

# THE OPEN UNIVERSITY GUIDE TO HEALTHY EATING

IN ASSOCIATION WITH

THE HEALTH EDUCATION COUNCIL  
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# The Open University Guide To Healthy Eating

**Lisa Bailey-Davis, Jennifer Savage**



## **The Open University Guide To Healthy Eating:**

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**Rethinking Health Promotion** Theodore H. MacDonald,2012-10-12 In today's world health means far more than merely the absence of illness In Rethinking Health Promotion Theodore H MacDonald sweeps away the confusion surrounding the function and position of health promotion He argues that far from being a modern innovation health promotion has existed as a distinct and separate enterprise for as long as biomedicine and cautions against health promotion becoming organized merely an offshoot of medical care Drawing on the author's experience as a World Health Organisation consultant the book also tackles the question of whether health promotion has relevance on an international scale or whether it is purely a eurocentric phenomenon Against this background individual chapters explore universal factors such as sexual health diet unemployment alcohol and tobacco use With its critical and historical approach this book breaks new ground in assessing health promotion and will be stimulating reading for the wide variety of students and professionals studying health promotion      Healthy eating and parenting messages to prevent obesity Lisa Bailey-Davis,Jennifer Savage,2023-05-03

**Mental Health Handbook for Schools** Mary Atkinson,Garry Hornby,2015-11-26 This practical and accessible reference book provides information on a comprehensive range of mental health problems that teachers are often confronted with      **The Essential Guide to Public Health and Health Promotion** Susan R. Thompson,2023-07-28 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      **The Complete Guide to Personal Training** Morc Coulson,2014-10-09 A complete reference guide for anyone involved in prescribing exercise programmes for personal training clients The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework pertaining to personal training and

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**Evolve Resources for Promoting Health** Lyn Talbot,Glenda Verrinder,2014-01-24 Evolve Resources for Promoting Health

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**Public Health** Rob Baggott,2010-12-09 Incorporating the latest developments from the field this eagerly awaited new edition once again provides an important and comprehensive analysis of the key issues in public health Exploring the underlying political context and policy processes this text is core reading for all those interested in the essentials of this area

**Nutrition Education: Linking Research, Theory, and Practice** Isobel R. Contento,2010-03-29

**Promoting Health** Lyn Talbot,Glenda Verrinder,2009-10-30 The new edition will provide readily accessible material for public health educators and practitioners in a number of professions who are increasingly being required to address the challenges emerging from the inter related impacts of the social and environmental factors impacting on health in an era of globalisation

**Dementia Care at a Glance** Catharine Jenkins,Laura Ginesi,Bernie Keenan,2016-01-26 Dementia Care at a Glance is the perfect companion for health and social care professionals nurses students as well as family members and voluntary workers needing information and guidance about dementia care Taking a person centred and interpersonal approach each chapter outlines an aspect of the experience of living with dementia and the steps that the nurse or healthcare professional can take to support them This comprehensive book will assist readers to respond effectively sensitively and with compassion to people living with dementia in acute settings as well as in care environments and at home It acknowledges the challenges that arise for people with dementia family members and professionals and offers practical solutions based on current thinking and best practice Presented in the bestselling at a Glance format with superb illustrations and a concise approach Covers the common forms and manifestations of dementia their causes and how to address them Addresses a wide range of topics including interventions communication care planning medication therapy leadership as well as ethical and legal issues Takes a positive holistic approach including not only physical and mental health issues but social and spiritual implications and a person centred focus throughout Suitable for students on a range of healthcare courses Supported by a companion website with multiple choice questions and reflective questions

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highly successful Foundations for Health Promotion continues to offer a wealth of information in a unique user friendly format Containing over 300 artworks tables and pull out boxes this helpful text covers the theory strategies and methods settings and implementation of health promotion Applicable to a wide range of health and social care professionals and anyone engaged with education about health and wellbeing Comprehensive updating and expansion to reflect recent research findings and major organizational and policy changes Clear structure and signposting for ease of reading and study Wide choice of examples and illustrative case studies reflect the needs of a variety of professional groups in health services local and municipal services and education Interactive learning activities with indicative answers help readers consolidate their learning Comprehensively updated and expanded to reflect major organizational and policy changes Interactive learning activities with indicative answers at the end of each chapter Pull out boxes illustrate recent research findings and case studies of practice      Community Nutrition for Developing Countries Norman J. Temple ,Nelia Steyn,2016-03-31 Nutrition textbooks used by universities and colleges in developing countries have very often been written by scholars who live and work in North America or the United Kingdom And while the research and information they present is sound the nutrition related health challenges with which developing countries must grapple differ considerably from those found in highly industrialized Western nations The primary aim of Community Nutrition for Developing Countries is to provide a book that meets the needs of nutritionists and other health professionals living and working in developing countries Written by both scholars and practitioners the volume draws on their wealth of knowledge experience and understanding of nutrition in developing countries to provide nutrition professionals with all the information they require Each chapter addresses a specific nutrition challenge currently faced by developing countries such as food security food safety disease prevention maternal health and effective nutrition policy In addition the volume serves as an invaluable resource for those developing and implementing nutrition education programmes With an emphasis on nutritional education as a means to prevent disease and effectively manage health disorders it is the hope of the nearly three dozen contributors to this work that it will enhance the health and well being of low income populations throughout the world      *Nutrition Education: Linking Research, Theory, and Practice* Isobel R. Contento,Pamela A. Koch,2025-03-11 Nutrition Education Linking Research Theory and Practice provides a straightforward user friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals food choices and assists them in adopting healthy behaviors throughout their lifetime Built around the six step DESIGN process the text integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education      *Promoting Healthy Behaviour* Dominic Upton,Katie Thirlaway,2014-02-10 There is ever growing recognition by governments and healthcare professionals of the need to respond to the challenges of preventable diseases especially so called lifestyle diseases and of the influence that social class gender ethnicity as well as individual differences play in health This text

explores the fundamental importance of psychology in the development of these lifestyle diseases and how an understanding of psychological models is essential for the healthcare practitioner to predict behaviours and develop evidence based interventions This thoroughly updated edition includes new chapters looking at health inequalities health promotion working with special populations and understanding the role of social and psychological factors in some common conditions These four additional chapters will enable the reader to better understand the place of lifestyle change within wider society Beginning with an introduction to healthy behaviour and the context that health practitioners work in the book goes on to look at issues including The role of psychology in lifestyle change Diet alcohol smoking and active lifestyles Sexual behaviour Chronic illness and vulnerable populations Each chapter includes key features including learning objectives case studies key points and discussion questions as well as how to apply the various research and theories to practice Promoting Healthy Behaviour is a practical and informative guide for your practice both now and in the future and is invaluable reading for healthcare professionals at any stage of their careers

**Resources in Education** ,1999

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