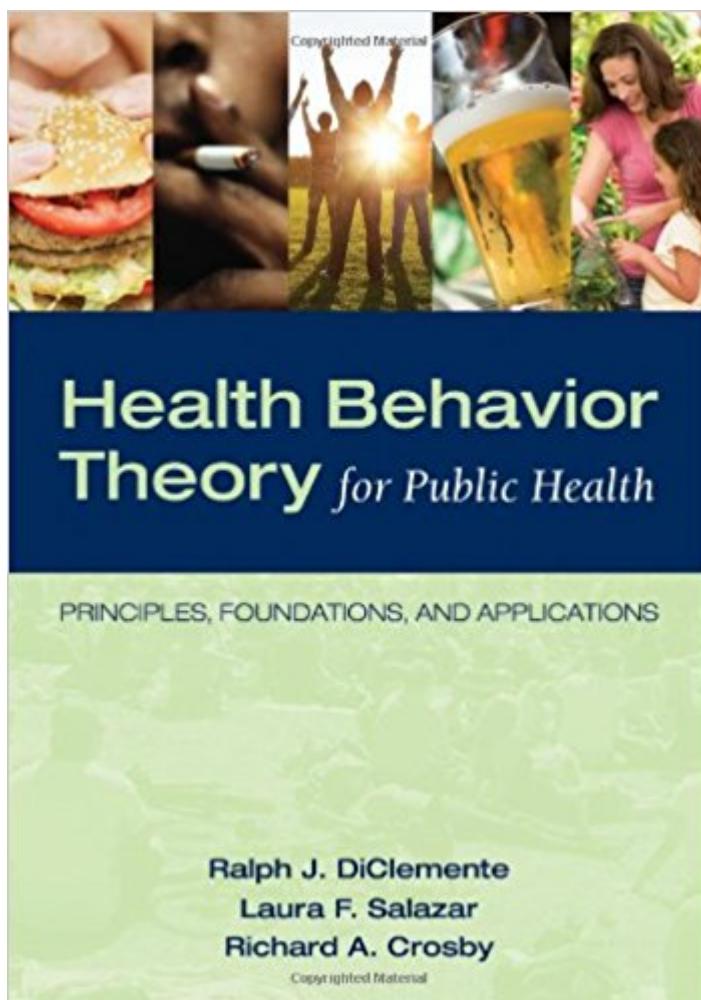


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# Health Behavior Theory For Public Health: Principles, Foundations, And Applications



## **Synopsis**

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 of a diverse set of application “tools”.

## **Book Information**

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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 of a diverse set of applications "tools".

good book for public health people! very useful

This is my first review on textbooks. There are just so many textbooks you need to buy as a grad student, but only so few one might actually enjoy while reading/making notes. This is one of those few for me. Very easy to read and follow. I like how authors always had multiple examples to demonstrate how theories and concepts can be applied in each of the chapters. Good textbook!

This book is an excellent supplement to the course I'm taking, Health Behavior and Education.

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Excellent

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