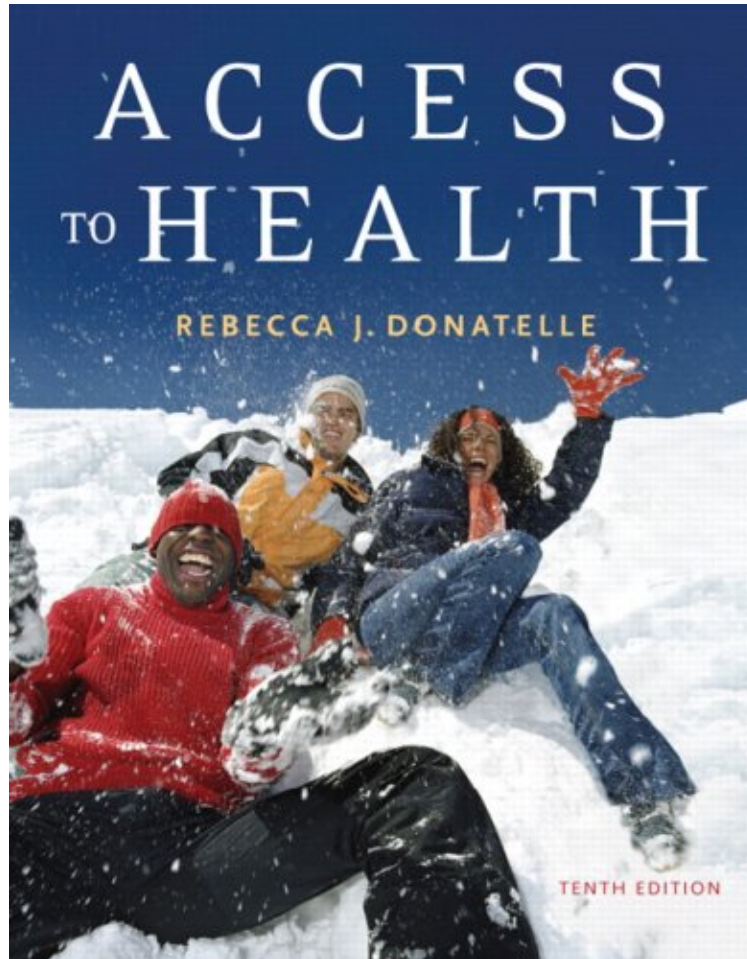


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## Access to Health (10th Edition)

*Rebecca J. Donatelle, Patricia Ketcham*  
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**Rebecca J. Donatelle, Patricia Ketcham : Access to Health (10th Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Access to Health (10th Edition):

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The newly revised Access to Health, Tenth Edition features a new reader friendly design. Long known for its currency, research, and strength in behavior change for personal health readers, the Tenth Edition provides a consistent framework for motivating readers to make healthy life choices. The revised edition's updated coverage includes a revised fitness chapter with greater focus on daily physical activity, updated nutrition chapter using the 2005 dietary

guidelines, and increased information on coping with stress. Hot topics include the latest on fad-diets, sleep, and the role spirituality plays in our lives will engage reader interest. Promoting Healthy Behavior Change, Psychosocial Health: Being Mentally, Emotionally, Socially, and Spiritually Well, Managing Stress: Coping With Life's Challenges, Violence and Abuse: Creating Healthy Environments, Healthy Relationships: Communicating Effectively with Friends, Family, and Significant Others, Sexuality: Choices in Sexual Behavior, Reproductive Choices: Making Responsible Decisions, Nutrition: Eating for Optimum Health, Managing Your Weight, Personal Fitness: Improving Health Through Exercise, Addictions and Addictive Behavior: Threats to Wellness, Drinking Responsibly: A Lifestyle Challenge on Campus, Tobacco and Caffeine: Daily Pleasures, Daily Challenges, Illicit Drugs: Use, Misuse, and Abuse, Cardiovascular Disease: Reducing Your Risk, Cancer: Reducing Your Risk, Infectious Diseases and Sexually Transmitted Infections: Risks and Responsibilities, Noninfectious Conditions: The Modern Maladies, Healthy Aging: A Lifelong Process, Dying and Death: The Final Transition, Environmental Health: Thinking Globally, Acting Locally, Consumerism: Selecting Health Care Products and Services, Complementary and Alternative Medicine: New Choices and Responsibilities for Healthwise Consumers For all readers interested in personal health and making healthy life choices.

From the Back Cover Access to Health, Sixth Edition builds upon the success of previous editions by providing an updated, comprehensive overview of all aspects that affect one's health. Employing a behavioral management approach, this book is exceptionally comprehensive in content and theory, while at the same time providing the practical means of assessing and managing personal health behaviors. The sixth edition explores the latest changes in the field and is the first to include full-chapter coverage of communication, violence, and the addiction process. The book encourages self-exploration, maintains a contemporary focus, and emphasizes current trends in personal health. New for this edition is an interactive CD-ROM packaged FREE with the textbook. This valuable study tool provides the opportunity to review and reinforce concepts with appropriate examples, to explore the latest information and stay up-to-date with ongoing research (such as the Framingham Heart Study), and to apply acquired knowledge. The CD-ROM continues the Access to Health tradition of a strong pedagogical framework designed to enhance learning and encourage the adoption of healthy living habits. The CD-ROM contains a study outline of each chapter of Access to Health including numerous clickable icons corresponding to chapter content. The icons Video, Audio, Weblink, Activity, Practice Test serve as an opening to expanded information and encourage information retention and application. For anyone interested in Health and Wellness. About the Author Rebecca J. Donatelle is a teacher and mentor for undergraduate and graduate students in the Department of Public Health at Oregon State University. Although her main emphasis is in the area of Public Health Promotion and Health Education, she teaches a wide range of students from many disciplines on the Oregon State campus. Donatelle is an Associate Professor in Public Health and is the Coordinator of Public Health Promotion and Education Programs in the College of Health and Human Sciences. She has a Ph.D. in Community Health/Health Education, a Master of Science degree in Health Education, and a Bachelor of Science degree with majors in both Health/Physical Education and English. She is also a Certified Health Education Specialist. Among the courses that she teaches are Principles of Health Behaviors, Stress and Health, Violence and Public Health, Epidemiology and Control of Chronic Diseases, and Introduction to Human Disease (Communicable). Recently, she has developed a new course on Complementary and Alternative Medicine. In addition to her teaching responsibilities, Donatelle is an active researcher in the area of health behaviors, and she has been the principal investigator on a number of randomized, controlled trials focusing on motivating behavior change, the use of social support facilitating behavior change, and the use of community supports to assist individuals in changing high-risk behaviors. Currently, she is working with pregnant women who smoke in an effort to get them to reduce or stop smoking during pregnancy and beyond. She has also conducted extensive research in the area of decision making and factors influencing the use of alternative and traditional health care providers for treatment of low back pain; illness and sick role behaviors; women's decisions about treatment for breast cancer and cardiac rehabilitation; and stress in health and disease. Donatelle has received the Leadership Award, an Outstanding Teacher Award, and a Robert Wood Johnson Foundation Presidential Award for Promising New Research in the Smoke-Free Families National Initiative. She has been an active member of several state and national committees and task forces and continues to work to reduce risk for high-risk populations, particularly women and older adults. In addition to Access to Health, Donatelle is the author of Health: The Basics, Fitness for Health, and AIDS and STIs in a Global Society, and she has written several chapters and manuscripts for various health-related books and journals.