

PREFACE

Today, threats to our health and the health of our planet dominate the media and affect our lives on a daily basis. Water shortages, polluted air, food safety concerns, violence and the threat of terrorism, diseases, and other concerns have us wondering about our ability to survive and thrive. The issues often seem so overwhelming, that you might wonder whether there is anything you can do to make a difference—to ensure your health, and a planet that is preserved for future generations. You are not alone! The good news is that you can do things to improve your health while being an agent for change with your loved ones and the greater community. It can start now, and it can start with you!

After years of teaching and working with students of all ages and stages of life and careers, I am encouraged by the fact that so many people, particularly younger adults, are “tuned in” to health. The problem is that with so much talk about health on so many platforms, sifting through the “junk information” and making the right choices based on good science and good sense can be difficult.

My goals in writing *Health: The Basics, the Mindfulness Edition*, were to build on the strengths of past editions; to utilize the most current, scientifically valid research; and to examine key issues and potential solutions. We face increasing levels of stress, mental and emotional health problems, and real and perceived threats. As such, I have taken an exciting new Mindfulness approach to this edition. Mindfulness strategies are found in new “mindfulness and you” feature boxes and throughout the chapter text, flagged by a new icon. 

Another ground-breaking and essential area of focus is our new chapter on *difference, disparity, and health equity*. Clearly, we face challenges in adapting to large and growing demographic shifts in the United States, complete with lingering stereotypes, distrust, anger, misperceptions, and other potentially destructive consequences. I challenge students to think about these issues and to explore actions that can be taken as individuals and as a society to begin to remove barriers and promote health equity for all.

As part of the process, I have worked hard to provide students with essential tools and resources to empower them to examine their behaviors and the factors that contribute to those behaviors, and to prioritize health now rather than next week or in some distant future. My other goal is to challenge students to also think globally as they consider health risks and seek creative solutions, both large and small, to address complex health problems. There is no one-size-fits-all recipe for health. You can do it your way, whether that means starting slowly with “baby steps” designed to change deeply engrained behaviors or gearing up for major changes that all happen at once. Remember, you didn’t develop your behaviors overnight. Being patient but persistent with yourself is often part of the process. This book is designed to help

students quickly grasp the information, focusing on key objectives that have relevance to their own lives. Importantly, encourage students to think about the issues, and help students answer these questions: What is the issue and why should I care? What are my options for action? When and how do I get started?

With each new edition of *Health: The Basics*, I have been gratified by the overwhelming success that this book has enjoyed. I am excited about making this edition the best yet—more timely, more relevant, and more interesting for students. Let’s be real: Our world faces unprecedented challenges to individual and community health. Understanding these challenges and having a personal plan to preserve, protect, and promote health will help to ensure our healthful future!

NEW TO THIS EDITION

Chapter 1: Accessing Your Health

- Updated research linking poor diet to poor health
- Additional coverage of rising rates of prescription and illegal drug abuse, particularly opioids
- New stats on American insurance status
- A new focus on mindfulness, including an entire section on why mindfulness is so important to health, how to practice mindfulness, and potential current and long-range benefits of mindfulness.

Focus On: Difference, Disparity, and Health: Achieving Health Equity

This exciting new chapter, “Focus On: Difference, Disparity, and Health: Achieving Health Equity,” looks at:

- What we mean by the terms *difference, disparity, and health equity* and why these are critical issue in America today
- The populations that are most vulnerable to health disparities as well as societal costs
- The social determinants of health that most strongly influence health disparities in the United States.
- Specific actions to take to promote health equity on campus, in community, and individually
- Systemic changes needed for the United States to progress toward better health for all, as well as examples of national and community-based initiatives focused on this goal

Chapter 2: Promoting and Preserving Your Psychological Health

- Updated research on all mental health issues with comprehensive research on contributors to these issues
- An enhanced section on self-esteem that addresses growing concerns about people who seem to be overdosing on self-esteem. Can you have too much of a good thing?

