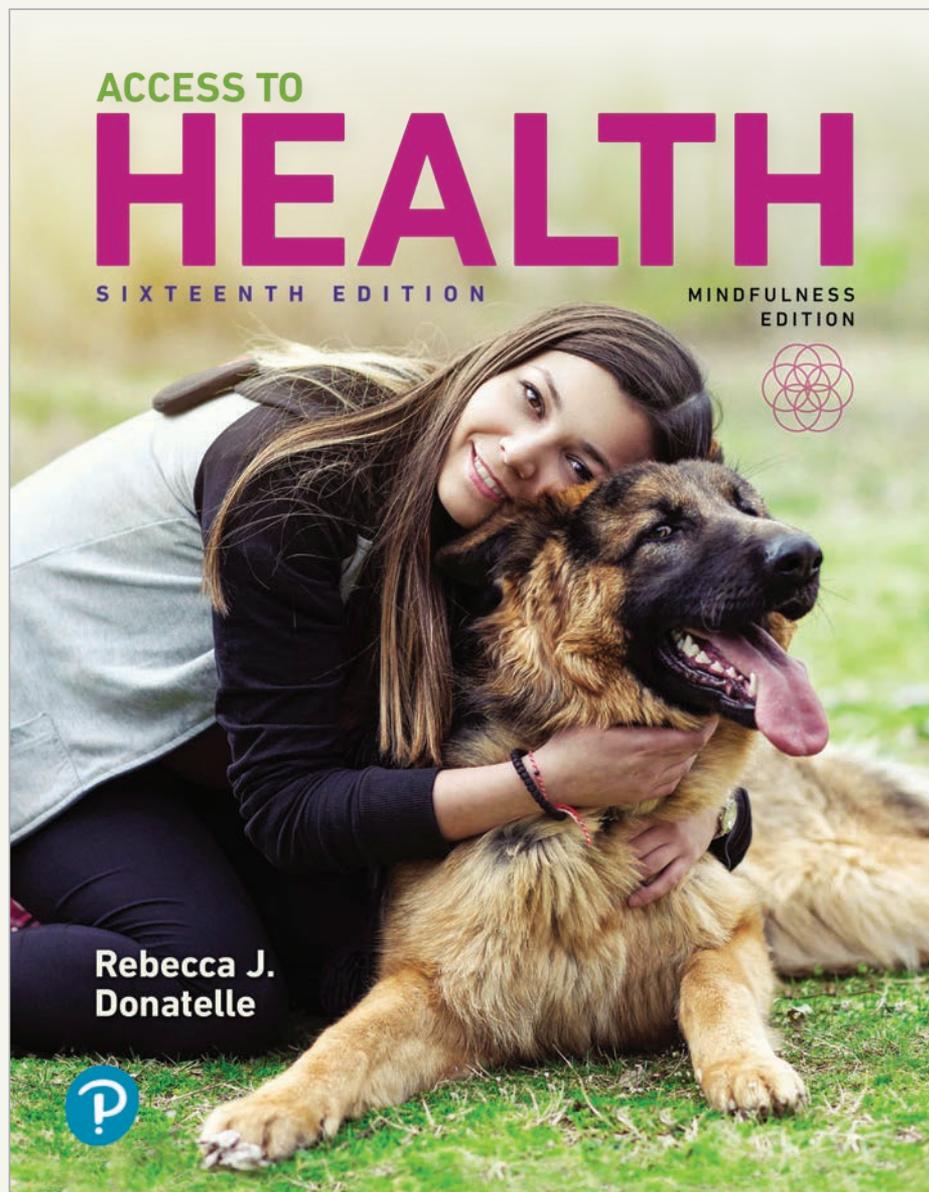


Motivate students to become actively engaged in their own health

Access to Health combines scientifically valid research and the most current information to encourage healthy life choices. As a teacher, mentor, and researcher, author Rebecca J. Donatelle uses her friendly writing style to address students' concerns and motivate them to be savvy, critical consumers of health information. The 16th Edition integrates mindfulness research, tools, and practices throughout the text; a new chapter on difference, disparity, and health equity; and now provides access to MyDietAnalysis—a diet and activity tracking tools that gives students an easy way to analyze their daily nutrient intake and physical activity—in Mastering™ Health at no extra charge.



Help students connect what they read in their textbook . . .



MINDFULNESS AND YOU

Mindfulness as Mental Health Treatment

Imagine going to the doctor's office and being prescribed mindfulness instead of medication. This may happen in the future, as research shows that mindfulness practices have positive effects on treating mental health problems.

Millions of Americans have mental health issues, anxiety and depression being among the most common. Today, some mindfulness training, such as **mindfulness-based stress reduction (MBSR)** and **mindfulness-based cognitive therapy (MBCT)**, show promising results as therapies to treat anxiety and depression. Mindfulness therapies emphasize an acceptance of the present moment without ruminating over past events or catastrophizing over future events.

In a recent study comparing the efficacy of mindfulness-based therapy to that of the standard cognitive-based therapy for individuals with depression and anxiety, mindfulness-based therapy was determined to be as effective as traditional therapy in reducing depression and anxiety. The authors of that study concluded that mindfulness-based therapy is a viable alternative to more traditional therapies and may be less



emotional events. Recent research indicates that health related positive benefits of mindfulness-based interventions in community settings lasts over 12 months post intervention if individuals continue to practice MBSR at least 3 times per week!

If you're interested in mindfulness-based therapy, contact your school's counseling center. Some centers have their own mindfulness group sessions; other centers can refer you to a counselor that specializes in mindfulness-based therapy.

Sources: National Institute of Mental Health, "Major Depression among Adults." Accessed April 2017. www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adults.shtml; National Institute of Mental Health, "Any Anxiety Disorder among Adults." Accessed April 2017. www.nimh.nih.gov/health/statistics/prevalence/any-anxiety-disorder-among-adults.shtml; National Institute of Mental Health, "Any Anxiety Disorder among Children." Accessed April 2017. www.nimh.nih.gov/health/statistics/prevalence/any-anxiety-disorder-among-children.shtml; J. Sundquist et al., "Mindfulness Group Therapy in Primary Care Patients with Depression, Anxiety and Stress and Adjustment Disorders: Randomised Controlled Trial." *British Journal of Psychiatry* 206, no. 2 (2015): 128-35; L. Julliard, et al., "Effectiveness of Mindfulness-based Stress Reduction in a Self-selecting and Self-paying community setting." *Mindfulness*, 2017, 1-11.

