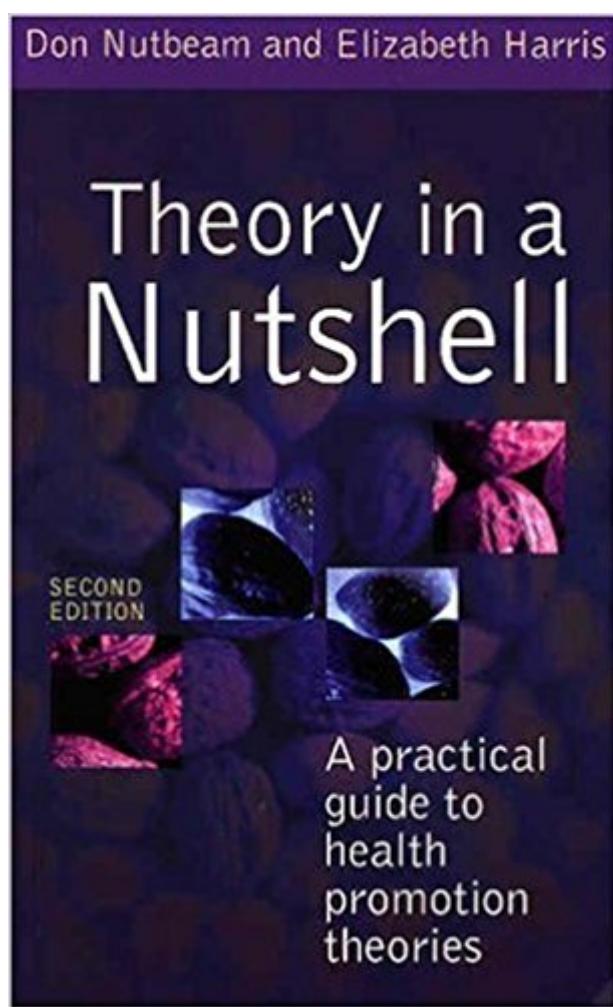


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# Theory In A Nutshell: A Practical Guide To Health Promotion Theories



## **Synopsis**

An Up-to-the-Minute Overview of the Major Concepts of Health Promotion Programs! 4 STAR DOODY'S REVIEW! "This is a very useful guide for busy practitioners who want a concise, accessible resource of theories for health promotion. Each theory is followed by a commentary discussing its strengths, weaknesses, and practical use. Each chapter ends with a bibliography of further readings. Tables and figures throughout further enhance understanding. This edition includes revisions and updates to all sections as well as new sections on community organization and community building, evidence-based policy making, and health impact assessment."--Doody's Review Service Following on the success of the first edition, this resource thoroughly explores the main theoretical concepts and models in health promotion and clearly explains the significance, practical application and impact of different theories on the individual, community, and organization.

## **Book Information**

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The use of theory in the planning and implementation of health promotion programs will more reliably produce positive outcomes. Following on from the success of the first edition, Theory in a Nutshell 2nd Edition explores the main theoretical concepts and models in health promotion and explains the significance, practical application and impact of different theories on the individual, community and organization. This edition includes concise reviews of established theories, such as social cognitive theory and health belief model, as well as expanding on new developments in the field including evidence-based policy making and health impact assessment. Thoroughly revised

and updated, the book maintains the accessible style suitable for public health practitioners, health promotion and health education specialists, epidemiologists and social policy makers, as well as students of public health and health promotion. Features: \*Written for public health practitioners, health promotion specialists and students \*Explains the core theories and concepts and applies them to a variety of common community contexts \*Thoroughly updated information distilled into a concise, accessible format \*Authors are internationally recognized leaders in the field About the Authors: Don Nutbeam is Pro vice-Chancellor and Head of the College of Health Sciences at Sydney University. He was formerly Head of Public Health in the UK Department of Health. Elizabeth Harris is Director of the Centre for Health Equity Training, Research and Evaluation at the University of New South Wales.

Don Nutbeam is Pro vice-Chancellor and Head of the College of Health Sciences at Sydney University, Sydney, Australia. Elizabeth Harris is Director of the Centre for Health Equity Training, Research and Evaluation at the University of New South Wales.

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