



Health Promotion and Aging, 4th Edition: Practical Applications for Health Professionals

David Haber PhD

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Continuing to advocate for health professionals becoming health educators and a more informed, healthier aging population, David Haber has updated this fourth edition of his respected text with discussion and analysis of major issues and topics in the field, including:

- A Critique of the *MyPyramid Food Guide*
- How to Change Medical Encounters into Health Encounters
- Descriptions of Model Health Programs
- A Review of the 2006 Surgeon General's Report on Second-Hand Smoke
- Critical Analysis of Medicare Part D
- The Benefits of Pet Support
- Life Review and Cognitive Fitness
- Appraisals of Complementary and Alternative Practices

Innovative ideas on public policy and aging, examples of stand-out community health advocacy, and a final chapter on the future of the field complete this integrated look at our health, community, and aging.

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