P. 58

NEW! Mindfulness and You boxes focus on mindfulness research and applications in relation to high interest topics such as sleep, technostress, mental health, sexual dysfunction, etc. In addition, a mindfulness theme has been integrated throughout the text and is signaled by a new mindfulness icon.

NEW! Focus on Difference, Disparity and Health Equity chapter challenges students to think about issues of diversity and health equity, and the actions they can take as individuals and as a society to begin to remove barriers and promote access to health for all.



FOCUS ON

DIFFERENCE, DISPARITY, AND HEALTH: ACHIEVING HEALTH EQUITY

LEARNING OUTCOMES

- LO1** Define health equity and explain why it has become a critical issue in twenty-first-century America.
- LO2** Identify the populations most vulnerable to health disparities in the United States, and provide examples of health disparities recognized in these groups.
- LO3** Identify the social determinants of health that most strongly influence health disparities in the United States.
- LO4** Discuss specific actions you can take to promote health equity on campus, in your community, and in your personal life, including how to use mindfulness to examine your biases and increase your respect for difference.
- LO5** Describe the systemic changes required to enable the United States to progress toward good health for all, and provide examples of national and community-based initiatives currently underway toward achieving this goal.

WHY SHOULD I CARE?

Health disparities lead to preventable disease and premature death. They cost our economy billions of dollars annually, while depriving us of the full participation of each member of our society. In contrast, working toward health equity challenges your assumptions, hones your interpersonal skills, and generally expands your world. Importantly, moving populations toward improved health and greater opportunity ultimately benefits all of us while helping control health care costs.

to themselves and their communities

WHY SHOULD I CARE?

Mental health problems on today's college campuses are reaching epidemic proportions, potentially outstripping the ability of campus counseling centers to effectively provide fast, essential support. Record numbers of students reporting difficulties with depression, anxiety, stress, sleep difficulties, and more serious problems such as violence and self-injury have raised significant concerns among campus leaders and counseling centers about how best to meet increasing demands. Mental health problems can affect every aspect of a person's life, including relationships, academics, career potential, and overall well-being. Stigma surrounding mental illness keeps many people from reaching out for help. Knowing the signs and symptoms of someone who is struggling (including yourself) and where to go for help is key to avoiding serious problems.

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Why Should I Care? opens each chapter and addresses the relevance of health issues to students' lives by presenting information on the effects poor health habits have on them in the here and now.

Making Changes Today boxes give students situation-specific techniques for making lasting changes to health behaviors.



MAKING CHANGES TODAY

Challenge the Thoughts That Sabotage Change

Are any of the following thoughts holding you back? If so, challenge them with the strategies below:

- **"I don't have enough time!"** Chart your hourly activities for 1 day. What are your highest priorities and what can you eliminate? Plan to make time for a healthy change next week.
- **"I'm too stressed!"** Assess your major stressors right now. List those you can control and those you can change or avoid. Then identify two things you enjoy that can help you reduce stress now.
- **"I'm worried about what others may think."** Ask yourself how much others influence your decisions about

drinking, sex, eating habits, and the like. What is most important to you? What actions can you take to act in line with these values?

- **"I don't think I can do it."** Just because you haven't done something before doesn't mean you can't do it now. To develop some confidence, take baby steps and break tasks into small segments of time.
- **"I can't break this habit!"** Habits are difficult to break, but not impossible. What triggers your behavior? List ways you can avoid these triggers. Ask for support from friends and family.

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Help students make healthy eating choices . . .



NEW! MyDietAnalysis is included with Mastering Health at no additional charge, and offers an up-to-date, accurate, reliable, and easy-to-use program for your students' diet analysis needs. Featured is a database of nearly 50,000 foods and multiple reports. Students can track their diet and activity intake accurately—anytime and anywhere—from any device!

UPDATED! NutriTool Activities in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals.

Build A Salad

Choose your: 1. Leafy Greens 2. Vegetables 3. Proteins 4. Extras 5. Dressings

Ranch 1x 2x

Ranch Lite 1x 2x

Vinaigrette 1x 2x

French 1x 2x

Blue Cheese 1x 2x

Italian 1x 2x

Caesar 1x 2x

Honey Mustard 1x 2x

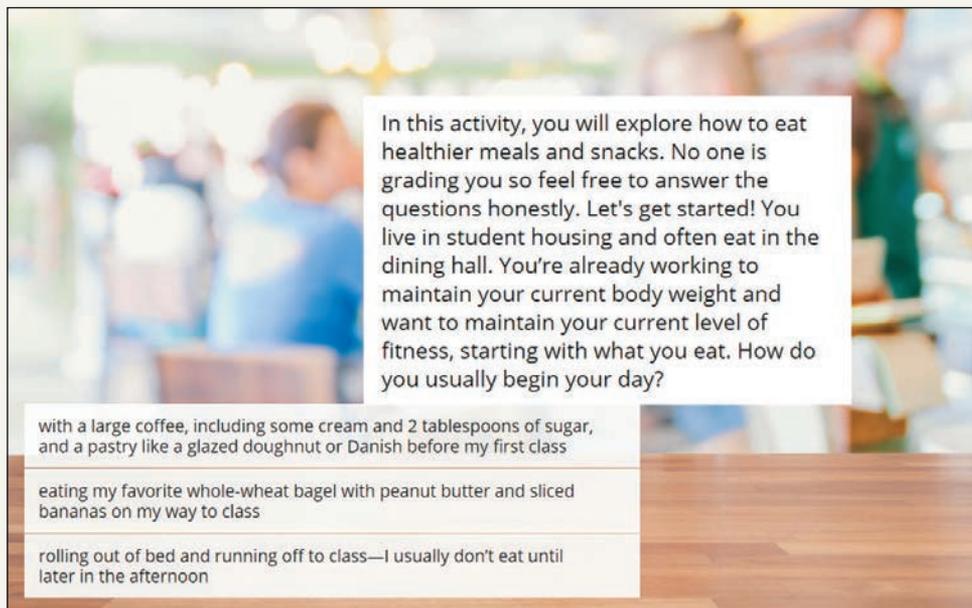
Nutrition Facts
1 serving
Serving size: 1 Salad
506 Calories per Salad

