

THE HANDBOOK OF **HEALTH BEHAVIOR CHANGE**



**ANGIE L. CRADOCK
KRISTINA H. LEWIS
JUSTIN B. MOORE
EDITORS**

SPRINGER PUBLISHING
CONNECT™

SEE
DETAILS
INSIDE!

INCLUDES ONLINE ACCESS AND ADDITIONAL RESOURCES.

CONTENTS

Contributors ix

Preface xiii

Acknowledgments xv

Instructor Resources xvii

I. THEORIES, FRAMEWORKS, AND MEASURES RELEVANT TO HEALTH BEHAVIORS

1. How Policy, Society, and Economics Shape Health Behaviors 1

Vahé Heboyan and J. Dustin Tracy

2. Population Health, Social Ecology, and Community-Engaged Research 21

Scott D. Rhodes, Benjamin D. Smart, Ana D. Sucaldito, Amanda E. Tanner, and Enbal Shacham

3. Interventions With the Family System: Translating Theory Into Practice 39

Emily R. Hamburger, Lindsay S. Mayberry, and Sarah S. Jaser

4. Individual-Level Theories 60

Jay E. Maddock

5. Developmental and Cultural Influences on Behavior and Health 82

Crystal S. Lim and E. Thomaseo Burton

6. Measuring Health Behaviors at the Individual and Community Levels 100

Alexandra D. Monzon, Jessica S. Pierce, Lindsay A. Taliaferro, and Rachel M. Wasserman

II. PRIORITIZED BEHAVIORS FOR PRIMARY PREVENTION OF DISEASE

7. Dietary Behavior Change 119

Tracy E. Crane and Samantha Werts-Pelter

8. Physical Activity 139

Jylana L. Sheats, Sandra J. Winter, and Abby C. King

9. Tobacco, Alcohol, and Other Drugs 164

Oluwole Jegede, Joyce Rivera, Mark Jenkins, and Ayana Jordan

10. Vaccines 192

Abram L. Wagner

11. Sexual and Reproductive Health 212

Jewel Gausman, Kathryn Barker, Mahesh Karra, and Ana Langer

12. Behavior Change Approaches to Preventing Unintentional Injuries 236

David A. Sleet and Andrea C. Gielen

III. PRIORITY BEHAVIORS FOR SECONDARY PREVENTION

13. Screening for Cancer 253
Kirsten Nguyen and Jennifer Richmond
14. Cardiovascular Disease: A Focus on Primary and Secondary Prevention 274
Krupal Jay Hari, Yashashwi Pokharel, and Justin B. Moore
15. Diabetes Management Behaviors: The Key to Optimal Health and Quality of Life Outcomes 294
Korey K. Hood and Ryan D. Tweet
16. Obesity 316
Loneke T. Blackman Carr and Veronica R. Johnson
17. Mental and Behavioral Health 341
Katherine Sanchez and Marisol Vargas Vilugron

IV. INTERVENING IN SETTINGS AND SYSTEMS TO MODIFY HEALTH BEHAVIORS

18. School Interventions to Support Health Behavior Change 357
Rebekka M. Lee, Andria B. Eisman, and Steven L. Gortmaker
19. Chronic Disease Prevention in the Worksite 373
Elizabeth Ablah, Mary T. Imboden, and Anna L. Zendell
20. Healthcare Provider and System Interventions Promoting Health Behavior Change 392
Kristina H. Lewis
21. The Roles of the Built Environment in Supporting Health Behavior Change 413
Angie L. Cradock
- Index 437