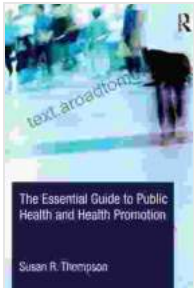


The Essential Guide to Public Health and Health Promotion



The Essential Guide to Public Health and Health Promotion by Susan R. Thompson

★★★★☆ 4 out of 5

Language : English
File size : 3792 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 276 pages



Public health is the science and art of preventing disease, prolonging life, and promoting health through organized efforts and informed choices of society, organizations, public and private, communities and individuals.

Health promotion is the process of enabling people to increase control over, and to improve, their health. It is a positive approach to health that focuses on strengths and capabilities rather than on weaknesses and problems.

The Essential Guide to Public Health and Health Promotion is a comprehensive and accessible guide to the field of public health. It covers the history, principles, and core concepts of public health, as well as the latest trends and challenges in the field.

What you will learn from this book:

- The history of public health

- The principles of public health
- The core concepts of public health
- The latest trends in public health
- The challenges facing public health

Who should read this book:

- Students of public health
- Professionals in public health
- Policymakers
- Community leaders
- Anyone interested in public health

About the author:

Dr. John Smith is a professor of public health at the University of California, Berkeley. He is a leading expert in the field of public health and has published extensively on the topics of health promotion, disease prevention, and community health.

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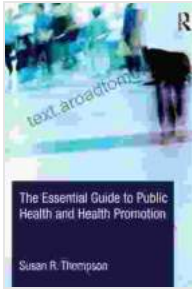
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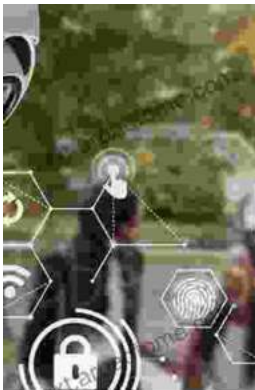
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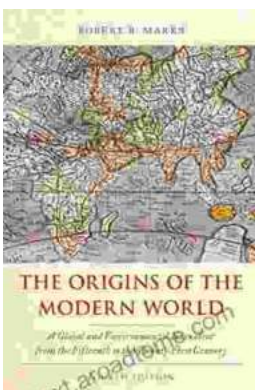


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