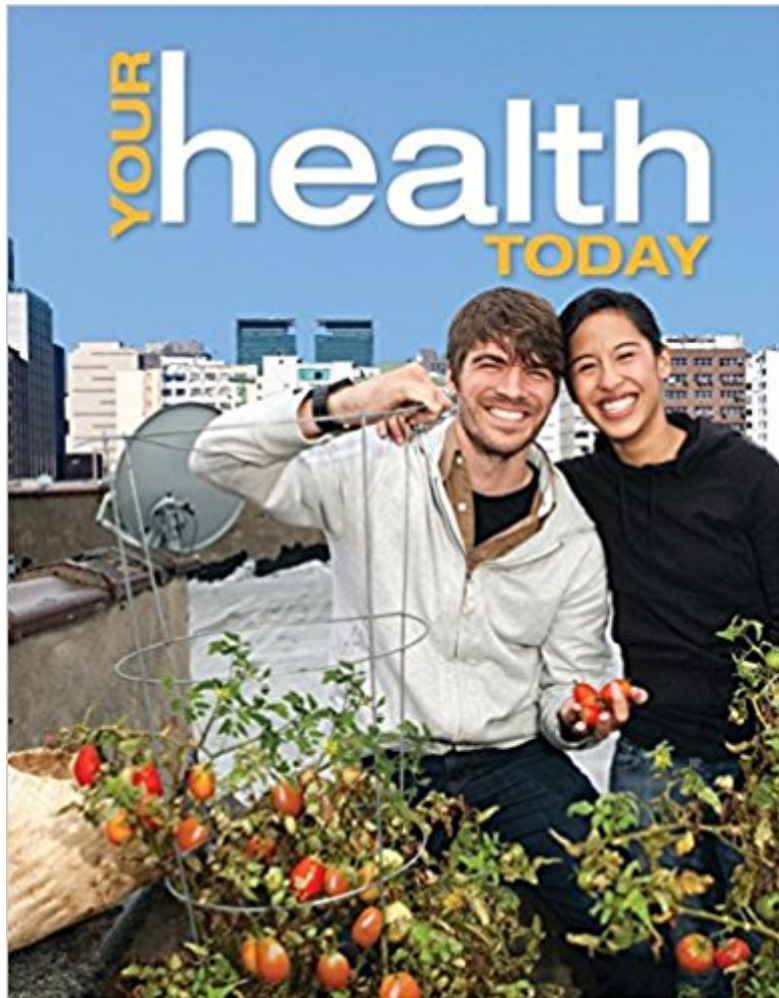




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# Your Health Today: Choices In A Changing Society



## Synopsis

It's not just Personal! Your Health Today teaches Personal Health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too. Your Health Today incorporates the individual, interpersonal, and broader social factors that affect our health, acting as a guide for healthy living in college and beyond. Students will complete a guided Personal Health portfolio online, applying concepts they learn from the text to their own lives in assessments that give automatic feedback. In doing so, students are able to see how their own family history, community, and culture affect their personal health decisions. In addition to applied assessments, the Your Health Today program includes a LearnSmart, an unparalleled adaptive learning program that diagnoses students' knowledge of a subject, then creates an individualized learning path to help them master the concepts that they find most challenging. Additionally, the eBook for Your Health Today includes supplementary chapters on Complementary and Alternate Medicine, and Environmental issues for instructors who cover that content. Instructors can also assign videos from the College Health Report series and use them as a lecture-launcher or ice-breaker in class discussions.

