

**SECOND EDITION**

# Contemporary Health Promotion

## IN NURSING PRACTICE

**Bonnie Raingruber, PhD, RN, CNS**

Professor of Nursing, California State University, Sacramento  
Sacramento, California

Nurse Researcher  
Center for Nursing Research  
University of California Davis Medical Center  
Sacramento, California



JONES & BARTLETT  
LEARNING

*World Headquarters*  
Jones & Bartlett Learning  
5 Wall Street  
Burlington, MA 01803  
978-443-5000  
info@jblearning.com  
www.jblearning.com

Jones & Bartlett Learning books and products are available through most bookstores and online booksellers. To contact Jones & Bartlett Learning directly, call 800-832-0034, fax 978-443-8000, or visit our website, [www.jblearning.com](http://www.jblearning.com).

Substantial discounts on bulk quantities of Jones & Bartlett Learning publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones & Bartlett Learning via the above contact information or send an email to [specialsales@jblearning.com](mailto:specialsales@jblearning.com).

Copyright © 2017 by Jones & Bartlett Learning, LLC, an Ascend Learning Company

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

The content, statements, views, and opinions herein are the sole expression of the respective authors and not that of Jones & Bartlett Learning, LLC. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not constitute or imply its endorsement or recommendation by Jones & Bartlett Learning, LLC and such reference shall not be used for advertising or product endorsement purposes. All trademarks displayed are the trademarks of the parties noted herein. *Contemporary Health Promotion in Nursing Practice, Second Edition* is an independent publication and has not been authorized, sponsored, or otherwise approved by the owners of the trademarks or service marks referenced in this product.

There may be images in this book that feature models; these models do not necessarily endorse, represent, or participate in the activities represented in the images. Any screenshots in this product are for educational and instructive purposes only. Any individuals and scenarios featured in the case studies throughout this product may be real or fictitious, but are used for instructional purposes only.

The authors, editor, and publisher have made every effort to provide accurate information. However, they are not responsible for errors, omissions, or for any outcomes related to the use of the contents of this book and take no responsibility for the use of the products and procedures described. Treatments and side effects described in this book may not be applicable to all people; likewise, some people may require a dose or experience a side effect that is not described herein. Drugs and medical devices are discussed that may have limited availability controlled by the Food and Drug Administration (FDA) for use only in a research study or clinical trial. Research, clinical practice, and government regulations often change the accepted standard in this field. When consideration is being given to use of any drug in the clinical setting, the health care provider or reader is responsible for determining FDA status of the drug, reading the package insert, and reviewing prescribing information for the most up-to-date recommendations on dose, precautions, and contraindications, and determining the appropriate usage for the product. This is especially important in the case of drugs that are new or seldom used.

10286-4

#### **Production Credits**

VP, Executive Publisher: David D. Cella  
Executive Editor: Amanda Martin  
Associate Acquisitions Editor: Rebecca Stephenson  
Associate Editor: Danielle Bessette  
Senior Marketing Manager: Jennifer Scherzay  
Product Fulfillment Manager: Wendy Killborn  
Director of Vendor Management: Amy Rose  
Composition and Project Management:  
S4Carlisle Publishing Services

Cover Design: Michael O'Donnell  
Rights & Media Specialist: Wes DeShano  
Media Development Editor: Troy Liston  
Cover Image: top to bottom and left to right: © Syda  
Productions/Shutterstock; © michaeljung/Shutterstock;  
© oneinchpunch/Shutterstock; © Zurijeta/Shutterstock  
Printing and Binding: Edwards Brothers Malloy  
Cover Printing: Edwards Brothers Malloy

#### **Library of Congress Cataloging-in-Publication Data**

Names: Raingruber, Bonnie, author.  
Title: Contemporary health promotion in nursing practice/Bonnie Raingruber.  
Description: Second edition. | Burlington, Massachusetts : Jones & Bartlett Learning, [2017] | Includes bibliographical references and index.  
Identifiers: LCCN 2016017115 | ISBN 9781284094749  
Subjects: | MESH: Health Promotion | Nurse's Role  
Classification: LCC RT42 | NLM WA 590 | DDC 613—dc23 LC record available at <https://lcn.loc.gov/2016017115>