%DV*	amount per salad	%DV*	amount per salad	%DV*	amount per salad
53%	Total Fat 34.65 g	6%	Total Carbohydrates 17.56 g	86%	Vitamin C 51.80 mg
67%	Saturated Fat 13.41 g	13%	Dietary Fiber 3.20 g	4%	Vitamin D 0.41 mcg
37%	Cholesterol 111.42 mg		Sugars 5.56 g	40%	Calcium 401.26 mg
39%	Sodium 937.38 mg	63%	Protein 31.52 g	12%	Iron 2.27 mg
14%	Potassium 490.78 mg	32%	Vitamin A 493.91 mcg		

Ingredients: Spring Mix, Bell Peppers, Broccoli, Carrots, Cucumbers, Chicken, Colby Jack, Feta, Croutons, Ranch Dressing

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

and encourage behavior change



In this activity, you will explore how to eat healthier meals and snacks. No one is grading you so feel free to answer the questions honestly. Let's get started! You live in student housing and often eat in the dining hall. You're already working to maintain your current body weight and want to maintain your current level of fitness, starting with what you eat. How do you usually begin your day?

with a large coffee, including some cream and 2 tablespoons of sugar, and a pastry like a glazed doughnut or Danish before my first class

eating my favorite whole-wheat bagel with peanut butter and sliced bananas on my way to class

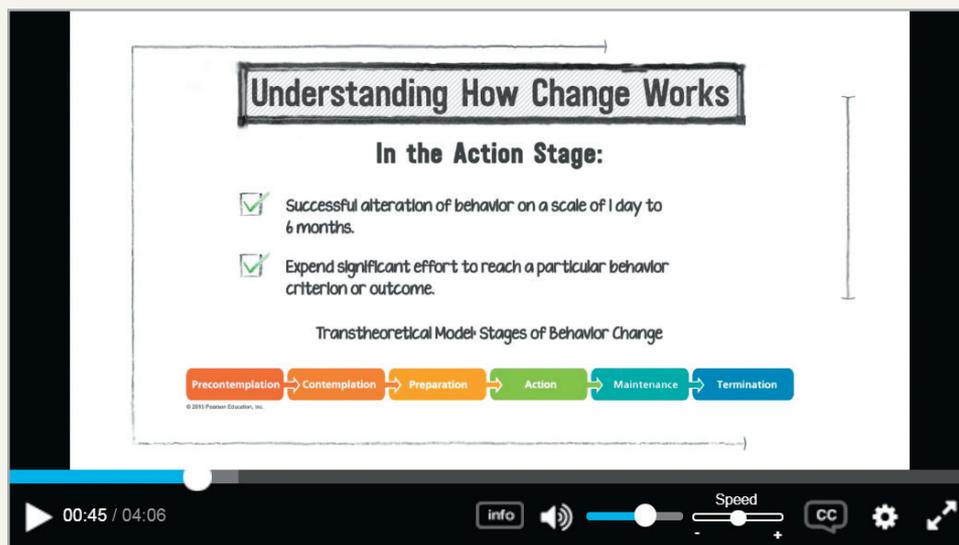
rolling out of bed and running off to class—I usually don't eat until later in the afternoon

Which Path Would You Take? Behavior Change Activities

allow students to explore various health choices through an engaging, interactive, low-stakes, and anonymous experience. These activities show students the possible consequences of various choices they make today on their future health. They are assignable in Mastering Health with follow-up questions.

Behavior Change Videos

guide students through the best tips and practices to put better decision making into action and review basic fitness concepts. These concise whiteboard-style videos help students with the steps of behavior change, covering topics such as setting SMART goals, identifying and overcoming barriers to change, planning realistic timelines, and more. All videos include assessment activities and are assignable in Mastering Health.



Understanding How Change Works

In the Action Stage:

- ✓ Successful alteration of behavior on a scale of 1 day to 6 months.
- ✓ Expend significant effort to reach a particular behavior criterion or outcome.

Transtheoretical Model Stages of Behavior Change

Precontemplation → Contemplation → Preparation → Action → Maintenance → Termination

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Give students anytime, anywhere access with Pearson eText

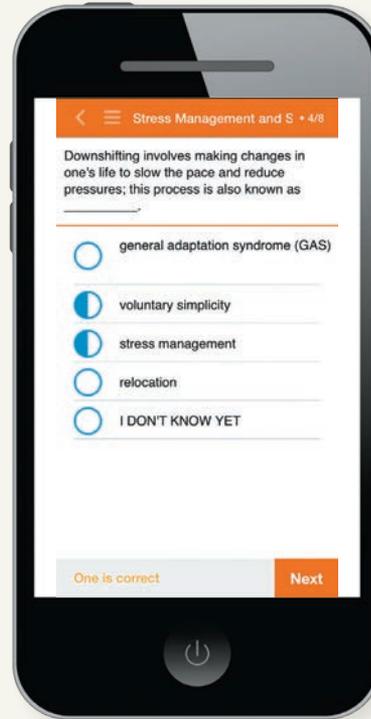
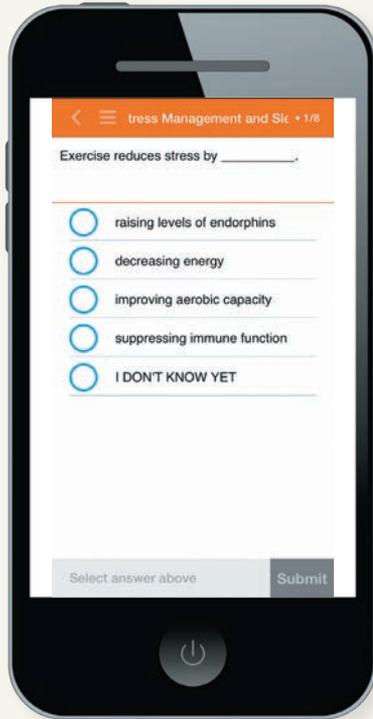
Pearson eText is a simple-to-use, mobile-optimized, personalized reading experience available within Mastering. It allows students to easily highlight, take notes, and review key vocabulary all in one place—even when offline. Seamlessly integrated videos and other rich media engage students and give them access to the help they need, when they need it. Pearson eText is available within Mastering when packaged with a new book; students can also purchase Mastering with Pearson eText online.

For instructors not using Mastering, Pearson eText can also be adopted on its own as the main course material.

