



書名 Health and behavior :
the interplay of biological, behavioral and societal influences
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內容摘要：

Over the past two decades, investigators have learned more about the links between health and behavior. Much has been learned, for example, about the relationship between stress and general health and the association between socioeconomic status and health. Health and Behavior reviews our improved understanding of the complex interplay among biological, psychological, and social influences and explores findings suggested by recent research -- including interventions at multiple levels that we can employ to improve human health. The book covers three main areas: -- What do biological, behavioral, and social sciences contribute to our understanding of health -- including cardiovascular, immune system, and brain functioning; behaviors that influence health; the role of social networks and socioeconomic status; and more.-- What can we learn from applied research on interventions to improve the health of individuals, families, communities, organizations, and larger populations?-- How can we expeditiously translate research findings into application? With the perspective that individual willpower is only one thread in the fabric of good health, the committee offers an ecological approach to health and behavior.