## Book Information

Paperback: 532 pages

Publisher: McGraw-Hill Education; 4 edition (October 5, 2012)

Language: English

ISBN-10: 0078028477

ISBN-13: 978-0078028472

Product Dimensions: 8.6 x 0.6 x 11 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.2 out of 5 stars 81 customer reviews

Best Sellers Rank: #18,058 in Books (See Top 100 in Books) #55 in Books > Medical Books >

Administration & Medicine Economics > Health Care Delivery #2881 in Books > Health,

Fitness & Dieting #5955 in Books > Textbooks

## Customer Reviews

Michael L. Teague received his doctorate in exercise science, health, and recreation from the University of Northern Colorado. He has been a professor in sport, health, and leisure at the University of Iowa since 1975, and he teaches courses in health, performance nutrition, and sports

and recreation management for the Department of Health and Human Physiology. He has also developed and taught online courses on personal health, nutrition, and health promotion. Dr. Teague received the Outstanding Teacher Award from the University of Iowa in 1993-1994, and also holds a secondary appointment with the College of Public Health. He has authored several books about health promotion and aging as well as books about aging and leisure. Dr. Teague has served as a health observer for the U.S. State Department in East Timor, an advisory committee member for Healthy People 2000, a taskforce member for Women's Health in Iowa, and a health promotion grant reviewer for the National Institutes of Health, the Canadian Fitness and Lifestyle Research Institute, and the Canadian Diabetes Association. He was the director of a 26-part video series titled Healthy Living: Road to Wellness, used in distance learning and campus health courses across the United States. This series received 22 national and international video awards. In addition, Dr. Teague was the co-producer for The Victories of Dan Gable, which aired on HBO Signature in 1999. In his leisure time, Mike enjoys golf, racquetball, basketball, wallyball, and running.

Sara L. C. Mackenzie, M.D., M.P.H., completed medical school at the University of California-Davis and residency in family medicine at the University of Washington in Seattle. She obtained a master's degree in public health from the University of Washington. Dr. Mackenzie provides direct care for students at the University of Washington student health center. In addition, she is a Senior Lecturer in the School of Public Health and teaches several undergraduate courses in large and small groups about health, wellness, and illness. As the University of Washington School of Public Health Assistant Dean for Undergraduate Education, she has developed course and program curricula and led workshops on teaching and learning. In addition, she has organized conferences to enhance communication between youth and health practitioners. She is the West Coast medical consultant for Job Corps, a vocational training program for youth that incorporates basic health care, wellness, and employability. Her husband, Paul, and two daughters, Lila and Sydda, fill her life with laughter and balance. Sara enjoys horseback riding and gardening with her family.

David M. Rosenthal received his Ph.D. in counselor education from the State University of New York at Buffalo. For 23 years, he was a faculty member at the University of Iowa, teaching in the Colleges of Medicine, Public Health, and Education. Dr. Rosenthal was named Teacher of the Year by residents in the Department of Family Medicine and was given the College of Medicine Service Award. He was also the Director of Counseling and Health Promotion Services at the University of Iowa Hospitals and Clinics. Later he became the Director of La Bodega de La Familia in New York City. Dr. Rosenthal has also written a number of professional articles and books. With Dr. Michael Teague and David Gould, he produced a series of award-winning videos

focusing on health. He also produced and co-directed, with Steven Henke, two award-winning video documentaries about Native Americans in South Dakota. Dr. Rosenthal has been a licensed marriage and family therapist and served as president of the Iowa Association of Marriage and Family Therapy. He has given more than 100 presentations in the United States and has conducted workshops in Zimbabwe, Uganda, Russia, and Greece. Dr. Rosenthal was also Executive Director of the Lower East Side Harm Reduction Center in Manhattan and an adjunct faculty member in the College of Education at Brooklyn College. He is currently a faculty member at Columbia University where he works with Family Medicine Residents and graduate students at the Mailman School of Public Health in the Department of Health Policy and Management. He is also a member of the Board of Directors of two non-profit organizations: Heritage Health and Housing and Kwah Dao. David and his wife, Jane, enjoy living in New York City and spending time with their children, Daniel (and wife, Courtney) and Rebecca (and husband, Chris) and their six grandchildre--Isaac, Darby, Emily, Cyrus, Max, and Hazel.

