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From basic nutrition principles to the latest nutrition therapies for common diseases, Williams' Essentials of Nutrition & Diet Therapy, 10th Edition, Revised Reprint offers a solid foundation in the fundamental knowledge and skills you need to provide effective patient care. Authors Eleanor Schlenker and Sara Long address nutrition across the life span and within the community, with an emphasis on health promotion and the effects of culture and religion on nutrition. The revised edition has been updated with current government dietary guidelines, including the new MyPlate recommendations. Other key topics include childhood obesity, metabolic syndrome, diabetes, and food safety. Plus, evidence-based information and real-world case scenarios help you learn how to apply essential nutrition concepts and therapies in clinical practice. Case studies illustrate key concepts in authentic, "real-life" scenarios that reinforce learning and promote nutritional applications. Cultural Content boxes highlight the critical, yet often overlooked, role culture plays in nutrition — a role that is becoming more important as the population becomes more diverse. Feature boxes spotlight newsworthy issues related to the chapter topic, including: Diet–Medications Interactions — dietary warnings related to specific prescription drugs. Complementary and Alternative Medicine (CAM) — information on the uses, contraindications, and advantages/disadvantages of common herbs and supplements. Focus on Food Safety — important storage and preparation considerations for preventing food-borne illness. Health Promotion sections in each chapter emphasize the importance of health promotion and wellness as part of an effort to stress healthy lifestyle

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choices and prevention as the best "medicine." Websites of Interest at the end of every chapter lists reliable Internet resources for further study and exploration of various nutrition topics. Key terms are highlighted throughout the text with definitions on the same page for instant reference. Includes complimentary online access to Nutritrac 5.0, the latest version of Mosby's premier nutrition and exercise management program that features over 1,000 new foods and enhanced functionality. Evidence-Based Practice boxes emphasize the importance of using research to achieve the best possible patient outcomes. Expanded health promotion coverage includes the World Health Organization's definition of "health," the concept of wellness, and patient education. An in-depth discussion of childhood obesity explores the impact and prevention of this major health concern. Additional information on metabolic syndrome examines its effects on the cardiovascular system. Coverage of nutrition support includes the use of adapted feeding tools to aid patients in various disease states. Perspective in Practice boxes offer quick access to practical applications of nutrition principles. Choose Your Foods: Exchange Lists for Diabetes features the latest updates from the American Dietetic Association.

This fully updated and revised 12th edition of the highly acclaimed textbook on health care delivery provides graduate and undergraduate students with a comprehensive survey of health care in the United States ranging in topics from the organization of care, the politics surrounding healthcare in the United States, to population health and vulnerable populations, healthcare costs and value, health care financing, and health information technology. Chapters provide thorough coverage of the rapid changes that are reshaping our system and the extent of our nation's achievement of health care value and the Triple Aim: better health and better care at a lower cost. With an emphasis on population health and public health, this text includes a timely focus on how social and physical environments influence health outcomes. Prominent scholars,

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practitioners, and educators within public health, population health, health policy, healthcare management, medical care, and nursing present the most up-to-date evidence-based information on social and behavioral determinants of health and health equity, immigrant health, healthcare workforce challenges, preventative medicine, innovative approaches to control health care costs, initiatives to achieve high quality and value-based care, and much more.

Designed for graduate and advanced undergraduate students of health care management and administration, nursing, and public health, the text addresses all complex core issues surrounding our health care system and health policy, such as the challenges to health care delivery, the organization and politics of care, and comparative health systems. Organized in a readable and accessible format, contributors provide an in-depth and objective appraisal of why and how we organize health care the way we do, the enormous impact of health-related behaviors on the structure, function, and cost of the health care delivery system, and other emerging and recurrent issues in health policy, healthcare management, and public health. The 12th edition features the contributions of such luminaries as former editor Anthony R. Kovner, Michael K. Gusmano, Carolyn M. Clancy, Marc N. Gourevitch, Joanne Spetz, James Morone, Karen DeSalvo, and Christy Harris Lemak, among others. Chapters include audio chapter summaries with discussion of newsworthy topics, learning objectives, discussion questions, case exercises, and new charts and tables with concrete health care data. Included for instructors are an Instructor's Manual, PowerPoint slides, Syllabus, Test Bank, Image Bank, Supplemental e-chapter on a Visual Overview of Health Care Delivery, access to an annual ACA update and health policy changes, extra cases and syllabi specifically for nurses, and a transition guide bridging the 11th and 12th editions. Key Features: Three completely revised chapters on the politics of health care, vulnerable populations, and health information technology Chapter authors with expertise in Health Administration and Management, Public Health, Health

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Policy, Medical Care and Nursing Expanded coverage on population health and population health management, health equity, influences of social determinants on health behavior and outcomes, health education planning, health workforce challenges, national and regional quality improvement initiatives and more Revised e-Chapters providing a Visual Overview of Health Care Delivery with image bank and Springer Publishing's annual ACA update Audio podcasts provide summaries for each chapter and provide real-world context of topics featured in the news New Appendix on Overview of U.S. Public Health Agencies Access to fully searchable eBook, including extra e-chapters and student ancillaries on Springer Connect Full Instructor Packet including Instructor's Manual, Test Bank, PowerPoint slides, Image Bank, Case Exercises for Nursing Instructors

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