6048

Printed in the United States of America  
20 19 18 17 16 10 9 8 7 6 5 4 3 2 1

# Contents

|                  |                                                                                                                                                |           |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
|                  | Preface . . . . .                                                                                                                              | .xi       |
|                  | Acknowledgments . . . . .                                                                                                                      | xv        |
|                  | About the Author . . . . .                                                                                                                     | xvii      |
|                  | Contributors . . . . .                                                                                                                         | .xix      |
| <b>Chapter 1</b> | <b>Health Education, Health Promotion, and Health:<br/>What Do These Definitions Have to Do with Nursing? . . . .</b>                          | <b>1</b>  |
|                  | <i>Bonnie Raingruber</i>                                                                                                                       |           |
|                  | Introduction . . . . .                                                                                                                         | 1         |
|                  | Health Education Versus Health Promotion . . . . .                                                                                             | 2         |
|                  | Definitions of Health Promotion . . . . .                                                                                                      | 6         |
|                  | Medical Model and World Health Organization<br>Definitions of Health . . . . .                                                                 | 7         |
|                  | Critiques of Definitions of Health . . . . .                                                                                                   | 9         |
|                  | The Relationship Between Health, Health Promotion,<br>and Illness Prevention. . . . .                                                          | 13        |
|                  | The Importance of a Trained Health Promotion<br>Workforce. . . . .                                                                             | 14        |
|                  | Discussion Questions. . . . .                                                                                                                  | 16        |
|                  | Check Your Understanding. . . . .                                                                                                              | 16        |
|                  | What Do You Think? . . . . .                                                                                                                   | 18        |
|                  | References . . . . .                                                                                                                           | 20        |
| <b>Chapter 2</b> | <b>The History of Health Promotion . . . . .</b>                                                                                               | <b>23</b> |
|                  | <i>Bonnie Raingruber</i>                                                                                                                       |           |
|                  | Introduction . . . . .                                                                                                                         | 23        |
|                  | Ancient Health Promotion Practices: Indian, Chinese,<br>Egyptian, and Hebrew . . . . .                                                         | 23        |
|                  | Greek Antiquity . . . . .                                                                                                                      | 24        |
|                  | The Roman Empire . . . . .                                                                                                                     | 25        |
|                  | The Medieval Pandemics. . . . .                                                                                                                | 25        |
|                  | Key Organizations, Conferences, Task Forces,<br>and Documents that Have Influenced the Nature<br>of Health Promotion in Modern Times . . . . . | 25        |

|                  |                                                                                      |           |
|------------------|--------------------------------------------------------------------------------------|-----------|
|                  | Summary of Historical Chronology.....                                                | 36        |
|                  | Six Phases in the Evolution of Primary<br>Care/Prevention.....                       | 37        |
|                  | Messaging to Engage the Public in Health<br>Promotion Efforts.....                   | 38        |
|                  | The Role of Nursing Leaders in Health Promotion.....                                 | 39        |
|                  | Critique and Promise Associated with Nursing's<br>Role in Health Promotion.....      | 40        |
|                  | What Are the Next Steps for Nursing?.....                                            | 42        |
|                  | What Will You Do?.....                                                               | 42        |
|                  | Discussion Questions.....                                                            | 42        |
|                  | Check Your Understanding.....                                                        | 43        |
|                  | What Do You Think?.....                                                              | 45        |
|                  | References.....                                                                      | 46        |
| <b>Chapter 3</b> | <b>Health Promotion Theories.....</b>                                                | <b>49</b> |
|                  | <i>Bonnie Raingruber</i>                                                             |           |
|                  | Why Should Health Promotion Be Theory-Based?.....                                    | 49        |
|                  | Behavioral Change Theories.....                                                      | 52        |
|                  | Intervention-Based Models.....                                                       | 59        |
|                  | Ecological Theories and Models.....                                                  | 61        |
|                  | Planning Models.....                                                                 | 65        |
|                  | Communication Theories.....                                                          | 66        |
|                  | Evaluation Models.....                                                               | 68        |
|                  | Nursing Models and Theories.....                                                     | 70        |
|                  | How Are Theories Constructed?.....                                                   | 81        |
|                  | Discussion Questions.....                                                            | 85        |
|                  | Check Your Understanding.....                                                        | 87        |
|                  | What Do You Think?.....                                                              | 89        |
|                  | References.....                                                                      | 90        |
| <b>Chapter 4</b> | <b>Genetic and Social Determinants of Health:<br/>An Ecological Perspective.....</b> | <b>97</b> |
|                  | <i>Michelle T. Dang and Bonnie Raingruber</i>                                        |           |
|                  | Introduction.....                                                                    | 97        |
|                  | The Ecological Framework.....                                                        | 99        |
|                  | The Stress–Diathesis Model.....                                                      | 100       |
|                  | Genetic Determinants of Health<br>and Gene–Environment Interactions.....             | 103       |
|                  | Gene Regulation and Mutations.....                                                   | 103       |
|                  | Gene–Environment Interaction.....                                                    | 104       |
|                  | Epigenetic Mechanisms.....                                                           | 105       |
|                  | Pharmacogenomics.....                                                                | 111       |
|                  | Ethical and Legal Considerations.....                                                | 111       |