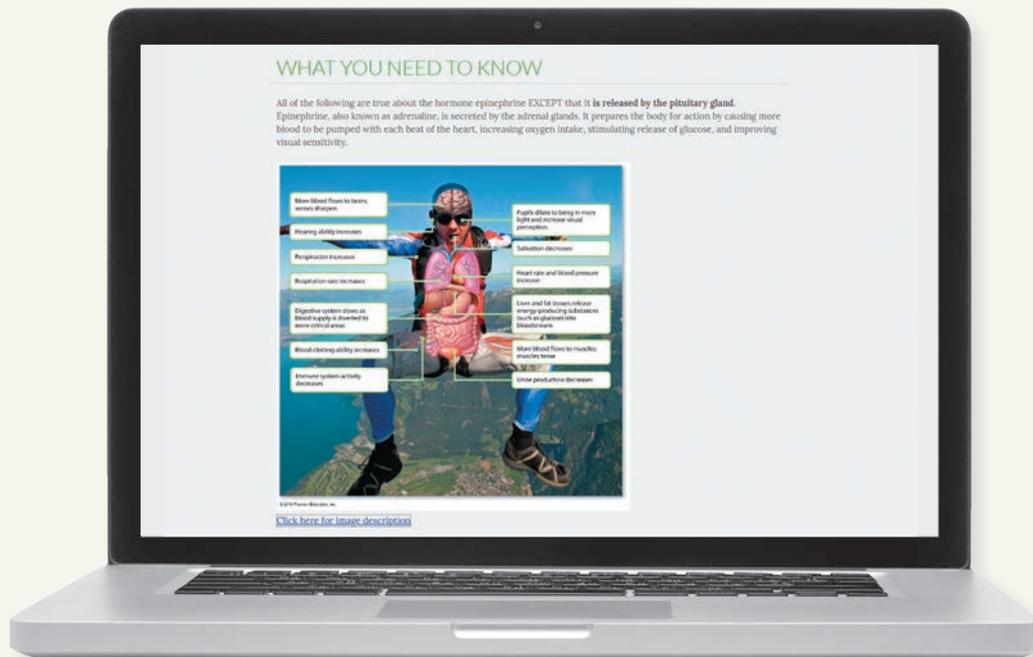
NEW! Interactive Self-Assessments are now embedded in the eText.

The screenshot shows a mobile interface for a video tutorial. At the top, the page title is "13.3: The Major Cardiovascular Diseases". Below the title, the video is titled "Watch Video Tutor: Atherosclerosis and Coronary Artery Disease". The video player shows a heart diagram and two cross-sections of arteries, one healthy and one with plaque. Below the video, the text "Peripheral Artery Disease" is displayed, followed by a highlighted paragraph: "When atherosclerosis or injury occurs in the upper or lower extremities, such as in the arms, feet, calves, or legs, and causes narrowing or complete blockage of arteries, it is often called". To the right of the video player, there are two circular overlays. The top one is a settings menu with a play button, a volume icon, a "Show highlights" toggle, and a "Speed" slider. The bottom one is a sharing menu with a "Recall this information for exam on Friday" option and a "Share" toggle.

Improve learning with Dynamic Study Modules



Dynamic Study Modules in Mastering Health help students study effectively—and at their own pace—by keeping them motivated and engaged. The assignable modules rely on the latest research in cognitive science, using methods—such as adaptivity, gamification, and intermittent rewards—to stimulate learning and improve retention.



Each module poses a series of questions about a course topic. These question sets adapt to each student's performance and offer personalized, targeted feedback to help them master key concepts. With **Dynamic Study Modules**, students build the confidence they need to deepen their understanding, participate meaningfully, and perform better—in and out of class.

Instructor support you can rely on

Access to Health includes a full suite of instructor support materials in the Instructor Resources area in Mastering Health. Resources include lecture outlines, clicker questions, and quiz show questions in PowerPoint; animations, videos, and images to show in class; a test bank; and an instructor resource and support manual with class discussion questions, video discussion questions, critical thinking questions, web resources, and more.

[Home](#) > [Resources by Chapter](#) > Chapter 10

Resources by Chapter

Chapter 10: Fitness

Download instructor resources from the links below.

PowerPoint Files

Chapter 10 PowerPoint Clickers	zip, 3.9 MB	
Chapter 10 PowerPoint Lecture	zip, 7.9 MB	
Chapter 10 PowerPoint Quiz Show	zip, 6.7 MB	

Images

Chapter 10 Labeled JPEG Images	zip, 8.9 MB	
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Animations and Videos

Chapter 10 ABC News Videos	zip, 177.6 MB	
Chapter 10 Video Tutors	zip, 2.2 MB	

Instructor Resource and Support Manual

Chapter 10 Instructor Resource and Support Manual (Word)	zip, 406 KB	
Chapter 10 Instructor Resource and Support Manual (PDF)	zip, 409 KB	

PREFACE

Got Health? If you are like most people, “health” is a subliminal message that is constantly playing in the back of your mind. When you sit down for dinner and think about whether you should eat that bacon cheeseburger, the health tape is playing. When you ride the elevator instead of walking up the stairs, it is there, gently nudging you to do the “better” thing and find the stairway. Whether it be the latest news headline or the latest app that pops up on your mobile device, giving you tips about diet, exercise, stress, or sleep, it is hard to avoid those healthy messages. Increasingly, you are tracked, analyzed, or reminded about whether you are living your best life and what you should be doing. Seemingly, with all that media bombardment and expert advice, getting healthy and staying healthy would be easy and we’d be the healthiest nation on Earth! Yet, soaring rates of obesity, increases in mental health issues, rapidly rising violence rates, skyrocketing cases of drug abuse, and evidence of devastating effects of human-influenced climate change all indicate that we are not doing better when it comes to health. In fact, even though we spend the most on health care of any nation, even though we pride ourselves on promoting health and well-being and provide amazing opportunities for people to change behaviors and get healthy, too many of us are not heeding those messages. Although we often know what we “should” do, many of us find it difficult to get there. Why? The answer to this is multifaceted. For many, the issues and information seem complex and contradictory, and the pleasures of continuing certain behaviors trump the effort needed to be healthy. Others lack the resources and supports necessary to change. Still others don’t believe they are at risk and/or don’t have the knowledge necessary to make choices that will promote health and prevent disease. Whether by geography, genetics, illness, disability, or physical and social environment, some face overwhelming risks. The facts are clear. Getting healthy and staying healthy are challenges for most of us. There is no quick fix. It takes recognition of risks, knowledge, motivation, and support systems to make positive health changes. The more of each, the better! The good news is that no matter where you are right now in terms of health, you can make the changes that will work for you and enhance your chance for a healthy future. You can also serve as an agent for change within your family, your social networks, and your community. That opportunity starts now.

