

Lecture 14 – February 27, 2008

V. Health behaviors

C. Models of health promotion

- 2. stages of change**
- 3. conclusions**

D. Problems in promoting health

- 1. individual**
- 2. family**
- 3. health professionals**
- 4. community**

E. Conclusions

VI. Smoking

A. Statistics

B. Components of cigarette smoke

C. Effects of smoking

- 1. Behavioral**
- 2. CNS**
- 3. Lungs**
- 4. Atherosclerosis**
- 5. Cancer**

READING: Ch. 3; Ch. 4; Ch. 2 (pp. 26-29); Ch. 5

Extra credit assignment on web page, due

Wednesday, 5 March 08

Midterm 3 is Mon, 17 Mar 08