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INTRODUCTION TO HEALTH BEHAVIOR THEORY

health behavior is included. e text begins with an explanation of what theory is, how theories are devel-oped, and factors that inuence health behavior. Chapters 2 through 10 cover the more frequently used health behavior theories. New to this edition, each theory chapter includes an "In the Beginning" section that explains the origin of the

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One key route to an understanding of health behavior has been the development and empirical testing of Health Behavior Theory (HBT). Research in this area has implications including (1) a better understanding of health behavior, and (2) a basis upon which interventions to improve the public health of individuals and communities can be developed and evaluated.

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The health belief model is one of the oldest models of health behavior, but is still very relevant when discussing health behavior change. This model addresses the readiness to act upon a health behavior based upon several individual beliefs. These beliefs include: 1. Perceived susceptibility — refers to beliefs

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health behavior can be best designed with an understanding of relevant theories of behavior change and the ability to use them skillfully. • The science and art of using health behavior theories reflect an amalgamation of approaches, methods, and strategies from social and health sciences. This broad range of perspectives from social and

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