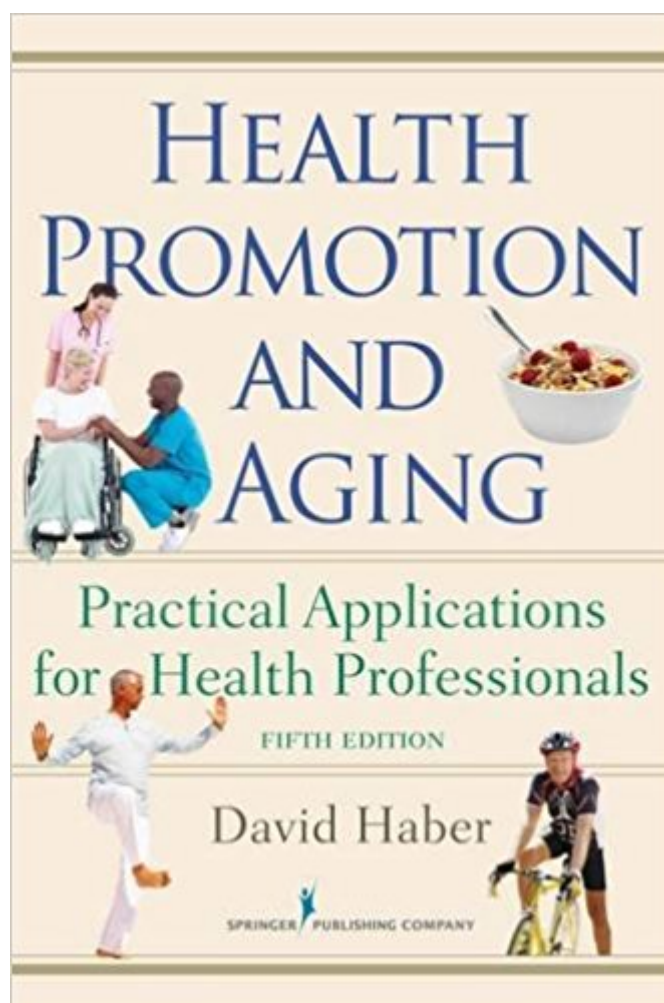


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# Health Promotion And Aging: Practical Applications For Health Professionals, Fifth Edition



## Synopsis

I applaud Dr. Haber for addressing key concepts and issues in health promotion and aging, and making them accessible, respectful, mindful, and empowering. Marilyn R. Gugliucci, PhD Director, Geriatrics education and Research University of New England, Past President, AGHE David Haber has done it again!...A must-have for students and faculty alike. Barbara Resnick, PhD, CRNP, FAAN This fifth edition of Health Promotion and Aging has been substantially revised and updated with multiple new sub-sections, topics, and terms in each chapter. This book presents a wide scope of cutting-edge topics including gay aging, Jewish aging, social networking, brain games, the Obama administration's health care reform, mental health parity, exploritas, Wii-habilitation, elderspeak, skin cancer, Family Smoking Prevention and Tobacco Control Act, Senator Ted Kennedy's government-run long term care proposal, and sleep-related medical disorders. This book is focused on current research findings and practical applications, and includes detailed descriptions of two of the author's own programs that have been recognized by the National Council on the Aging's Best Practices in Health Promotion and Aging. These programs are comprehensive exercise programs in the community that include aerobics, strength building, flexibility and balance, and health education; and a health contract/calendar to help older adults change health behaviors.

## Book Information

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## Customer Reviews

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.

Clean book, great price! The ratings were accurate as I read them before ordering this book as a requirement for one of my classes this semester.

This text is being used in my Doctorate of Nursing Practice Program and is a required text as we address the healthcare milieu of today.

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