My goal in writing *Access to Health* is to provide students with just what that title says: access to health information and strategies designed to help them on their journey toward reaching their health potential. This book provides the most scientifically valid information available to help students be smarter in their health decision making, more positively involved in their personal health, and more active as advocates for healthy changes in their communities. Change isn’t

something that just happens. Let’s face it—if it were easy to lose weight, maintain a healthy diet, manage stress, and exercise regularly, we wouldn’t have one of the costliest and overburdened health care systems in the world, along with epidemic rates of obesity, drug misuse, and other problems. However, the good news is that governmental agencies, communities, schools, and increasing numbers of individuals are taking steps (both small and large) to enhance, preserve, and protect our health. The key is to know where to look for accurate information, which information you can trust, and how to use the information to make the best choices for you and others. In short, it takes knowledge, preparation, and effort; therefore, this book places emphasis on empowering students to identify their health risks, create plans for reducing those risks, and make healthy lifestyle changes part of their daily routines.

Access to Health is designed to help students quickly grasp the information presented and understand its relevance to their own lives and the lives of others. Exciting revisions have been made to the art and design of the book in this new edition, with the purpose of capturing students’ interest, engaging them in the subject matter, helping them find the most reliable resources available, and assisting them in weighing their options as they face health challenges today and in the future. In addition, there are six Focus On chapters that delve into areas of health that are of practical importance to college students but are not always given sufficient coverage in typical personal health texts. These Focus On chapters include two exciting newcomers to the personal health text field: *Difference, Disparity, and Health: Achieving Health Equity*; and *Mindfulness, Spiritual Health, and Spiritual Intelligence*—each reflective of critical, emerging areas recognized as being important to improving health today. In addition, we have enhanced and updated **Focus On** chapters on body image, addiction, diabetes, and unintentional injuries—all chapters of high interest and relevance to today’s college students

Looking back to the time when I taught my first Personal Health course as a teaching assistant in graduate school and remembering the years of teaching countless numbers of students in classes like this, I am amazed that we are now in the 16th edition of *Access to Health*. Over the years, this text has morphed considerably, as we have focused on meeting the needs of an increasingly savvy student population facing increasingly challenging and newer health threats. As I look back at all of the efforts by so many health and publishing professionals, I am filled with overwhelming gratitude for the many contributions that have helped make this book one of the most successful in the field. With each edition of the text, I have listened to the thoughtful suggestions of instructors and to the feedback from my own students and colleagues in keeping the book relevant, timely, interesting, and accessible.

I hope that this edition's rich foundation of scientifically valid information, its wealth of technological tools and resources, and its thought-provoking features will stimulate you to share my enthusiasm for personal health and to become actively engaged in behaviors that will lead to better health for all.

NEW TO THIS EDITION

Access to Health, 16th edition, maintains many features that the text has become known for, while incorporating several major revisions and exciting new features. The most noteworthy changes to the text as a whole include:

- **New! Focus On Difference, Disparity, and Health: Achieving Health Equity chapter** challenges students to think about issues of diversity and health equity, and the actions they can take as individuals and as a society to begin to remove barriers and promote access to health for all.
- **New! Mindfulness Theme**, including why this topic is so important to health, how to practice it, and potential current and long-range benefits, has been added as feature boxes as well as integrated throughout the narrative and signaled by a new mindfulness icon.
 - **New! Mindfulness and You boxes** focus on mindfulness research and applications in relation to high-interest topics such as sleep, technostress, mental health, sexual dysfunction, and so on.
 - **Expanded! Focus On Mindfulness, Spiritual Health, and Spiritual Intelligence chapter** has expanded to include an introduction to mindfulness as well as the definition of and recent research surrounding spiritual identity.

New to Mastering Health

- **New! MyDietAnalysis is included with Mastering Health at no additional charge**, and offers an up-to-date, accurate, reliable, and easy-to-use program for your students' diet analysis needs. Featured is a database of nearly 50,000 foods and multiple reports. Students can track their diet and activity intake accurately—anytime and anywhere—from any device!
- **Pearson eText** is a simple-to-use, mobile-optimized, personalized reading experience available within Mastering. It allows students to easily highlight, take notes, and review key vocabulary all in one place—even when offline. Seamlessly integrated videos and other rich media engage students and give them access to the help they need, when they need it. Pearson eText is available within Mastering when packaged with a new book; students can also purchase Mastering with Pearson eText online.
 - **Updated NutriTools Coaching Activities** in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals.
 - **Updated end-of-chapter 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 assets. Assignable study plan items contain at least one multiple-choice question per Learning Outcome and wrong-answer feedback.

- **Updated Prebuilt Assignments with 20 Pre-lecture Reading Questions per chapter** ensure that students come prepared for lecture by answering multiple-choice questions related to content within the text.

Chapter-by-Chapter Revisions

Access to Health, 16th edition, has been updated line by line to provide students with the most scientifically valid, comprehensive, and current information from well-designed professional sources. We painstakingly review studies, compare conflicting results, and provide a balanced and thorough overview of each topic as well as an overview of areas needing further study. Health research is dynamic and ever-changing, and we strive to be as up-to-date as possible as we go to press. In addition, we have enhanced and reorganized portions of the text to improve the flow of topics; provided more thought-provoking scenarios; and added, updated, and improved all figures, tables, feature boxes, and photos to enhance the learning experience. The following is a chapter-by-chapter listing of some of the many “other” noteworthy changes, updates, and additions.