|                  |                                                                                             |            |
|------------------|---------------------------------------------------------------------------------------------|------------|
|                  | The Nurse's Role . . . . .                                                                  | 111        |
|                  | Social Determinants of Health . . . . .                                                     | 113        |
|                  | The Social Gradient of Health . . . . .                                                     | 114        |
|                  | Cultural Perspectives . . . . .                                                             | 117        |
|                  | Culture and the Social Gradient . . . . .                                                   | 118        |
|                  | Discussion Questions . . . . .                                                              | 120        |
|                  | Check Your Understanding . . . . .                                                          | 120        |
|                  | What Do You Think? . . . . .                                                                | 121        |
|                  | References . . . . .                                                                        | 121        |
| <b>Chapter 5</b> | <b>Health Disparities . . . . .</b>                                                         | <b>127</b> |
|                  | <i>Bonnie Raingruber</i>                                                                    |            |
|                  | Introduction . . . . .                                                                      | 127        |
|                  | Definitions of Health Disparities . . . . .                                                 | 128        |
|                  | How Disparities Are Determined . . . . .                                                    | 129        |
|                  | Types of Health Disparities . . . . .                                                       | 129        |
|                  | Factors Contributing to Health Disparities . . . . .                                        | 136        |
|                  | Interventions for Minimizing Health Disparities . . . . .                                   | 138        |
|                  | Cultural Competence Case Study . . . . .                                                    | 142        |
|                  | The Role of the Government and Other Entities<br>in Decreasing Health Disparities . . . . . | 146        |
|                  | Research and Epidemiology: Why Diverse<br>Populations Need to Be Counted . . . . .          | 148        |
|                  | Future Trends and Associated Costs . . . . .                                                | 150        |
|                  | Health Policy Options for Reducing Health Disparities . . . . .                             | 151        |
|                  | Discussion Questions . . . . .                                                              | 152        |
|                  | Check Your Understanding . . . . .                                                          | 153        |
|                  | What Do You Think? . . . . .                                                                | 154        |
|                  | References . . . . .                                                                        | 155        |
| <b>Chapter 6</b> | <b>Health Literacy . . . . .</b>                                                            | <b>159</b> |
|                  | <i>Bonnie Raingruber</i>                                                                    |            |
|                  | Introduction . . . . .                                                                      | 159        |
|                  | Types of Health Literacy . . . . .                                                          | 162        |
|                  | Definitions of Health Literacy . . . . .                                                    | 163        |
|                  | Tools for Measuring Health Literacy . . . . .                                               | 165        |
|                  | Health Literacy Needs within Immigrant Populations . . . . .                                | 168        |
|                  | Health Literacy Issues Involving Children . . . . .                                         | 169        |
|                  | Ways of Improving Health Literacy . . . . .                                                 | 170        |
|                  | Case Studies . . . . .                                                                      | 176        |
|                  | Discussion Questions . . . . .                                                              | 178        |
|                  | Check Your Understanding . . . . .                                                          | 178        |
|                  | What Do You Think? . . . . .                                                                | 180        |
|                  | References . . . . .                                                                        | 181        |

