

# CONTENTS

	<i>Page</i>
Introduction — <i>Bernhard Badura &amp; Ilona Kickbusch</i> .....	1

## **Part I. Healthy public policy**

1. Making healthy public policy; developing the science by learning the art: an ecological framework for policy studies — <i>Nancy Milio</i> .....	7
2. The relevance of health economics to health promotion — <i>Alan Maynard</i> .....	29
3. Indicators of health promotion policy: directions for research — <i>Erio Ziglio</i> .....	55
4. Conceptualizing and measuring health — <i>Horst Noack</i> .....	85

## **Part II. Social and behavioural factors in health promotion**

5. Socioeconomic status and disease — <i>Michael G. Marmot, Manolis Kogevinas &amp; Mary Ann Elston</i> .....	113
6. Stress, social support, control and coping: a social epidemiological view — <i>David R. Williams &amp; James S. House</i> .....	147
7. Psychobiology of stress and attachment: the biobehavioural view — <i>Holger Ursin</i> .....	173
8. Issues in lifestyles and health: lay meanings of health and health behaviour — <i>Roisin Pill</i> .....	187

### **Part III. Families, workplaces and hospitals as settings for health promotion**

9. The role of the family in creating and maintaining healthy lifestyles — *Geneviève Cresson & Agnès Pitrou* ..... 213
10. The social support functions of the family — *Lois Pratt* ..... 229
11. Health promotion in the workplace — *Töres Theorell* ..... 251
12. Health promotion in hospitals — *Carolyn I. Speros & Neil Sol* ..... 267

### **Part IV. Population-oriented health promotion**

13. Promoting women's health — *Lesley Doyal* ..... 283
14. Unemployment as a stressor: findings and implications of a recent study — *David Dooley & Ralph Catalano* ..... 313
15. Health promotion among the elderly — *Kathryn Dean & Bjørn E. Holstein* ..... 341
16. Health promotion for chronically ill people — *Bernhard Badura* ..... 365

### **Part V. Community intervention in health promotion**

17. Community control of chronic diseases:  
a review of cardiovascular programmes —  
*Aulikki Nissinen & Pekka Puska* ..... 393
18. Community psychiatry and health promotion research — *Odd Steffen Dalgard, Tom Sørensen & Sven Bjørk* ..... 421
19. The role of community groups and voluntary organizations in health promotion — *Alf Trojan, Helmut Hildebrandt, Christiane Deneke & Michael Faltis* ..... 441
20. Health promotion through self-help: the contribution of self-help groups — *Ann Richardson* ..... 467
21. Citizen participation in community health: principles for effective partnerships — *Neil Bracht* ..... 477