Chapter 1 Accessing Your Health

- New learning outcome addresses health benefits and general practice of mindfulness
- New section on “How Does Mindfulness Influence Health?”
- Updated information on health disparities
- Updated information and statistics on causes of death in the United States
- New information on abuse of prescription and illegal drugs
- Updated examples of enabling and reinforcing factors for behavior change
- Updated table of leading causes of death by age group

Chapter 2 Promoting and Preserving Your Psychological Health

- New research on the connection between loneliness and social media use
- New research on social isolation
- Updated numbers of prevalence of PTSD among American adults
- Updated statistics pertaining to suicide rates globally
- New **Mindfulness and You** box on potential positive effects of mindfulness practice and mental health problems

Focus On Mindfulness, Spiritual Health, And Spiritual Intelligence

- Expanded chapter focuses on the health benefits of mindfulness and spirituality

- New information on the role of mindfulness in cancer coping and recovery
- New figure showing how meditation affects the body
- New mindfulness apps for students to explore

Chapter 3 Managing Stress and Coping with Life's Challenges

- Updated figure on stress levels by age
- Updated figure and statistics on major causes of stress
- New information on biology and differences in stress response
- Newly expanded section on stress in college students, particularly as it relates to adjusting to change

Chapter 4 Improving Your Sleep

- Updated information on the most sleep-deprived states and age groups
- Updated information on sleep deprivation on campus
- New information on emerging treatments for obstructive sleep apnea
- New **Mindfulness and You** box on how mindfulness-based stress reduction and how mindfulness strategies can improve your sleep

Chapter 5 Nutrition: Eating for a Healthier You

- Updated learning outcome on strategies for healthful eating, including how to read food labels, the role of vegetarian diets and dietary supplements, eating mindfully, and eating healthfully on campus
- Updated information on protein consumption guidelines
- Updated research on the health effects of saturated fats and *trans* fats
- Updated information on consumption of vitamins and other dietary supplements
- Updated statistics on consumption of sodium
- New research on the health impacts of taking calcium supplements
- New information on probiotics
- New research on vegetarian diets and reduced risks for health problems
- Updated information on the health and safety of organic foods
- Updated information on the causes and prevalence of foodborne illnesses
- New information on the safety of genetically modified foods
- New **Mindfulness and You** box with tips for mindful eating

Chapter 6 Reaching and Maintaining a Healthy Weight

- Updated information on the prevalence of obesity worldwide
- Updated information on the health risks of excess weight

- New information on the relationship between leptin levels and weight gain, particularly as it relates to food-finding behaviors
- New research on “social contagion” and social and behavioral factors of weight gain
- New section on mindless eating and being mindful of eating triggers
- Updated information on the latest weight loss apps and the characteristics of individuals successful at losing weight

Focus On Enhancing Your Body Image

- Updated statistics on body dissatisfaction, dieting, and cosmetic procedures
- New information on the relationship between social media and body dissatisfaction
- New information on weight bullying
- Updated information on body dysmorphic disorder
- Updated statistics on other specified feeding or eating disorders
- New information on treatments for eating disorders and exercise disorders

Chapter 7 Improving Your Personal Fitness

- New coverage of the *WHO Global action plan on physical activity and health 2018–2030: More active people for a healthier world*
- Updated information on the correlation between sitting and colorectal cancer
- Updated information on the correlation between physical activity and reduced inflammation
- New figure on the perceived exertion scale
- New suggestions for mindfully incorporating physical activity into daily life
- New figure charting 60-minute cardiorespiratory workout plan

Chapter 8 Connecting and Communicating in the Modern World

- New **Mindfulness and You** box on how mindful listening can improve relationships
- Expanded information on social capital
- Expanded information on passive, selective, and active listening
- New information on digital communication and social media
- Updated statistics on differences in gender roles
- Updated information on marriage, cohabitation, gay and lesbian relationships, and singlehood

Chapter 9 Understanding Your Sexuality

- Expanded dimensions of sexuality, from cultural to sociocultural
- New **Mindfulness and You** box on using mindfulness to deal with sexual dysfunction

- Updated statistics pertaining to abstinence and a variety of sexual behaviors among college students
- Updated information on drugs and sex
- Updated coverage of responsible and satisfying sexual behavior, including health benefits

Chapter 10 Considering Your Reproductive Choices

- Reorganized chapter in a more logical sequence, to discuss contraceptive methods before discussing pregnancy and childbirth
- New **Mindfulness and You** box discusses treatment of depression during pregnancy
- Updated information and tables on all contraceptive methods
- Photo and information on the new Hex condom
- Expanded discussion of new IUDs on the market
- Updated information on emergency contraception
- Updated information on the legal, physical, and emotional aspects of abortion
- Revised chart on when women have abortions
- New information on the importance of paternal health for a healthy child
- New information on the triple marker screen prenatal test

Focus On Recognizing and Avoiding Addiction

- Updated terminology on process addictions
- New **Mindfulness and You** box on mindfulness-based relapse prevention for addiction recovery
- Updated discussion of psychological dependence
- Expanded discussion of gambling among college students
- Expanded discussion of technology addiction

Chapter 11 Drinking Alcohol Responsibly

- New **Mindfulness and You** box on using mindfulness techniques to maintain sobriety
- Updated statistics on drinking habits of men and women, including college students
- New information on the link between excessive drinking and heart damage
- New statistics on the link between drinking alcohol and breast cancer in women
- Expanded discussion of fetal alcohol syndrome and fetal alcohol spectrum disorder
- Expanded discussion of how drinking alcohol can affect academic performance
- New information on pre-gaming, binge drinking, and calorie “saving” among college students
- New statistics on alcohol-related accidents
- Updated table on reported alcohol use by men and women during the previous 30 days
- New graph of fatally injured drivers with blood alcohol levels greater than or equal to 0.08 percent

Chapter 12 Ending Tobacco Use

- New **Mindfulness and You** box on using mindfulness techniques for smoking cessation
- Updated statistics on smoking and tobacco usage in the United States among different age groups
- Updated information on tobacco advertising expenditures and the impacts on various population groups
- Expanded discussion of electronic cigarettes
- Updated discussion of cancer, cardiovascular disease, gum disease, macular degeneration, Alzheimer’s disease, and other health conditions linked to tobacco
- Updated information on smoke-free municipalities and how smoking bans improve the health of non-smokers
- Updated graph on trends in smoking among college students
- Updated table on the prevalence of smoking among various population groups
- New table on coping strategies for common smoking withdrawal problems

Chapter 13 Avoiding Drug Misuse and Abuse

- Updated information on opioid abuse and overdose
- Updated information and statistics on the use and abuse of over-the-counter and prescription drugs
- Updated statistics and information on all categories of illegal drugs
- Updated information on caffeine consumption among college students
- New information on legalization and use of marijuana, including its relationship to accidents
- Expanded discussion of heroin and fentanyl
- New information on social, recreational, and social media support systems for recovering addicts
- New information on vaccines for addictive drugs
- Updated information on using naloxone to treat opioid overdose

