

# Promoting the Health of Adolescents

New Directions for the Twenty-first Century

Edited by Susan G. Millstein, Anne C. Petersen and Elena O. Nightingale



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## Description

Chronic diseases and premature death can often be linked to social, environmental, and behavioral factors that are subject to modification, especially during adolescence when many habits--both good and bad--are formed. In order to effectively encourage good health-related behaviors among adolescents, health providers need an integrated understanding of the many factors involved. This volume fills that need by providing the most comprehensive, up-to-date review of the pertinent issues, including in-depth discussions on adolescent sexuality, substance abuse, the future of adolescent health promotion, and the relationship between socioeconomic status and health-related behaviors. The outstanding group of contributors represents a wide variety of disciplines and offers proven techniques and approaches that can help future adults enjoy longer, safer, more productive lives. With an emphasis on practical solutions, *Promoting the Health of Adolescents* will be of value to health and social scientists, health care providers, educators, and administrators who plan and implement programs for adolescent health.

## Reviews

"Editors Millstein, Petersen, and Nightingale have pulled together the work of an impressive group of contributors, both scholars and clinicians, to review the current understanding of health-promotion efforts among adolescents. The result is an interesting, well-integrated work that will be of value to researchers, clinicians, and public health practitioners concerned with the health needs of young people." --The New England Journal of Medicine

"For adolescents, the future is now. The well-edited essays in this book set forth in clear, crisp prose a set of insights and practical real-world suggestions to make the now of adolescence the foundation for a healthy adult future. And for those who wish to probe more deeply, there are plenty of citations and references that support the conclusions and recommendations of the distinguished contributors of this pathbreaking volume." --Joseph A. Califano Jr., Chairman and President, Center on Addiction and Substance Abuse, Columbia University

"Required reading for anyone who has been waiting for a more comprehensive view and understanding of adolescent health." --William Julius Wilson, Lucy Flower University Professor of Sociology and Public Policy, University of Chicago

"This is essential reading for all who are concerned about adolescents in general and their health problems in particular. The authors do a masterful job of drawing out the policy directions suggested by a rich synthesis of knowledge." --Ray Marshall, LBJ School of Public Affairs, University of Texas at Austin

"An excellent series of insightful essays....All of the chapters are quite informative and well written and carefully summarize the current research literature in each area. Each essay provides the reader with a critical analysis of current status and future needs....Provides useful concrete suggestions for health promotion....An excellent resource....Millstein et al. have created an insightful book to guide us into the future....[It] should find a place on the shelf of any health care professional who sees adolescents and on the reading list of preventive medicine courses required for today's medical students....Presents a new synthesis of the complex issues involved in the multidisciplinary approach necessary in the 1990s to promote the health of adolescents effectively." --American Journal of Preventive Medicine

"The contributors represent a wide variety of disciplines and offer proven techniques and approaches that can help future adults enjoy longer, safer, more productive lives."--Adolescence

"This volume can serve as a useful resource for those interested in adolescent health promotion. For the novice, the chapters serve as a helpful review. ... The volume will serve to both organize and generate ideas for applied health promotion and empirical research. The volume confronts an interesting and worthy topic, and in so doing represents a progressive shift away from a specific disease model of adolescent health to a more inclusive biopsychosocial model." -- Contemporary Psychology

"The editors of this timely and well-written book challenge us to look at health promotion for adolescents from several vantage points....There are excellent commentaries from both the physician and nursing perspectives, which discuss the controversies....There is a consistency of style and clarity throughout, making the book easily readable. The authors discuss all the topics

intelligently with appropriate content to maintain interest. A comprehensive bibliography is placed at the end of each chapter....The topics are relevant to family practice-primary care specialties....For a family medicine faculty member responsible for adolescent curriculum, this book is stimulating and challenging, with an intelligent, organized style....It is recommended for health professionals with interests in teaching, research, and health policy for adolescents and their families." --William Shore, M.D., Family Medicine

"The audience for this reference is anyone who works with youths, with a focus on health professionals....The editors bring together experts from diverse disciplines such as anthropology, health policy, medicine, and nutrition, while maintaining textual coherence throughout....Efforts to address the impact of poverty and minority status relative to each health issue make this a particularly useful and timely reference....Overall, this book is highly readable..." --Sharon L. Hoerr, RD, Ph.D., Michigan State University, Journal of Nutrition Education

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## **About the Author(s)**

Edited by Susan G. Millstein, Director of Research in Adolescent Medicine and Associate Professor of Pediatrics, University of California, San Francisco , Anne C. Petersen, Vice President for Research, Dean of the Graduate School, and Professor of Adolescent Development and Pediatrics, University of Minnesota , and Elena O. Nightingale, Lecturer in Social Medicine at Harvard University Medical School; Adjunct Professor of Pediatrics, Georgetown University Medical School; Senior Advisor to the Carnegie Council on Adolescent Development; Special Advisor to the President, Senior Program Officer, Carnegie Corporation of New York