

# Ukactive

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

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designed to help readers develop the practical skills needed to become effective public health practitioners this concise text gives a highly accessible overview of the theory and practice of public health and health promotion the book covers a comprehensive range of key topics beginning with a discussion of theoretical models and approaches to public health before addressing important issues such as equality health education and governmental policy it also offers readers information on health needs assessment including how to research plan and evaluate practice with individual clients or population groups methods of helping people with motivation for behaviour change building rapport ongoing support and signposting to services the role of communities in improving health and how to support local populations in light of the covid 19 pandemic this 2nd edition has been updated with new material around vaccination and communicable disease and includes expanded coverage of mental health issues there s also a new reflective thinking feature to encourage a more critical approach the essential guide to public health and health promotion 2nd edition is the ideal starting point for all those new to working or studying in the area whatever their professional or academic background

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