Chapter 14 Protecting Against Infectious Diseases

- Updated recommended vaccination schedule
- Updated coverage of the prescription of antibiotics, prevalence of antibiotic resistance, and new developments in antibiotic drugs
- Updated statistics on the prevalence of *C. diff.*, meningitis, and tuberculosis
- New section on the potential benefits of mindfulness practices in fighting off infectious diseases

Chapter 15 Protecting Against Sexually Transmitted Infections

- Updated figure and information on estimates of new HIV diagnoses in the United States for the most affected subpopulations
- Updated statistics surrounding the prevalence of major STIs, particularly among student populations
- New coverage of genital ulcerative disease

- New section on bacterial vaginosis
- New recommendations for HIV testing, as well as coverage of emerging diagnostics

Chapter 16 Reducing Your Risk of Cardiovascular Disease

- Updated figure and statistics on the percentage breakdown of deaths attributable to cardiovascular disease
- New coverage of the social, economic, and individual burden of cardiovascular disease
- New and alarming figures pertaining to declines in the numbers of Americans with ideal cardiovascular health
- Updated CHD prevalence data
- Discussion of the distinction between stable and unstable angina
- Updated MetS prevalence data
- Updated information about the changing recommendations for the use of omega-3 fatty acids in reducing CVD risk

Focus On Minimizing Your Risk for Diabetes

- Updated figure and statistics on the percentage and number of the U.S. population with diagnosed diabetes
- Updated information on the costs and prevalence of diabetes in the United States and globally
- New section on latent autoimmune diabetes in adults, or “type 1.5 diabetes”
- Updated information on the relationship between short sleeping and type 2 diabetes
- Updated information on the relationship between obesity and children and type 2 diabetes in adults
- Updated section on gestational diabetes
- New research in the battle to cure type 2 diabetes
- New **Mindfulness and You** box on mindfulness-based interventions as complementary strategies for reducing the risk of diabetes

Chapter 17 Reducing Your Cancer Risk

- Updated statistics pertaining to new cancer cases and cancer deaths in the United States
- New information on the relationship between obesity and cancer
- Updated recommendations for the use of mammograms
- Coverage of new breast cancer detection methods, including 3D mammograms and breast ultrasound
- New section on molecular breast imaging
- New research on functional foods as health enhancers
- Updated information on changing recommendations for routine PSA tests
- New **Mindfulness and You** box on mindfulness interventions and survivor care

Chapter 18 Reducing Risks and Coping with Chronic Conditions

- Updated statistics and figure on the proportion of college students diagnosed with or treated for chronic conditions

- Updated statistics and figure on asthma prevalence by age, sex, and race/ethnicity
- Updated statistics on individuals with COPD and rates among women
- New coverage of aspirin-induced allergies
- New research on the relationship between excessive cell phone use and headaches
- New section on multiple sclerosis
- New section on Parkinson’s disease
- Updated **Mindfulness and You** box on ways to relieve pain with mindfulness

Chapter 19 Making Smart Health Care Choices

- New coverage of how long-term mindfulness meditation can improve the structure and function of the brain
- Expanded information on patient rights and informed consent
- Updated statistics on the use of prescription drugs
- Updated statistics and information on complementary, alternative, and holistic health approaches
- Updated discussion of mind and body practices
- Updated and expanded discussion of health insurance
- Updated discussion of the Affordable Care Act
- Updated table on the benefits and risks of common dietary supplements

Chapter 20 Preventing Violence and Abuse

- New discussion of meanness
- Updated violent crime statistics
- Updated information on substance abuse and violent crime
- Updated information on the jarring discrepancy between reported numbers of hate- and bias-motivated crime and anonymous surveys of the same
- New coverage of the Nationwide Suspicious Activity Reporting Initiative
- New coverage of “yes means yes” policies rolled out in a number of states
- New **Mindfulness and You** box on strategies for cooling off

Focus On Reducing Your Risk of Unintentional Injury

- Expanded coverage of unintentional injuries, now the third leading cause of death in the United States
- New discussion of the opioid overdose epidemic
- Expanded guidelines for preventing unintentional poisoning
- Expanded coverage of motor vehicle injuries
- Updated discussion of the risks of distracted driving and texting while driving
- Updated information on skateboarding, snowboarding, and skiing injuries
- Expanded coverage of the role of alcohol in boating injuries
- Updated statistics on falls and fires

Chapter 21 Preserving and Protecting Your Environment

- Updated statistics on global population growth
- New **Mindfulness and You** box on environmental mindfulness
- New **Health Headlines** box on the effects of single-use plastics
- Updated coverage of indoor air quality, particularly as it relates to schools
- Updated research on potential health effects of radio-frequency waves

Chapter 22 Preparing for Aging, Death, and Dying

- Updated statistics on life expectancy and causes of death
- Updated information on health care costs and living arrangements for older Americans
- Expanded discussion of osteoporosis
- New discussion of age-related hearing loss
- New research on how meditation may affect the aging brain
- New information on trusts and organ donation
- New chart showing the increase in the number of Americans aged 65 and older from 1900 to 2060

TEXT FEATURES AND LEARNING AIDS

Access to Health, 16th edition, includes the following special features, all of which have been revised and improved upon for this edition:

- Numbered learning outcomes at the beginning of each chapter are tied to each major chapter section, helping students navigate each chapter and measure their progress against specific learning goals and helping instructors assess the key information and skills students are meant to take away from each chapter.
- **What Do You Think?** critical thinking questions within the chapter prompt students to reflect on personal and societal issues relating to the material they have just learned.
- **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.
- **Why Should I Care?** feature now opens every chapter and leads students to recognize the relevance of health issues and the upcoming chapter content to their own lives in the here and now.
- **Did You Know?** figures call attention to statistics that are relevant to the lives of college students in a fun and informative format.
- **Assess Yourself callouts at the end of every chapter** direct students to online self-assessment worksheets in Mastering Health, where they can assess their current health behaviors to better set goals and follow through on behavior change.