|                  |                                                                                   |     |
|------------------|-----------------------------------------------------------------------------------|-----|
| <b>Chapter 7</b> | <b>Artistic, Creative, and Aesthetic Approaches to Health Promotion</b> . . . . . | 185 |
|                  | <i>Bonnie Raingruber</i>                                                          |     |
|                  | Introduction . . . . .                                                            | 185 |
|                  | Educating Healthcare Practitioners . . . . .                                      | 186 |
|                  | Narrative Strategies and Storytelling . . . . .                                   | 187 |
|                  | Reading and Writing Poetry . . . . .                                              | 191 |
|                  | Art and Art Therapy . . . . .                                                     | 193 |
|                  | Photo-Voice . . . . .                                                             | 195 |
|                  | Soap Operas . . . . .                                                             | 198 |
|                  | Cartoons . . . . .                                                                | 199 |
|                  | Music . . . . .                                                                   | 200 |
|                  | Dance . . . . .                                                                   | 202 |
|                  | Theater . . . . .                                                                 | 203 |
|                  | The Importance of an Aesthetic Environment<br>for Healing . . . . .               | 205 |
|                  | Nursing: The Aesthetic Art of Knowing . . . . .                                   | 206 |
|                  | Discussion Questions . . . . .                                                    | 207 |
|                  | Check Your Understanding . . . . .                                                | 208 |
|                  | What Do You Think? . . . . .                                                      | 209 |
|                  | References . . . . .                                                              | 209 |
| <b>Chapter 8</b> | <b>Rural Health Promotion</b> . . . . .                                           | 215 |
|                  | <i>Alexa Colgrove Curtis</i>                                                      |     |
|                  | The Future of Rural Health . . . . .                                              | 215 |
|                  | Defining the Rural Community . . . . .                                            | 216 |
|                  | Rural Community Culture and Health Promotion . . . . .                            | 218 |
|                  | Rural Health Priorities . . . . .                                                 | 224 |
|                  | Maternal and Child Health Promotion . . . . .                                     | 227 |
|                  | Rural Adolescent Health Promotion . . . . .                                       | 241 |
|                  | Issues of Adult and Older Adult Rural Health Promotion . . . . .                  | 254 |
|                  | Conclusion . . . . .                                                              | 263 |
|                  | Discussion Questions . . . . .                                                    | 263 |
|                  | Check Your Understanding . . . . .                                                | 264 |
|                  | What Do You Think? . . . . .                                                      | 265 |
|                  | References . . . . .                                                              | 265 |
| <b>Chapter 9</b> | <b>Nursing Informatics</b> . . . . .                                              | 283 |
|                  | <i>Bonnie Raingruber and Amy Zausch</i>                                           |     |
|                  | Introduction . . . . .                                                            | 283 |
|                  | Nursing and Informatics . . . . .                                                 | 284 |
|                  | Electronic Health Records . . . . .                                               | 285 |
|                  | Health Insurance Portability and Accountability Act . . . . .                     | 289 |
|                  | Telehealth and Medical Homes . . . . .                                            | 291 |
|                  | Virtual Reality and Avatars . . . . .                                             | 295 |