- A new section on defense mechanisms and how they can work to protect you or hold you back
- A new section on lifespan, maturity and health
- Updated and expanded information about the growing mental health crisis among young adults today and college students are particularly vulnerable to problems such as depression and anxiety
- A new **Mindfulness and You** box on potential positive effects of mindfulness practice and mental health problems

Focus On: Cultivating Your Spiritual Health

- Enhanced discussion of what it means to be spiritually healthy, the difference between being spiritual and being religious, and trends in spirituality based on age, with an emphasis on college students and Millennials
- Updated information on the physical, social, and psychological benefits of spiritual health
- New information on mindfulness as it relates to spiritual health, particularly environmental mindfulness

Chapter 3: Managing Stress and Coping with Life's Challenges

- A revised figure focusing on stress levels by age
- New coverage of the transactional model of stress and coping
- Expanded coverage of stress, immunity, and susceptibility to infectious diseases
- New minority-stress theory and its importance.
- New coverage of the Yerkes-Dodson Law of arousal
- A new **Mindfulness and You** box on technostress and what you can do about it
- Updated coverage of stress related to relationships and money
- New coverage of stress-induced cardiomyopathy and new research on broken heart syndrome
- New coverage of dispositional mindfulness and ways to mindfully assess your stressors

Chapter 4: Improving Your Sleep

- New information on the growing recognition of how sleep affects health, sleep in the U.S., and reasons why so many people are sleep deprived.
- Updated information on the role of sleep in coping with life's challenges, maintaining your immune system, reducing your risks for CVD and Alzheimer's, and contributing to cognitive functioning
- New coverage of the "short sleeper" who needs less sleep
- A new **Mindfulness and You** box on how mindfulness strategies can improve your sleep
- New information on technology's effect on sleep and how to reduce risks

Chapter 5: Preventing Violence and Injury

- Expanded coverage of trends in violence in the United States and whether we are experiencing an epidemic of meanness?
- New trends and statistics on violent crimes in the United States
- Updated statistics on campus violence, new definitions on sexual assault, and enhanced coverage of new legal implications related to sexual assault and rape on campus.

- Updated information on factors contributing to various forms of violence
- A new section on the growing problem of cybercrime and what you can do to protect yourself
- An expanded section on reducing rape on campus, with coverage of the "It's on Us" program
- New information on tech-facilitated stalking
- Updated information on the prevalence of unintentional injuries, particularly distracted driving crashes.
- A new **Mindfulness and You** box on anger, reactivity, and mindful cooling-off strategies

Chapter 6: Connecting and Communicating in the Modern World

- Updated statistics and information on the various types of relationships, how they are changing, and how they may differ on the basis of selected variables.
- Enhanced information on the criteria for healthy versus unhealthy relationships and the impact of each on overall health
- Updated information on the benefits of intimate relationships, friendships, social capital, and family relationships and how each is important to overall health
- Updated and expanded information about social media and how social media interactions can be stressful
- A new **Mindfulness and You** box covering how mindfully listening can improve your relationships

Focus On: Understanding Your Sexuality

- Updated information on trends in hormone replacement therapy and potential risks versus benefits.
- A new **Mindfulness and You** box on mindfulness as a way to manage some forms of sexual dysfunction
- Updated information on the correlation between drinking and unprotected sex among college students
- Updated coverage of gender identity, including transgender and cisgender individuals

Chapter 7: Considering Your Reproductive Choices

- Updated statistics on contraceptive usage rates and effectiveness among American college students
- Updated statistics on percentages of Americans who consider themselves pro-choice or pro-life.
- Updated information on lack of abortion availability for low-income populations
- A new **Mindfulness and You** box on coping with depression during pregnancy

Chapter 8: Recognizing and Avoiding Addiction and Drug Abuse

- Expanded coverage of addictions, psychological dependence, and health risks
- Expanded coverage of gambling disorder, particularly the four common phases individuals pass through
- Expanded coverage of compulsive buying disorder, particularly as it relates to the impact of the Internet
- Updated information on illicit drug use on campus and overall in the United States, including the growing threat of heroin addiction in many areas.

