

# Contents

|   |      |
|---|------|
| <i>About the authors</i>                | viii |
| Introduction                            | 1    |
| 1 Thinking health promotion             | 5    |
| 2 Tackling lifestyle change             | 28   |
| 3 Encouraging health screening          | 50   |
| 4 Teaching patients                     | 68   |
| 5 Supporting self-management            | 89   |
| 6 Considering public health             | 111  |
| 7 Managing health promotion in practice | 127  |
| 8 Keeping up your skills                | 144  |
| <i>Glossary</i>                         | 155  |
| <i>References</i>                       | 158  |
| <i>Index</i>                            | 164  |