



# Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition

By David Haber PhD

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**Health Promotion and Aging: Practical Applications for Health Professionals, Sixth Edition** By David Haber PhD

## Praise for the fifth edition:

I applaud Dr. Haber for addressing key concepts and issues in health promotion and aging, and making them accessible, respectful, mindful, and empowering.

**-Marilyn R. Gugliucci, PhD**

Director, Geriatrics Education and Research, University of New England  
Past President, AGHE

David Haber has done it again! ...A must-have for students and faculty alike.

**-Barbara Resnick, PhD, CRNP, FAAN**

Substantially revised and updated, the sixth edition of this classic text continues to define healthy aging by illustrating how to prevent disease and make large-scale improvements toward health and wellness. New to this edition is current information regarding the future of Medicare, Social Security, and the Affordable Care Act, information about the Healthy People 2020 initiative supported with examples, up-to-date and comprehensive medical screening recommendations, and an extensive review of new developments in complementary and alternative medicine, geriatric mental health, community health, and public health policy. A new section on technology and aging is also included, as well as an instructor's manual.

The text synthesizes current research findings with practical applications, and includes detailed and updated descriptions of the author's own programs that have been recognized by the National Council on the Aging's Best Practices in Health Promotion and Aging.

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### Editorial Review

From the Back Cover

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### About the Author

**David Haber, PhD**, is an assistant professor in the Gerontology Department at Western Oregon University, Monmouth, Oregon. Prior to his current affiliation he worked at several institutes of higher education.

For a decade he was the John and Janice Fisher distinguished professor of wellness and gerontology at Ball State University in Muncie, Indiana. For the decade prior to that, Dr. Haber was a professor at the University of Texas Medical Branch in Galveston. Before that he served as the director of the Center for Healthy Aging, at Creighton University's multidisciplinary shopping mall-based geriatric center in Omaha, Nebraska.

His early academic and research career included positions at the University of the District of Columbia; the University of South Florida, Tampa; and the University of Southern California, where he also received his PhD in sociology from the Andrus Gerontology Center.

Dr. Haber is a fellow in the Gerontological Society of America, and he is recognized for two Best Practice Awards from the National Council on Aging, the Distinguished Teacher Award from the Association for Gerontology in Higher Education, and the Molly Mettler Award for Leadership in Health Promotion from the National Council on Aging.

The third edition of this book, *Health Promotion and Aging*, was selected for the 2004 Book of the Year Award by the *American Journal of Nursing* in two categories: Gerontologic Nursing, and Community and Public Health. Dr. Haber also authored *Health Care for an Aging Society*.

Dr. Haber has authored 87 academic publications and has been project director or principal investigator of 20 research or demonstration grants related to health and aging. Typically, these applied projects involved gerontology and health professional students leading community health promotion ventures with older adults. Dr. Haber's current interest in life is cat therapy with frail elders.

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