I found out about this book because it was banned in a Fremont, CA school district when concerned parents and caregivers were up in arms about the content and thought their children shouldn't be exposed to this. Albeit this is meant as a college textbook, as a mental health clinician working with teenagers, I think this book would be extremely helpful in the psychoeducation of youth -- I mean, would those parents rather have their kids find out about sex, drugs, alcohol from experimentation and from their peers? How many of those parents and caregivers have "the sex talk" with their children? But with the age of technology, smartphones, and social media, young people have had to navigate even more nuanced relational aspects. I was sold on this book after reading a vignette on "Hooking Up," about two characters, Madison and Tomas -- check it out for yourself on page 259. For me, I will not use the textbook to endorse my clients to engage in a particular behavior or to impose a particular stance with regards to premarital sex or substance use. I plan to use the textbook to give my clients information -- which the book does in an educational, straightforward manner -- so that they can read it and make the healthiest decisions for themselves. As a clinical social worker, I'm biased, but I'm really glad this book devoted a section on mental health and what it is, and how to improve their mental health. I think that if used judiciously and age-appropriately, this can be a helpful tool of psychoeducation for young people, teenagers. And perhaps they might be more receptive to this medium (reading about the matter on their own, privately), compared to having an in vivo conversation about sex and intimacy with their therapist/teacher/parent/caregiver.

The problem with this book for me is the fact that it just tries to cover way too much in way too little space. Perhaps as a very brief overview of health topics (as it is used in my class), it may be serviceable, but in just about every respect, I feel like it doesn't go much beyond barely grazing the surface. It feels like the author went out of his way to keep the book just general enough to be absolutely useless for anything beyond sparking the most superficial of conversations.

This book is being used as a textbook. I am a little disappointed it doesn't have a large summary/review the chapter section. No glossary or index for quick finds. So far I have not found this textbook with any web page study aide. Textbooks with this volume of information should have several study aides to choose from. However, it is chalk full of useful information.

The book gives you, in my opinion, pointless portfolios to do. I really enjoyed doing the medical insurance exercise just because it's useful and something you actually need to know. Other than that, this book covers a general view of public health and the different problems that our health specialists have with our society. They cover recent topics such as E-Cigs, ebola and the overdose of ibuprofen. It's not just the social side of public health but also the medical side of it. You'll learn about the brain, heart, lungs and how they react to certain situations/drugs/illnesses.

If you are required to purchase this "book" (it's more like a giant magazine) for a health class, your professor probably told you that new copies will come with the "Connect Code" which will allow you access to McGraw-Hill's online quizzes (and that you HAVE to have the code because said quizzes are graded). Unfortunately, this is FALSE. I ordered this book/magazine from and it did NOT come with the Connect Code, so I had to shell out an extra ten bucks to buy the code separately from McGraw-Hill's website (greedy scum!). As a poor college student, this was very irritating. Brand new magazine and additional code purchase cost me an extra thirty dollars I could have spent elsewhere. My advice to students: buy this text used and purchase the code separately. As far as the actual book/magazine goes, it's pretty standard stock. It contains some useful information, but one must also realize that this text deals only in generalities; specifics are not explored in-depth. All other factors aside, I'd give the content of this text 2-3 stars, but throw in the outrageous price of NINETY dollars for a brand new copy (which is even more than I paid for my book AND the additional code purchase) and I simply cannot recommend it to anyone who isn't using it for a class. I haven't laid eyes on either of the first two editions (and us students all know releasing various "editions" of the same book is just an excuse for publishing companies and the professors who

contributed to the book to make more money), but I can't imagine they're terribly different than this one. Unfortunately, if you're a student you'll have to have this edition for the (expletive) connect code and online quizzes. Enjoy.

I needed this book for a Health course at my community college and it did the trick! Way cheaper than the book store. Plus, I can resell it at the end of the semester!

Arrived well packaged and in very good condition. Good price, no complaints!

I had to buy this as a text book for my Health Class in college. The book looks like a thick magazine yet costs as much as 50 magazines. Obviously I don't have any interest in this book but I suppose it would be good for someone who is. Personally if I'm going to spend the money on expensive text books I'd rather have them look and feel like real text books.

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