas W. Valente,2002-02-07 This is a comprehensive guide to the frameworks theories and methods used to evaluate health promotion programs The book builds on the author's experience in evaluating health communication projects in the US and developing countries and in teaching evaluation to

graduate level students in public health It will be useful both to students and to researchers and practitioners involved in all types of evaluation activities The chapters are divided into three sections Part I covers health promotion frameworks and theories formative research and process evaluation methods Part II deals with study designs the techniques to determine sample selection and size writing questionnaires constructing scales and managing data Part III uses data from a national campaign to illustrate methods for impact evaluation including basic and advanced statistical analysis This text provides the tools needed to understand how and why evaluations are conducted and it will serve as a reference for evaluators It covers every aspect of the research and evaluation activities needed to assess a health promotion program Theory- and Evidence-Based Health Promotion Program Planning; Intervention Mapping Maria E. Fernandez,Robert A. C. Ruiter,Christine Margaret Markham,Gerjo Kok,2021-01-12 *Health Behavior Theory for Public Health* Ralph J. DiClemente,Laura Francisca Salazar,Richard A. Crosby,2013 While a solid understanding of human behavior theory is an essential tool for designing and implementing successful health promotion programs changing health behavior requires multiple skills beyond the ability to simply apply theory Divided into three sections the book takes a unique ecological approach to learning about health behavior theory and its application The reader will first gain a broad understanding of health public health health behavior and health promotion planning This is followed by a straightforward and expansive look at the most commonly applied theories and approaches to public health research and programs Students will come away with a clear understanding of how theory fits into the larger scope of public health research and practice Finally readers will learn about the essential tasks of measurement evaluation and translation through an examination a diverse set of application tools *Theory in Health Promotion Research and Practice: Thinking Outside the Box* Patricia Goodson,2009-07-23 Unlike other texts of its kind Health Theory in Public Health Research and Practice Thinking Outside the Box uses an applied approach from a theoretical angle **The Handbook of Social Studies in Health and Medicine** Gary L Albrecht,Ray Fitzpatrick,Susan C Scrimshaw,2003-04-21 This is the first international and inter disciplinary social science Handbook on health and medicine Five years in the making and building on the insights and advice of an international editorial board the book brings together world class figures to provide an indispensable comprehensive resource book on social science health and medicine Pinpointing the focal issues of research and debate in one volume the material is organized into three sections social and cultural frameworks of analysis the experience of health and illness and health care systems and practices Each section consists of specially commissioned chapters designed to examine the vital conceptual and methodological practice and policy issues Readers receive **Theory at a Glance** U. S. Department Human Services,National Cancer Institute (Estats Units d'Amèrica),National Health,2012-06-08 The Theory at a Glance A Guide for Health Promotion Practice Second Edition describes influential theories of health related behaviors processes of shaping behavior and the effects of community and environmental factors on behavior It complements existing resources that offer tools techniques and model programs for

practice Theory at a Glance makes health behavior theory accessible and provides tools to solve problems and assess the effectiveness of health promotion programs For nearly a decade public health and health care practitioners have consulted the original version of Theory at a Glance for guidance on using theories about human behavior to inform program planning implementation and evaluation Theory at a Glance can be used as a stand alone handbook as part of in house staff development programs or in conjunction with theory texts and continuing education workshops This guide provides a small number of current and applicable health behavior theories which are widely used for the purposes of cancer control defining risk and segmenting populations

Sleep and Health Michael A. Grandner,2019-04-17 Sleep and Health provides an accessible yet comprehensive overview of the relationship between sleep and health at the individual community and population levels as well as a discussion of the implications for public health public policy and interventions Based on a firm foundation in many areas of sleep health research this text further provides introductions to each sub area of the field and a summary of the current research for each area This book serves as a resource for those interested in learning about the growing field of sleep health research including sections on social determinants cardiovascular disease cognitive functioning health behavior theory smoking and more Highlights the important role of sleep across a wide range of topic areas Addresses important topics such as sleep disparities sleep and cardiometabolic disease risk real world effects of sleep deprivation and public policy implications of poor sleep Contains accessible reviews that point to relevant literature in often overlooked areas serving as a helpful guide to all relevant information on this broad topic area

Community Health Promotion Ideas that Work Marshall W. Kreuter,2003 Health Behavior Education Promotion

Routledge Handbook of Water and Health Jamie Bartram,2015-09-25 This comprehensive handbook provides an authoritative source of information on global water and health suitable for interdisciplinary teaching for advanced undergraduate and postgraduate students It covers both developing and developed country concerns It is organized into sections covering hazards including disease chemicals and other contaminants exposure interventions intervention implementation distal influences policies and their implementation investigative tools and historic cases It offers 71 analytical and engaging chapters each representing a session of teaching or graduate seminar Written by a team of expert authors from around the world many of whom are actively teaching the subject the book provides a thorough and balanced overview of current knowledge issues and relevant debates integrating information from the environmental health and social sciences

Health Promotion Evaluation Practices in the Americas Louise Potvin,David V. McQueen,2008-10-26 More and more health promotion is a crucial component of public health to the extent that public health interventions are called on to prove their effectiveness and appraised for scientific validity a practice many in the field consider self defeating Health Promotion Evaluation Practices in the Americas cogently demonstrates that scientific rigor and the goals of health promotion are less in conflict than commonly thought synthesizing multiple traditions from countries throughout North Central and South America and across the

developed to developing world continuum for a volume that is both diverse in scope and unified in purpose The book s examples representing robust theoretical and practical literatures as well as initiatives from Rio de Janeiro to American Indian communities explain why health promotion evaluation projects require different guidelines from mainstream evaluative work The editors identify core humanitarian principles associated with health promotion participation empowerment equity sustainability intersectoral action multistrategy and contextualism while chapters highlight challenges that must be mastered to keep these principles and scientific objectives in sync including 1 Building health promotion values into evaluation research projects 2 Expanding the use of evaluation in health promotion 3 Developing meaningful evaluation questions 4 Distinguishing between community based participation research and evaluation based participation 5 Evaluating specifically for equity 6 Designing initiatives to foster lasting social change The applied knowledge in Health Promotion Evaluation Practices in the Americas Values and Research can bring the goals of intervention into sharper focus for practitioners evaluators and decision makers and facilitate communication on all sides necessary steps to progress from study findings to real world action

Qualitative Research & Evaluation Methods Michael Quinn Patton, 2023-02-07

Drawing on more than 40 years of experience conducting applied social science research and program evaluation author Michael Quinn Patton has crafted the most comprehensive and systematic book on qualitative research and evaluation methods inquiry frameworks and analysis options available today Now offering more balance between applied research and evaluation this Fourth Edition illuminates all aspects of qualitative inquiry through new examples stories and cartoons more than a hundred new summarizing and synthesizing exhibits and a wide range of new highlight sections sidebars that elaborate on important and emergent issues For the first time full case studies are included to illustrate extended research and evaluation examples In addition each chapter features an extended rumination written in a voice and style more emphatic and engaging than traditional textbook style about a core issue of persistent debate and controversy

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