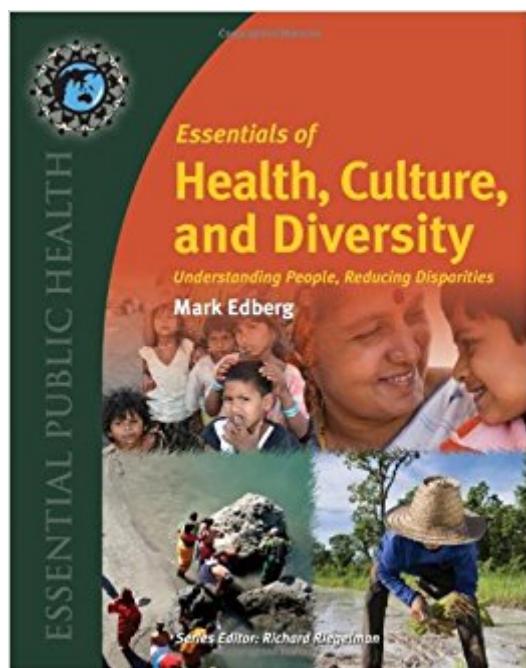


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# Essentials Of Health, Culture, And Diversity: Understanding People, Reducing Disparities (Essential Public Health)



## **Synopsis**

The term culture has increasingly been used in the discourse of public health, for example, with respect to issues of health disparities in the U.S., the development and implementation of culturally competent or culturally appropriate programs, and in many other ways. What exactly is culture, however? Published in partnership with the American Public Health Association, this newest offering in the Essential Public Health series examines what is meant by culture, the ways in which culture intersects with health issues, how public health efforts can benefit by understanding and working with cultural processes, and a brief selection of conceptual tools and research methods that are useful in identifying relationships between culture and health. *Essentials of Health, Culture, and Diversity* includes practical guidelines for incorporating cultural understanding in public health settings, and examples of programs where that has occurred. Looking for more real-life evidence? Check out Cases 3, 5-11, 13, 18, & 20 in *Essential Case Studies in Public Health, Putting Public Health into Practice.*

## **Book Information**

Series: Essential Public Health

Paperback: 186 pages

Publisher: Jones & Bartlett Learning; 1 edition (February 8, 2012)

Language: English

ISBN-10: 0763780456

ISBN-13: 978-0763780456

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #59,730 in Books (See Top 100 in Books) #62 in Books > Textbooks > Medicine & Health Sciences > Research > Epidemiology #80 in Books > Medical Books > Administration & Medicine Economics > Public Health > Epidemiology #82 in Books > Politics & Social Sciences > Sociology > Medicine

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This was a required textbook for a "Health and Culture" class I recently took. It was an easy read and I really liked the real-world examples outlined in the book, but I felt the core messages could be largely summed up in far fewer words:1) "Culture" can encompass almost anything and each person's interpretation of their own relative "culture" develops based on a number of factors, including age, gender, geographic location, financial status, social exposures, parental upbringing, national and global social characteristics, etc. Essentially, every person's "culture" is unique and people within common cultures don't necessarily view those cultures the same way.2) The terms "health" and "illness" can mean something different for everyone. To some, an illness is only a condition which does not go away. To others, it can be anything that inhibits a person's maximal performance, even in the short term. The definitions of what constitutes "health" are even more varied!3) Cultures can exist at the individual, familial, community, national and global levels and even integrated systems, such as health care, can maintain their own unique "culture" which presents both benefits and challenges whenever it comes into contact with one of the previously mentioned levels of "culture".4) Barriers to healthcare can be physical or cultural or even a combination of both, such as access, affordability, language or ethical differences.5) To overcome the majority of barriers and improve overall patient care moving forward, healthcare and its practitioners need to better understand points 1-4!In essence, the author asks those going into healthcare to become "culturally competent" and consider the person, their system of beliefs and any barriers posed by their status in society when applying care related to health and to understand that even two persons or groups existing in a similar environment can still vary greatly in what they need to be "healthy".Of course, it takes the author nearly 200 pages to say as much, but it does get you thinking about how we can address such differences in the real world.I wouldn't go out of my way to buy and read this book again if it wasn't required for my class, but I did take away some solid perspectives concerning cultural sensitivity that will likely benefit me when I am dealing with people

and health issues in my own community.

Great product. Quality is solid.

Didn't use it much.

Exceeded my expectations!!!

For public health practitioners, medical, nursing, social workers and mental health providers this is a great book to read and use in daily contacts with others as well as in research articles.

Easy read and gives a lot of examples which refer to the materials covered in each chapter. Great book thus far!

Well written interesting, not dry reading. Some very liberal views , however does offer various viewpoints. Would not choose to read if not for a course.

This a very thought provoking and easy read! Only selecting 4 out of 5 because I have about 3 more weeks to finish.

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