|                                                                                                                                                                             |            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| Simulation and Virtual Patients . . . . .                                                                                                                                   | 296        |
| Interactive Games and Health Promotion . . . . .                                                                                                                            | 297        |
| E-Health and Health Promotion . . . . .                                                                                                                                     | 299        |
| Electronic Self-Care Education Materials . . . . .                                                                                                                          | 301        |
| Use of Technological Devices to Promote Health . . . . .                                                                                                                    | 304        |
| Advantages and Disadvantages of Using Technology<br>for Health Promotion . . . . .                                                                                          | 308        |
| Conclusion . . . . .                                                                                                                                                        | 309        |
| Discussion Questions . . . . .                                                                                                                                              | 311        |
| Check Your Understanding . . . . .                                                                                                                                          | 312        |
| What Do You Think? . . . . .                                                                                                                                                | 314        |
| References . . . . .                                                                                                                                                        | 314        |
| <b>Chapter 10 Evaluation, Research, and Measurement in Health<br/>Promotion Practice . . . . .</b>                                                                          | <b>321</b> |
| <i>Bonnie Raingruber</i>                                                                                                                                                    |            |
| Introduction . . . . .                                                                                                                                                      | 322        |
| Health Promotion Evaluation Principles . . . . .                                                                                                                            | 324        |
| Types of Evaluation . . . . .                                                                                                                                               | 325        |
| Research and Evaluation Designs . . . . .                                                                                                                                   | 326        |
| Evaluation Criteria for Health Promotion Research . . . . .                                                                                                                 | 331        |
| The Re-Aim Framework for Evaluating Health<br>Promotion Programs . . . . .                                                                                                  | 332        |
| The European Community Health Promotion Indicator<br>Development Model . . . . .                                                                                            | 332        |
| Performance Indicators . . . . .                                                                                                                                            | 333        |
| Pay-for-Performance Evaluation . . . . .                                                                                                                                    | 333        |
| Cost-Effectiveness Analysis . . . . .                                                                                                                                       | 334        |
| A Case Study: Would QALY Calculation Help or Hinder<br>Provision of Care for Sara? . . . . .                                                                                | 336        |
| Logic Models . . . . .                                                                                                                                                      | 340        |
| Electronic Methods of Intervention and Evaluation . . . . .                                                                                                                 | 342        |
| Selecting Health Promotion Measures . . . . .                                                                                                                               | 343        |
| Common Categories That Are Examined<br>in Health Promotion Research . . . . .                                                                                               | 343        |
| Reliability, Validity, Utility, Appropriateness,<br>Responsiveness, Precision, Interpretability,<br>Acceptability, and Feasibility of Standardized<br>Instruments . . . . . | 349        |
| Effect Size . . . . .                                                                                                                                                       | 350        |
| Objective Measures . . . . .                                                                                                                                                | 350        |
| Self-Report Measures . . . . .                                                                                                                                              | 351        |
| Generic Measures vs. Disease-Specific Measures . . . . .                                                                                                                    | 351        |
| A Summary of Select Health Promotion Scales . . . . .                                                                                                                       | 352        |
| Discussion Questions . . . . .                                                                                                                                              | 361        |

|                   |                                                                                                                                          |            |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------|
|                   | Check Your Understanding.....                                                                                                            | 361        |
|                   | What Do You Think?.....                                                                                                                  | 363        |
|                   | References.....                                                                                                                          | 364        |
| <b>Chapter 11</b> | <b>Entrepreneurship and Health Promotion.....</b>                                                                                        | <b>371</b> |
|                   | <i>Bonnie Raingruber</i>                                                                                                                 |            |
|                   | Definitions of Entrepreneurship.....                                                                                                     | 371        |
|                   | Social Entrepreneurship and Intrapreneurship.....                                                                                        | 373        |
|                   | The Advantages and Challenges Associated with<br>Running a Small Business.....                                                           | 374        |
|                   | The Characteristics of a Successful Entrepreneur.....                                                                                    | 376        |
|                   | Examples of Health Promotion Practices That Nurses<br>Have Created.....                                                                  | 377        |
|                   | Types of Business Structures.....                                                                                                        | 379        |
|                   | Creating a Business Plan.....                                                                                                            | 379        |
|                   | Hiring and Supervising Staff.....                                                                                                        | 381        |
|                   | Billing for Services.....                                                                                                                | 381        |
|                   | Marketing and Other Business-Related Decisions.....                                                                                      | 382        |
|                   | Malpractice and Malpractice Insurance.....                                                                                               | 383        |
|                   | Agencies That Provide Help to Individuals Setting<br>Up a Business.....                                                                  | 384        |
|                   | Discussion Questions.....                                                                                                                | 384        |
|                   | Check Your Understanding.....                                                                                                            | 385        |
|                   | What Do You Think?.....                                                                                                                  | 387        |
|                   | References.....                                                                                                                          | 387        |
| <b>Chapter 12</b> | <b>Health Promotion Policy.....</b>                                                                                                      | <b>391</b> |
|                   | <i>Bonnie Raingruber</i>                                                                                                                 |            |
|                   | Introduction.....                                                                                                                        | 391        |
|                   | Health Policy and Health Promotion Policy.....                                                                                           | 392        |
|                   | Historical Accomplishments.....                                                                                                          | 393        |
|                   | Barriers to Involvement of Nursing in Health Policy.....                                                                                 | 393        |
|                   | Nursing's Role in Health Policy Development.....                                                                                         | 394        |
|                   | Factors Influencing Health Policy and<br>Healthcare Reform.....                                                                          | 395        |
|                   | The Patient Protection and Affordable Care Act.....                                                                                      | 396        |
|                   | Electronic Medical Records and Patient-Centered<br>Outcomes Evaluation.....                                                              | 404        |
|                   | The Patient-Centered Outcomes Research Institute.....                                                                                    | 406        |
|                   | Medical Homes: A Component of Integrated<br>Health Policy.....                                                                           | 407        |
|                   | Allocating Health Care: The Question of Rationing,<br>Cost-Utility Analysis, and Practice Guidelines<br>as Ways of Controlling Cost..... | 408        |



