## Health Promotion in Nursing Practice

Nola J. Pender Carolyn L. Murdaugh Mary Ann Parsons

## **Contents**

Introduction: Health Promotion and Disease Prevention: The Challenges of the

Preface xiv

21st Century

| Towa   | rd a Definitio  | n of Health      | 15              |                     |    |
|--------|-----------------|------------------|-----------------|---------------------|----|
| Health | as an Evolvin   | g Concept        | 17              |                     |    |
| Health | and Illness: D  | istinct Entities | s or Opposite   | Ends of a Continuur | n? |
| Defini | tions of Health | n That Focus of  | n Individuals   | 19                  |    |
| Defini | tions of Health | n That Focus or  | n the Family    | 25                  |    |
| Defini | tions of Health | n That Focus or  | n the Commu     | ınity 27            |    |
| Measu  | rement of the   | Meaning of He    | ealth 28        | 3                   |    |
| Direct | ions for Resea  | rch on the Mea   | aning of Heal   | th 29               |    |
| Direct | ions for Practi | ce in the Conte  | ext of Holistic | c Health 30         |    |
| Summ   | ary 30          |                  |                 |                     |    |
| Learni | ng Activities   | 31               |                 |                     |    |
|        | ed Web Site     | 31               |                 |                     |    |

Human Potential for Change 37 Use of Multiple Theories in Behavior Change 37 A Prevention Model 38 38 The Health Belief Model Mixed Models and Theories of Health Promotion and Prevention 40 The Theoretical Basis for the Health Promotion Model 50 The Health Promotion Model (Revised) 51 Interpersonal Influences Interventions for Health-Behavior Change 57 Tailoring Behavior-Change Interventions 63 64 Maintaining Behavior Change Ethics of Behavior Change 65 Directions for Research in Health Behavior 65 Directions for Practice in Motivating Health Behavior 66 Summary 66 Learning Activities 67 Selected Web Sites 67

3. Community Models to Promote Health 74

The Concept of Community 75

|     | Community Assessment Interventions and Health Promotion Community Ecological Models and Theories 78 Community Planning Models for Health Promotion Community Dissemination Models to Promote Health 83 Directions for Research in Community-Based Models 87 Directions for Practice Using Community Models of Health 88 Summary 88 Learning Activities 88 Selected Web Sites 89 |
|-----|---|
| PAR | 2. Planning for Health Promotion and Prevention 93  |
| 4   | Nursing Frameworks for Health Assessment Assessment of the Individual Client Assessment of the Family Assessment of the Community Directions for Research in Health Assessment Directions for Practice in Health Assessment Summary 120 Learning Activities 120 Selected Web Sites 120  |
| 5   | Guidelines for Preventive Services and Screenings The Health-Planning Process 127 Revisions of the Health Promotion-Prevention Plan Community-Level Health Promotion-Prevention Plan Directions for Research in Behavior Change 141 Directions for Practice in Behavior Change 142 Summary 142 Learning Activities 143 Selected Web Sites 143                                   |
| PAI | RT 3. Interventions for Health Promotion and Prevention 145   |
| (   | Health Benefits of Physical Activity 149 Genetic and Environmental Effects on Activity Level 150 Life-Span Patterns of Physical Activity 152 Determinants of Physical Activity in Children and Adolescents 156 Determinants of Physical Activity in Adults 156 The Process of Physical Activity Behavior Change 158   |
|     | Interventions in Primary Care to Promote Physical Activity 159  |

|    | Tailoring Physical Activity Interventions 162  Intensity of Physical Activity 162   |     |
|----|---|-----|
|    | The charge of the state of the |     |
|    |   | 164 |
|    | into i volitions in the commentary  | 104 |
|    | Directions for Research in Physical Activity 165 Directions for Practice to Promote Physical Activity 166   |     |
|    | Differential 102 1 1 to the test of 1 1 of the test of 1 1 of the test of 1 1 of the test of 1 of 1 of the test of 1 of the test of 1 of the test of 1 of 1 of the test of 1 of   |     |
|    | Summary 167   |     |
|    | Learning Activities 167   |     |
|    | Selected Web Sites 167  |     |
| 7  | Diet, Nutrition, Prevention, and Health Promotion 172   |     |
| •• | The Role of Diet and Nutrition in Prevention and Health Promotion   | 174 |
|    | Factors Influencing Eating Behaviors 179  |     |
|    | Nutritional Needs of Special Populations 185  |     |
|    | Interventions to Change Eating Behaviors 188  |     |
|    | Meta-Analysis of Clinical Studies and Randomized Clinical Trials  | 189 |
|    | Maintaining Recommended Weight 192  |     |
|    | Initiating a Weight–Reduction Program 193   |     |
|    | Directions for Research in Nutrition and Health 194   |     |
|    | Directions for Practice in Nutrition and Health 195   |     |
|    | Directions for 1 the state at 1 the |     |
|    | 0   |     |
|    | Learning Activities 196<br>Selected Web Sites 196   |     |
|    | Selected Web Sites 196  |     |
| 8. | Stress Management and Health Promotion 201  |     |
|    | Stress and Health 204   |     |
|    | Stress Across the Life Span 205   |     |
|    | Approaches to Stress Management 208   |     |
|    | Directions for Research in Stress Management 218  |     |
|    | Directions for Practice in Stress Management 218  |     |
|    | Summary 219   |     |
|    | Learning Activities 219   |     |
|    | Selected Web Sites 219  |     |
|    |   |     |
| 9. | Social Support and Health Promotion 223   |     |
|    | Social Networks 224   |     |
|    | Social Support 226  |     |
|    | Reviewing Social Support Systems 232  |     |
|    | Social Support and Health 232   |     |
|    | Identifying Social Support Strengths and Needs 235  |     |
|    | Enhancing Social Support Systems 235  |     |
|    | Directions for Research in Social Support 237   |     |
|    | Directions for Practice in Social Support 238   |     |
|    | Summary 238   |     |
|    | Learning Activities 238   |     |
|    | Salastad Woh Sites 230  |     |