- Updated information on the status of legalized marijuana, the impact of legalization, and the pros and cons of a legal marijuana society
- A new **Mindfulness and You** box on mindfulness-based relapse prevention methods and the effectiveness of selected intervention strategies
- A new section on recovery coaching and its effectiveness

Chapter 9: Drinking Alcohol Responsibly and Ending Tobacco Use

- Updated and enhanced statistics on drinking prevalence, at-risk individuals, abstinence, and overall trends in alcohol use and abuse in America.
- Updated information on the long-term effects of alcohol use, particularly the possible correlation with cancer and other health risks
- Updated information on alcohol use in college, particularly high-risk drinking behaviors such as pregaming, binge drinking, and calorie “saving”
- New sections on alcohol inhalation
- Updated data on the social, health care, employee, and safety costs of alcohol misuse and abuse
- Updated statistics on trends in tobacco use and economic, health, and social costs to society
- Expanded coverage of e-cigarettes and their use
- Expanded coverage of drugs that play a role in tobacco cessation and reduction
- A new **Mindfulness and You** box on how mindfulness can help in quitting smoking

Chapter 10: Nutrition: Eating for a Healthier You

- New and expanded coverage of dietary trends in consumption in the United States and how these changes are related to changes in health status, particularly trends in obesity
- Updated information on the benefits and risks of fiber, protein, fats, carbohydrates, and other nutrients
- Updated information on the risks of *trans* fats and partially hydrogenated oils. Is butter better?
- Updated information on dietary fats, changes in recommendations for eggs and other products, and their potential roles in health and disease
- Overview of the New Dietary Guidelines for Americans
- A new **Mindfulness and You** box on mindful eating

Chapter 11: Reaching and Maintaining a Healthy Weight

- New statistics and trends in overweight, obesity, and super obesity in the United States and globally and the importance of these changes in overall risks to health
- New research on the potential role of genetics, hormones, and other factors in appetite
- Expanded discussion of psychosocial and socioeconomic factors in weight problems
- A new section on emerging theories on obesity risk, including discussions of pathogens and environmental toxins, drugs, and sleep deprivation
- A new section on mindful eating and eating triggers
- Updated coverage of weight loss interventions and treatments, including drugs and new surgical techniques

Focus On: Enhancing Your Body Image

- Updated tips for helping a friend with disordered eating
- Updated research throughout

Chapter 12: Improving Your Personal Fitness

- New material on how mindfulness strategies can help you make better use of your physical and social environments and enhance your activity levels
- New information on green exercise as a way to get physical and mental health benefits
- New information on assessing your social environment

Chapter 13: Reducing Your Risk of Cardiovascular Disease and Cancer

- Complete revision of trends, statistics, and risk factors for cardiovascular disease and cancer in the United States.
- New and updated information on the prevalence of coronary heart disease and hypertension and increased risks among young adults
- New information on pretricular contractions and other arrhythmias among young, apparently healthy adults
- New trends and statistics on smoking prevalence, at-risk populations, and long-term consequences
- A new section on *Helicobacter pylori* and stomach cancer
- A new **Mindfulness and You** box on ways of coping with the emotional side effects of cancer diagnoses

Focus On: Minimizing Your Risk for Diabetes

- New **Mindfulness and You** box on mindfulness-based interventions for controlling Type 2 Diabetes
- Updated information around global prevalence of Diabetes
- New information on diabetic neuropathy

Chapter 14: Protecting Against Infectious Diseases and Sexually Transmitted Infections

- New statistics and information on infectious diseases and the threat of strains of bacteria that are resistant to antibiotics and antimicrobials
- New information on a new tuberculosis vaccine
- A new and expanded section on the rising threats of tick-borne diseases, including coverage of the Powassan virus in the upper Midwest and northeastern United States
- Updated information on flu vaccination rates and the importance of vaccination for high-risk groups
- Expanded coverage of the Zika virus and continuing efforts to diagnose and treat the disease and prevent its spread.
- A new section on the potential role of mindfulness in reduced infectious disease risk
- Updated information on the latest HIV/AIDS trends and new diagnostic tests, treatments, and prevention methods

Focus On: Reducing Risks for Chronic Diseases and Conditions

- New **Mindfulness and You** box on using mindfulness and manage chronic pain
- New coverage of new guidelines surrounding LBP and treatment
- Update research throughout