|                                                     |            |
|-----------------------------------------------------|------------|
| Consumer Involvement . . . . .                      | 410        |
| The Role of Nursing in Health Policy Work . . . . . | 411        |
| Discussion Questions . . . . .                      | 412        |
| Check Your Understanding . . . . .                  | 413        |
| What Do You Think? . . . . .                        | 414        |
| References . . . . .                                | 415        |
| <b>Index</b> . . . . .                              | <b>421</b> |



# Preface

## WHY I WROTE THIS BOOK

Recent years have brought with them an amazing amount of new knowledge related to health promotion. An astounding number of innovative policies, emerging priorities, newfound disciplines, evolving research methods, and challenging settings confront all nurses who are engaged in health promotion practice. These innovations and challenges demand that nurses develop familiarity and expertise with a large amount of new content. This book was developed to address these newly emerging fields, content, methods, and settings, as well as the multitude of challenges confronting students and nurses engaged in health promotion practice. In reality, all nurses at all levels are engaged in health promotion, which is a key aspect of the profession.

The book includes a chapter on the history of health promotion, including recent critical developments, and a chapter on social determinants of health. Innovative content on genomics, epigenetics, plasticity, pharmacogenomics, and a discussion of how behavioral experience is inherited across multiple generations is included. An expanded theory chapter includes multiple interdisciplinary and nursing theories that inform health promotion practice. The book also contains a chapter on health literacy; a revised chapter on current health disparities and social capital; a chapter on nursing informatics (electronic medical records, biometric screening, technological devices, virtual reality, avatars, simulation, telehealth); and a chapter on recent events and legislation that will shape health policy work. An increased amount of content focuses on the Patient Protection and Affordable Care Act and summarizes recent legal challenges, individual/employer mandates, benefits offered, premium costs, provider networks, risk corridors, the Sunshine Act, hospital/provider reimbursement, and the importance of shared decision making. The book includes content on community-based participatory research, calculating quality-adjusted life years, common health screening tools used in practice, logic models, outcome evaluation, neighborhood mapping, and cost–utility/cost–benefit analysis. Also included is content on entrepreneurship and aesthetic/creative approaches to health promotion such as reminiscence therapy, mutual storytelling, street theater, photo-voice, motivational interviewing, and dance.

The nurse's role in health promotion is emphasized by using a historical, theoretical, policy-oriented, and philosophical perspective. The importance of social, linguistic, and cultural determinants of health is highlighted throughout the text. Each chapter is

updated with recent references and designed to address critical new information that shapes contemporary health promotion practice.

Health promotion has long been a central part of nursing practice, but at this juncture it is increasingly vital that nurses adopt an active role in promoting the health of individuals, families, communities, and nations. Empowering individuals and communities, facilitating public awareness of health disparities, advocating for the underserved, enhancing access to care, involving patients in their care, connecting individuals with community resources, and engaging in health policy work is critical if nurses are to have a role and a voice in the future of healthcare delivery. At no time in our history, have social pressures, stresses, economic and environmental uncertainties, legislation, political forces, and a complex healthcare delivery system posed more challenges to the health of individuals and communities than currently exist. This book is written to provide current content for nurses and to encourage them to empower, advocate for, and involve clients in their care. Nursing is a trusted profession with a broad knowledge base and a history of working with the community. As such, nurses are well situated to become leaders in health promotion, disease prevention, and healthcare advocacy. We need to prepare ourselves to adopt a visible role in shaping the future of health promotion practice. This book was developed to assist nurses to take on that leadership role.

