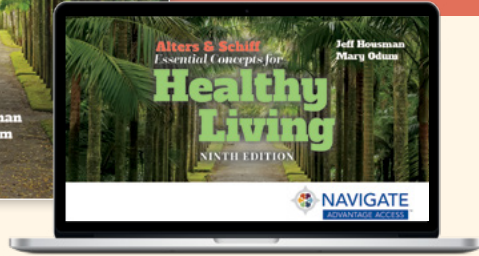


## TRANSITION GUIDE TO

# Alters & Schiff Essential Concepts for Healthy Living

## NINTH EDITION



Now in its ninth edition, **Alters & Schiff Essential Concepts for Healthy Living** provides students with all the information they need to know to make informed health decisions and embrace a healthy lifestyle. The authors combine evidence-based information with critical thinking activities to guide students toward healthy living through analysis of their own health behavior. The **Ninth Edition** is updated with the latest topics and issues related to sexuality, gender and culture, community violence, consumer health, and much more. Through active use of the text students will gain a solid understanding of major concepts of healthy living that can be applied to their personal lives, as well as future health-related careers.

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### NEW TO THE NINTH EDITION

The **Ninth Edition** is update to provide the most current statistical data on a comprehensive array of health and wellness topics and Issues. Updates to the new edition include:

**CHAPTER 1** has been updated to include a **NEW** section on Telehealth, as well as updated goals for the *Healthy People 2030* initiatives;

**CHAPTER 3** contains updated data on common stressors among adults in the United States, including stress caused by politics and COVID-19;

**CHAPTER 5** has been updated to include the most current birth control options and their failure rates, changes in recommendations regarding menopausal hormonal therapy, and the current status of the only nonsurgical, irreversible method of female sterilization;

**CHAPTER 8** has been updated to include the most recent data on rates of substance use among adolescents, including college students, as well as recent changes to both state and national laws related to the legalized use of marijuana;

**CHAPTER 9** includes updated Dietary Guidelines for Americans 2020-2025;

**CHAPTER 10** has been updated to include the most recent information about prescription medication therapies for weight loss, as well as tainted dietary supplements that are advertised for weight loss;

**CHAPTER 12** has been updated to include the current blood pressure diagnostic categories;

**CHAPTER 13** now includes the 2020 estimates on New Cancer Cases and Deaths and current cancer screening guidelines in Table 3;

**CHAPTER 14** includes a **NEW!** section on new and emerging viruses with information about the viruses that cause SARS, MERS, and COVID-19.

**NEW APPENDIX A** The Mission, Vision, and Goals of Healthy People 2030

**NEW APPENDIX B** Injury Prevention and Emergency Care

**NEW APPENDIX C** Food Intake Patterns Based on MyPlate Recommendations;

More on next page.

# Alters & Schiff Essential Concepts for Healthy Living **NINTH EDITION**

## KEY PEDAGOGICAL FEATURES

Besides including the most current information in the field, each chapter includes updated and helpful learning aids for both students and instructors.

**HEALTHY LIVING PRACTICES:** Unique to this text, these short lists of bulleted statements throughout the chapters summarize key points and concisely state concrete yet simple actions students can take to improve their own health.

**MANAGING YOUR HEALTH:** This feature contains short essays or lists of tips that focus on ways to live a healthier life.

**CONSUMER HEALTH:** These commentaries and tips provide practical information and suggestions to help students become more careful consumers of health-related goods and services. In addition to being highlighted in this feature, consumer topics are integrated throughout the book and are the subject of scrutiny in the Analyzing Health Related Information activities.

**DIVERSITY IN HEALTH:** This feature cultivates an interest in and an appreciation for the health status and practices of various ethnic, cultural, and racial groups in the United States, as well as people around the world. Although the diversity essays focus specifically on multiculturalism, additional multicultural information is woven throughout the book.

**ANALYZING HEALTH-RELATED INFORMATION:** This innovative feature teaches students the critical thinking skill of analysis. Students use this skill and the model provided to determine the reliability of health related information in articles, advertisements, websites, and other sources. Learning such a skill and practicing it helps students become knowledgeable consumers of health-related information and products.

**REFLECTING ON YOUR HEALTH:** This end-of-chapter journal-writing activity stimulates students to consider what they have learned and to understand how their thoughts and feelings about health might have changed as a result of their new knowledge. Compiling these activities and reviewing them from time to time, especially at the end of the semester, can offer tangible evidence of changes and psychological and intellectual growth.

**APPLYING WHAT YOU HAVE LEARNED:** This unique end-of-chapter feature is a series of questions and activities that require critical thinking—application, analysis, synthesis, and evaluation. Each question is labeled with what type of critical thinking is required, and a key provides a brief explanation of the process students need to follow to complete the question or activity.

## DYNAMIC TECHNOLOGY SOLUTIONS

Every new print copy includes [Navigate Advantage Access](#) online learning materials, including an interactive eBook, student workbook in writable PDF format, warm up activities, and animations! Stand-alone Navigate access is available at 50% off the print list price.

## INSTRUCTOR RESOURCES

Instructor Resources include: a robust test bank including chapter review questions, a midterm, and a final; slides in PowerPoint format; image bank; sample Syllabus; lecture outlines.