Chapter 15: Making Smart Health Care Choices

- Updated information on current trends, issues, and concerns regarding consumer use of health care system and prescription drug use problems
- An updated and expanded section on various health care systems and services, the Affordable Care Act, and current Medicaid and Medicare concerns
- Updated information on the costs of the U.S. health care system, uninsured and underinsured populations, and potential health care changes that will affect young and old in the United States

Focus On: Understanding Complementary and Integrative Health

- New and expanded information on the increasing role of complementary and integrative medicine in the United States and the potential risks and benefits of selected treatments
- Added information on how mindfulness-based meditation has been shown to increase patients' sense of control over their symptoms and treatment
- A new **Mindfulness and You** box on the unexpected academic benefits of mindfulness
- Updated information on the benefits of acupuncture
- Added information on recalls of certain natural products

Focus On: Aging, Death, and Dying

- Updated data and information on U.S. aging
- Updated information on the prevalence of hospice facilities in the United States
- Updated figure on living arrangements of Americans age 65 and older
- Updated exercise recommendations for adults over age 65

Chapter 16: Promoting Environmental Health

- New and expanded coverage of the threats and challenges to the environment caused by human populations, including key contributors and potential risks of too little action to intervene
- New information and a new figure illustrating how we typically use water each day in our homes, with suggestions for reduction
- New information and trends on species extinction, natural resource depletion, and accelerations in both resulting from human activity and climate change
- New dire predictions involving unchecked population growth, depletion of resources, and the need for more planets to supply life in the future at current rates of use
- Updated information on energy consumption
- A new **Mindfulness and You** environmental mindfulness box
- Updated information and strategies for preserving and protecting our environment and all living creatures
- Updated information on food waste and strategies to preserve resources

TEXT FEATURES AND LEARNING AIDS

Health: The Basics includes the following special features, all of which have been revised and improved for this edition:

- **Chapter Learning Outcomes** summarize the main competencies students will gain from each chapter and alert students to the key concepts and are now explicitly tied to chapter sections. Focus On mini-chapters now also include learning outcomes.
- **Study Plans** tie all end-of-chapter material (including Chapter Review, Pop Quiz, and Think About It questions) to specific numbered Learning Outcomes and Mastering Health assets.
- **What Do You Think?** critical-thinking questions appear throughout the text, encouraging students to pause and reflect on material they have read.
- A **Why Should I Care?** feature now opens each chapter, presenting students with information about the effects poor health habits have on students in the here and now, engaging them at the onset of the chapter and encouraging them to learn more.
- **Assess Yourself** boxes help students evaluate their health behaviors. The **Your Plan for Change** section within each box provides students with targeted suggestions for ways to implement change.
- **Skills for Behavior Change** boxes focus on practical strategies that students can use to improve health or reduce their risks from negative health behaviors.
- **Mindfulness and You** boxes focus on mindfulness research and applications in relation to high-interest topics such as sleep, technostress, mental health, and sexual dysfunction.
- **Tech & Health** boxes cover the new technology innovations that can help students stay healthy.
- **Money & Health** boxes cover health topics from the financial perspective.
- **Points of View** boxes present viewpoints on a controversial health issue and ask students *Where Do You Stand?* questions, encouraging them to critically evaluate the information and consider their own opinions.
- **Health Headlines** boxes highlight new discoveries and research, as well as interesting trends in the health field.
- **Student Health Today** boxes focus attention on specific health and wellness issues that affect today's college students.
- **Health in a Diverse World** boxes expand discussion of health topics to diverse groups within the United States and around the world.
- A **running glossary** in the margins defines terms where students first encounter them, emphasizing and supporting understanding of material.
- A **Behavior Change Contract** for students to fill out is included at the back of the book.