7.

| Part | 4. Evaluating the Effectiveness of Health Promotion 243  |
|------|--|
| 10.  | Measuring Outcomes of Health-Promotion and Prevention Interventions 245  Defining Health Outcomes 246  Deciding Which Health Outcomes to Measure 250  Developing a Plan to Measure Health Outcomes 254  Challenges in Measuring Health Outcomes 255  Directions for Research in Outcomes Measurement 256  Directions for Practice in Achieving Health Outcomes 257  Summary 258  Learning Activities 258  Selected Web Sites 258               |
| 11.  | Evaluating Individual and Community Interventions261Purpose of Evaluation262Approaches to Evaluation for Health-Promotion Interventions263Evaluation of Interventions with Individuals and Communities266Strategies for Evaluation of Health-Promotion Interventions270Directions for Research in Evaluating Health Promotion272Directions for Practice in Evaluating Health Promotion273Summary274Learning Activities274Selected Web Sites274 |
|      | 5. Health Promotion in Diverse Populations 277 Self-Care for Health Promotion Across the Life Span 279   |
| 12,  | The Role of the Professional Nurse 281   |
|      | Self-Care for Health Promotion Throughout the Life Span 282  |
|      | Goals of Health Education for Self-Care 289  The Process of Empowering for Self-Care to Promote Health 290  The Role of the Internet in Self-Care Education 296  Directions for Research in Self-Care 297  Directions for Practice in Self-Care 298  Summary 298  Learning Activities 299  Selected Web Sites 299  |
| 10   | Wastal Barres Alam to Waler small Barres letter at 900   |
| 13.  | Health Promotion in Vulnerable Populations 303 Health Status and Health Behaviors of Vulnerable Groups 304   |
|      | Eliminating Health Disparities 306   |
|      | Planning Culturally Competent Health-Promotion Interventions 307   |
|      | Essential Characteristics to Consider in Designing Programs 308  |
|      | Strategies for Implementing Culturally Appropriate Interventions 31  |
|      | Directions for Research in Vulnerable Populations 314  |

315

|      | Summary 315  |
|------|--|
|      | Learning Activities 315  |
|      | Selected Web Sites 316   |
|      |  |
| Part | 6. Approaches for Promoting a Healthier Society 319                    |
| 14.  | Health Promotion in Community Settings 321                             |
|      | Health Promotion in Families 322                                       |
|      | Health Promotion in Schools 324  |
|      | Health Promotion at the Work Site 325                                  |
|      | Health Promotion in Nurse-Managed Community Health Centers 327         |
|      | The Community at Large as a Setting for Health Promotion 328           |
|      | Creating Health Partnerships 329                                       |
|      | The Role of Partnerships in Education, Research, and Practice 331      |
|      | Directions for Research in Multilevel Health-Promotion Settings 333    |
|      | Directions for Practice to Promote Health in Diverse Settings 334      |
|      | Summary 334  |
|      | Learning Activities 334  |
|      | Selected Web Sites 335   |
| 15.  | Promoting Health Through Social and Environmental Change 337           |
|      | Health as a Social Goal 338  |
|      | Health in a Changing Social Environment 341                            |
|      | Promoting Health Through Public Policy 342                             |
|      | Promoting Health Through Environmental Change 344                      |
|      | Voluntary Change Versus Legislative Policy 348                         |
|      | Economic Incentives for Disease Prevention and Health Promotion 350    |
|      | Directions for Research in Social and Environmental Change 352         |
|      | Directions for Practice to Promote Social and Environmental Change 352 |
|      | Summary 353  |
|      | Learning Activities 353  |
|      | Selected Web Sites 353   |
|      |  |

Directions for Practice in Vulnerable Populations

1 1 1

Index

355