Active learning is necessary if students are going to apply what they have learned in their practice. Therefore, each chapter in this book includes an introduction and learning outcomes, as well as end-of-chapter exercises that enable students to check their understanding. The end-of-chapter exercises include discussion questions that an instructor can use for essay assignments or group discussions, and students can use these discussion questions to reflect on the chapter content. The end-of-chapter exercises also include a section titled “Check Your Understanding,” where students complete critical thinking activities, evidence-based applications, matching exercises, short essay questions, and fill-in-the-blank activities, and then compare their answers to responses offered by the authors. These activities can be used by students who are reviewing for a test or by instructors who are designing quizzes. Finally, the end-of-chapter exercises include a section titled “What Do You Think?” in which students are encouraged to reflect on and articulate their views and consider the significance of presented content. Each of these sections, as well as the case studies and clinical scenarios included in each chapter, are designed to involve students in the learning process, to highlight the relevance of the material to clinical practice, and to prepare students for their health promotion role. The book contains an abundance of clinical examples, critical thinking and reflective practice activities, and application exercises.

## TARGET AUDIENCE

The primary target audience is nursing students enrolled in a health promotion, community health, health assessment, or health education course. Given the rapid nature of change within health promotion practice over the last few years, the book will also be an excellent resource for all nursing students, nurses, and nursing faculty who need a

concise resource that outlines recent practice-based changes. Other professionals as well may benefit by using this text as a reference and as a way to discover parallels between their practice and that of nurses who are engaged in health promotion.

## **USING THIS BOOK**

The initial chapter describes why health promotion is an integral part of nursing practice. Three subsequent chapters—the history of health promotion, health promotion theories, and genetic and social determinants of health—form the basis for the remainder of the book. Other chapters can be read or assigned in any order, because they address freestanding content. The chapters on evaluation and health promotion policy are best left for last since they summarize content that was introduced in earlier chapters. The “Discussion Questions,” “Check Your Understanding,” and “What Do You Think?” sections can be used by both students and instructors to stimulate creative thoughts, to verify understanding, and to apply the content to practice.



# Acknowledgments

I would like to thank my many clients and students, whose curiosity and input made this book possible. In particular, I would like to acknowledge the case studies contributed by two students, Mary Ann Sandoval and Yuri Vorobets. I am especially grateful to Dr. Michelle Dang, Dr. Alexa Curtis, and Amy Zausch for their content-based expertise and tireless efforts in contributing to this work. I am lucky to have the help of my husband, Robert, who is a constant source of support in my life. In addition, I appreciate the constant efforts of Rebecca Stephenson, Danielle Bessette, Wesley DeShano, and Bharathi Sanjeev as well as the rest of the staff at Jones & Bartlett Learning who have encouraged and assisted me with the second edition. I would like to acknowledge my mentor, Dr. Patricia Benner, for the motivation and vision she embodied and shared with all her students.





# About the Author

Dr. Raingruber is a mental health clinical nurse specialist who has taught nursing for 30 years in bachelor's, master's, and Doctor of Nursing Practice (DNP) programs. She has done extensive research focused on health promotion and health disparities and has been funded by the National Institutes of Health, the Substance Abuse and Mental Health Administration, and the Health Resources and Services Administration, as well as private foundations. Dr. Raingruber maintains a private health promotion practice and has worked in university settings, county facilities, public and private hospitals, and community-based organizations. She is the author of over 37 peer-reviewed journal articles, two books, and six book chapters.



# Contributors

**Alexa Colgrove Curtis, PhD, FNP-C, RN**

Nurse Practitioner, Placer County

**Michelle Dang, PhD, APHN-BC, RN**

Associate Professor, California State University, Sacramento

**Amy Zausch, MSN, RN**

Clinical Nurse, Sutter Health