SUPPLEMENTARY MATERIALS

Instructor Supplements

- **Mastering Health** (www.masteringhealthandnutrition.com or www.pearsonmastering.com). Mastering Health coaches students through the toughest health topics. A variety of **Coaching Activities** guide students through key health concepts with interactive mini-lessons, complete with hints and wrong-answer feedback. **Reading Quizzes** (20 questions per chapter) ensure that students have completed the assigned reading before class. ABC News videos stimulate classroom discussions and include multiple-choice questions with feedback for students. Assignable **Behavior Change Video Quiz** and **Which Path Would You Take?** activities ensure that students complete and reflect on behavior change and health choices. **NutriTools** in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals. **MP3 Tutor Sessions** relate to chapter content and come with multiple-choice questions that provide wrong-answer feedback. **Learning Catalytics** provides open-ended questions that students can answer in real time. **Dynamic Study Modules** enable students to study effectively in an adaptive format. Instructors can also assign these for completion as a graded assignment before class.
- **Ready to Go Teaching Modules** are a new tool designed to save instructors valuable course preparation time. These ten online modules are much like a visual Instructor's Resource Manual in which each module includes recommendations for materials, activities, and resources instructors can use to prepare for their course and deliver a dynamic lecture in one convenient place. Each module has paired student assignments in Mastering Health that instructors can deploy before, during, and after lecture.
- **Digital Instructional Resources: Download Only.** All book- and course-specific teaching resources are downloadable from the Instructor Resources tab in Mastering Health as well as from Pearson's Instructor Resource Center (www.pearson.com). Resources include ABC News videos; Health Video Tutor videos; clicker questions; Quiz Show questions; PowerPoint lecture outlines; all figures and tables from the text; PDF and Microsoft Word files of the *Instructor Resource and Support Manual*; and PDF, RTF, and Microsoft Word files of the Test Bank, the Computerized Test Bank, the User's Quick Guide, *Teaching with Student Learning Outcomes*, *Teaching with Web 2.0*, *Great Ideas! Active Ways to Teach Health and Wellness*, *Behavior Change Log Book and Wellness Journal*, *Eat Right!*, *Live Right!*, and *Take Charge of Your Health* worksheets.
- **ABC News Videos and Health Video Tutors.** New ABC News videos, each 3 to 8 minutes long, and 26 Health Video Tutors flagged by the play icon in the text help instructors

to stimulate critical discussion in the classroom. Videos are embedded within PowerPoint lectures and are assignable through Mastering Health.

- **Instructor Resource and Support Manual.** This teaching tool provides chapter summaries, outlines, integrated ABC News video discussion questions, tips and strategies for managing large classrooms, ideas for in-class activities, and suggestions for integrating Mastering Health into your course.
- **Test Bank.** The Test Bank incorporates Bloom's Taxonomy, or the higher order of learning, to help instructors create exams that encourage students to think analytically and critically. Test Bank questions are tagged to global and book-specific student learning outcomes.

Student Supplements

- **The Study Area of Mastering Health** is organized by learning areas. *Read It* houses the Pearson eText as well as the Chapter Objectives and up-to-date health news. *See It* includes ABC News videos and the Behavior Change videos. *Hear It* contains MP3 Tutor Session files and audio-based case studies. *Do It* contains the choose-your-own-adventure-style Interactive Behavior Change Activities—Which Path Would You Take?, interactive NutriTools activities, critical-thinking Points of View questions, and Web links. *Review It* contains Practice Quizzes for each chapter, Flashcards, and Glossary. *Live It* will help to jump-start students' behavior change projects with interactive Assess Yourself Worksheets and resources to plan change.
- **Pearson eText** comes complete with embedded ABC News videos and Health Video Tutors. The Pearson eText is mobile friendly and ADA accessible, is available on smartphones and tablets, and includes instructor and student note-taking, highlighting, bookmarking, and search functions.
- **Behavior Change Log Book and Wellness Journal.** This assessment tool helps students track daily exercise and nutritional intake and suggests topics for journal-based activities.
- **Eat Right! Healthy Eating in College and Beyond.** This booklet provides students with practical nutrition guidelines, shopper's guides, and recipes.
- **Live Right! Beating Stress in College and Beyond.** This booklet gives students tips for coping with stress during college and for the rest of their lives.
- **Digital 5-Step Pedometer.** This pedometer measures steps, distance (miles), activity time, and calories and provides a time clock.
- **MyDietAnalysis** (www.mydietanalysis.com). Powered by ESHA Research, Inc., this tool features a database of nearly 20,000 foods and multiple reports. It allows students to track their diet and activity using up to three profiles and to generate and submit reports electronically.