- **Making Changes Today** boxes give students specific strategies for making lasting changes to their health behaviors.
- **Tech & Health** boxes cover key new technology innovations, from medical tests to calorie-counting smartphone apps and other devices that can help students stay healthy.
- **Student Health Today** boxes offer current data and information about health trends specific to college students, including potential risks and safety issues that affect students' lives.
- **Health Headlines** boxes highlight new discoveries and research, as well as interesting trends in the fields of public and personal health.
- **Health in a Diverse World** boxes expand discussion of health topics to diverse groups within the United States and around the world, as well as spurring discussion about key disparity issues facing many populations.
- A **running glossary** in the margins defines terms where students first encounter them, emphasizing and supporting understanding of material.
- **Media callout boxes** indicate when podcasts, videos, and assessments are available online in Mastering Health for use with the book.
- The end-of-chapter **Study Plans** help students target their studying and master key chapter concepts by explicitly tying the chapter learning outcomes to the **Chapter Review** points that wrap up chapter content, the **Pop Quiz** multiple-choice questions and **Think About It!** discussion questions that encourage students to evaluate and apply new information, and the **Accessing Your Health on the Internet** sections offer more opportunities to explore areas of interest.
- The **appendices** at the end of the book include practical information on providing emergency care and a table of nutritive values for selected foods and fast foods.
- A **Behavior Change Contract** for students to fill out is included in the back of the book.

SUPPLEMENTARY MATERIALS

Available with *Access to Health*, 16th edition, is a comprehensive set of ancillary materials designed to enhance learning and to facilitate teaching.

Instructor Supplements

- **Mastering Health with Pearson eText**
Mastering Health is the teaching and learning platform that empowers you to reach *every* student. By combining trusted author content with digital tools developed to engage students and emulate the office-hour experience, Mastering personalizes learning and improves results for each student. With a variety of activities available, students can actively learn, understand, and retain even the most difficult personal health concepts.

- **Before class**, assign adaptive Dynamic Study Modules and pre-lecture reading questions to ensure that students come prepared to class, having done the reading.
- **During class**, Learning Catalytics, a “bring your own device” student engagement, assessment, and classroom intelligence system, allows students to use their smartphone, tablet, or laptop to respond to questions in class. With Learning Catalytics, you can assess students in real time using open-ended question formats to uncover students’ misconceptions and adjust lectures accordingly.
- **After class**, assign an array of engaging assignments, such as Which Path Would You Take? activities, ABC News Videos, Video Tutors, Behavior Change Videos, and much more. Students receive wrong-answer feedback personalized to their answers, which will help them get back on track.

For more information on Mastering Health, please visit www.masteringhealth.com.

Instructional Resource Materials (download only)

The following supplements are available for download from the Mastering Instructor Resource Area. Contact your Pearson rep for access information and instructions if you don’t have a Mastering account.

The Instructor Resource Materials enable instructors to prep for their course and deliver a dynamic lecture. These valuable downloadable resources include the following:

- **Video Tutors, ABC News Health and Wellness Lecture Launcher Videos, and Behavior Change Videos.**
 - Twenty-five brief Video Tutors, plus 51 ABC News Videos, each 5 to 10 minutes long, and 10 whiteboard-style Behavior Change Videos, help instructors stimulate critical discussion in the classroom.
 - Media-Only PowerPoint slides for easy importing of videos, animations, and NutriTools
 - Video introduction to Learning Catalytics
 - Clicker questions
 - Quiz Show questions
 - PowerPoint Lecture Outlines
 - PowerPoint step-edit Image Presentations
 - Files for all illustrations and tables and selected photos from the text
- **Instructor Resource and Support Manual.** Easier to use than a typical instructor’s manual, this key guide provides a step-by-step visual walk-through of all the resources available to you for preparing your lectures. Also included are tips and strategies for new instructors, sample syllabi, and suggestions for integrating Mastering Health into your classroom activities and homework assignments. Microsoft Word and PDF files for the Instructor Resource and Support Manual are available for downloading.
- **Microsoft Word, PDF, and RTF files for the Test Bank**
- **TestGen Computerized Test Bank**, which includes all the questions from the printed test bank in a format that allows instructors to easily and intuitively build exams and quizzes

- **Teaching with Student Learning Outcomes.** This feature provides essays from 11 instructors who teach using student learning outcomes. They share goals and suggestions for developing good learning outcomes and give tips and suggestions for how to teach personal health in this manner.
- **Teaching with Web 2.0.** From Facebook to Twitter and blogs, students are interacting with technology constantly. This handbook gives tips on how to incorporate technology in your course.
- **Great Ideas! Active Ways to Teach Health & Wellness.** This manual provides ideas for classroom activities related to specific health and wellness topics, as well as suggestions for activities that can be adapted to various topics and class sizes.
 - User’s Quick Guide with easy instructions for both experienced and new faculty members to get started with the various instructor resource materials and Mastering Nutrition

Student Supplements

- **Mastering Health Student Study Area** also provides students with self-study material like access to the Pearson eText, practice quizzes, flashcards, videos, MP3s, and much more to help them get the best grade in your course at their own pace.
- **Dynamic Study Modules in Mastering Health** assess students’ performance and activity in real time. They use data and analytics that personalize content to target students’ particular strengths and weaknesses. And, because we know students are always on the go, Dynamic Study Modules can be accessed from any computer, tablet, or smartphone.
- **Behavior Change Log Book and Wellness Journal.** This assessment tool helps students track daily exercise and nutritional intake and create a long-term nutrition and fitness prescription plan. It includes behavior change contracts and topics for journal-based activities.
- **Eat Right! Healthy Eating in College and Beyond.** This handy, full-color booklet provides students with practical guidelines, tips, shopper’s guides, and recipes that turn healthy eating principles into blueprints for action. Topics include healthy eating in the cafeteria, dorm room, and fast-food restaurants; planning meals on a budget; weight management; vegetarian alternatives; and how alcohol affects health.
- **Live Right! Beating Stress in College and Beyond.** This booklet gives students useful tips for coping with a variety of life’s challenges both during college and for the rest of their lives. Topics include sleep, managing finances, time management, coping with academic pressure, relationships, and a closer look at advertised products that promise to make our lives better.
- **Digital 5-Step Pedometer.** Take strides to better health with this pedometer, which measures steps, distance (miles), activity time, and calories and provides a time clock.
- **MyDietAnalysis.** Powered by ESHA Research, Inc., MyDietAnalysis features a database of nearly 50,000 foods and multiple reports and is available via single sign-on in Mastering Health at no extra charge. It allows students to track their diet and activity using up to three profiles and to generate and submit reports electronically.