Behavioral Health: A Handbook Of Health Enhancement And Disease Prevention

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Problem: Disease prevention is an extremely important component of an ideal healthcare system. This page discusses why and it is not the same as early disease detection. The impact of health education and counseling on disease prevention has often been underestimated. For example, Am J Prev Med 2002;22(4):267-284, argues that education and counseling are not effective. Most of the programs that are effective have adequate follow up after initial contact. Reviews the book, Behavioral Health: A Handbook of Health Enhancement and Disease Prevention by Joseph D. Matarazzo, Sharlene M. Weiss, J. Alan Herd, Neal E. Miller, and Stephen M. Weiss (1984). This book provides valuable information on how to get people to adopt and maintain healthy habits. The book serves as a near-encyclopedic resource that provides an overview of research and practice on behavioral aspects of disease prevention and health promotion. (PsycINFO Database Record (c) 2012 APA, all rights reserved).