



High-Protein Breakfasts Without Eggs



Protein Breakfast Update Promo

**Ruth Beckmann Murray, Judith Proctor
Zentner**

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Introduction to Health Promotion Anastasia M. Snelling, 2023-11-21 An in depth look at the theoretical foundations and practical applications of health promotion. *Introduction to Health Promotion* gives students a working knowledge of health promotion concepts and their applications with a special emphasis on the philosophical and theoretical foundations of health promotion. This new edition underscores the growing need highlighted by the COVID 19 pandemic for activities, programs and policies to improve the quality of health for all. Spearheaded by leading public health professor and registered dietitian Dr. Anastasia Snelling, this respected textbook addresses health disparities in disadvantaged communities and describes the features of the community driven programs that will be necessary to address them. Unlike other books in the field, *Introduction to Health Promotion* delves into the complex interwoven factors that influence health including social and physical environments, medical advances, personal lifestyle choices and legislation. This in depth examination prepares and inspires health promotion students as they prepare for their careers. Provides a clear introduction to the essential topics and theories in health promotion. Reviews the cultural and political landscape surrounding key health behaviors including tobacco use, physical activity and eating. Explores current trends in health promotion including telehealth, health disparities, new technologies and the aging population. Describes contemporary health promotion initiatives and provides an overview of health promotion settings and career opportunities. Ideal for students in health promotion, health education and public health fields. *Introduction to Health Promotion* prepares learners with a comprehensive overview of the foundations, history and current perspectives of health promotion as well as its key methods and applications. Instructors will appreciate the online supplementary materials facilitating course design.

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