



Connect Core Concepts in Health – Brief, 16th edition

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Detailed Changes

New to this edition are assignable and assessable **Concept Clips**, which help students to master key personal health concepts. Using colorful animation and easy-to-understand audio narration, Concept Clips provide step-by-step presentations to promote student comprehension. Topics include the stages of change model, diabetes types and metabolism, changes to the Nutrition Facts label, the cardiorespiratory system, and the stress response.

Also new are **NewsFlash** activities, which tie current news stories to key personal health concepts. After interacting with a contemporary news story, students are assessed on their understanding and their ability to make the connections between real-life events and course content. Examples of Newsflash include topics such as hands-only CPR, reducing sun damage, and vaccination rates.

A new chapter on sleep covers a comprehensive discussion of sleep stages, cycles, and drives; sleep across the life span; and the relationship between sleep and health. In addition, the chapter provides guidance for identifying sleep disrupters and addressing the social and biological influences on sleep.

Chapter Changes

Chapter 1: Taking Charge of Your Health

- New discussion of life span and life expectancy, including major genetic, environmental, and lifestyle factors.
- Updated explanation of the Affordable Care Act and changes to health care law.
- Expanded discussion of how to select health insurance, with a focus on the importance of the 10 essential benefits.
- Improved overview of environmental health factors.
- Updated “Vital Statistics” about public health, lifestyle factors, leading causes of death, and life expectancy.

Chapter 2: Stress: The Constant Challenge

- Enhanced discussion of personality and resilience.
- Revised explanations of the general adaptation syndrome and allostatic load.
- Updated discussion of the impact of stress on physical health.
- New discussions of social stressors, including the impact of digital technology, social media, and challenging social situations.
- New sections covering traumatic stressors and biofeedback.

Chapter 3: Psychological Health

- Updated discussion of developing a unified sense of self.
- Revised discussion of ethnicity, culture, and psychological self, including the topics of hybrid identity and multiculturalism.

Chapter 4: Sleep

- New chapter on sleep includes comprehensive discussion of sleep stages, cycles, and drives; sleep across the life span; sleep disorders, including insomnia, restless leg syndrome, sleep apnea, and narcolepsy; and the relationship between sleep and health.
- It also provides three detailed steps and accompanying tools to help students adopt a healthy sleep program.
- Includes guidance for identifying sleep disrupters and addressing social and biological influences on sleep.

Chapter 5: Intimate Relationships and Communication

- Updated discussion of social media and digital communication.
- Updated data on marriage, singlehood, and family living arrangements, and related attitudes.

Chapter 6: Sex and Your Body

- New content to address a spectrum of gender identities.
- New “Diversity Matters” box explores current, accepted language for genders and new discussion of transgender versus cisgender people.
- Updated section about gender roles and sexual orientation.
- Updated discussions of puberty, andropause, and sexual dysfunctions.

Chapter 7: Contraception

- Updated discussion of the relationship between unplanned pregnancy and college dropout rates.
- Updated discussion of long-acting reversible contraception and short-acting reversible contraception, including revised side effects and risks of oral contraceptives.

Chapter 8: Abortion

- Updated data on pregnancy, birth, and abortion rates, as well as data on woman's age and gestation period.
- Updated discussion of potential physical effects of abortion and legality of abortion procedures.

Chapter 9: Pregnancy and Childbirth

- Updated data on the costs to raise a child.
- Revised discussion of pluripotency and the first trimester.
- Updated discussion of guidelines and recommendations for physical activity during pregnancy.

Chapter 10: Drug Use and Addiction

- Updated "Vital Statistics" on nonmedical drug use.
- Revised discussion of the APA's definition of addiction and the preferred terms.
- New information about the heroin and opioid epidemic, including an updated discussion of syringe-exchange programs and college-aid opioid users. Updated overdose and use addiction data.
- New discussion of kratom, a stimulant used to aid opioid withdrawal.

Chapter 11: Alcohol: The Most Popular Drug

- New material on alcoholic energy drinks and the effects of combining caffeine and alcohol.
- Updated data on alcohol-related deaths, trends, and risk factors.

Chapter 12: Tobacco Use

- Expanded data and discussion of young adult and LGBT tobacco use and trends.
- Updated discussion of hookah and smokeless tobacco, including snuff, snus, lozenges, and chewing tobacco.
- Added discussion of thirdhand smoke, including the toxicity, sources, and effects of tobacco residue.
- Updated discussion of the effects of smoking bans, cigarette taxes, and warning labels, including new references and updated data. New material on FDA regulations introduced in 2018.
- Updated information on cigarette-industry lobbying and political funding.

Chapter 13: Nutrition Basics

- Updated information about shelf-stable and processed foods, including those containing hydrogenated oils, saturated fats, and trans fats.

- Expanded discussion of vegetarian and plant-based diets.
- Updated information on new nutrition labels, including an explanation of changes regarding added sugars, calories from fat, nutrient daily values, and serving sizes.

Chapter 14: Exercise for Health and Fitness

- Expanded discussion of the FITTP model of exercise, which includes the significance of frequency, intensity, time, type, and progression of physical activity.
- Updated discussion of how individual differences influence physical fitness, body composition, and exercise capacity.

Chapter 15: Weight Management

- Updated data on the prevalence of obesity and the frequency of physical activity in the United States.
- Revised explanation of how body fat and body composition can differ between individuals and how this can be assessed.
- Updated discussion of how the hormones leptin and ghrelin influence appetite and body weight.

Chapter 16: Cardiovascular Health

- Updated discussion of cardiovascular disease, including symptoms, types, prevalence, and risk factors.
- Revised material on blood pressure readings to account for new guidelines and thresholds for elevated blood pressure and hypotension. Includes a discussion of how the new guidelines and targets affect public health trends.

Chapter 17: Cancer

- Updated discussion of the relationship between smoking rates and cancer death rates; updated data. Explanation of what this trend suggests and updated “Vital Statistics” about different types of cancer attributed to smoking.
- Revised explanation of PSA screening for prostate cancer, including how the test works, why it is controversial, and when it is appropriate.
- Updated discussion of specialized and experimental treatments, including immunotherapies, hormone therapies, and stem cell transplants. New discussion of targeted therapy, liquid biopsies, and the relationship between cancer and oxygen.

Chapter 18: Immunity and Infection

- Updated discussion of the different cell types in the immune system, including a new figure illustrating how antigens and immune cells work.
- Updated discussion of contagion, including an explanation of symptomatic and asymptomatic states.
- New material explaining the microbiome and the significance of gut microbiota.
- Updated information on vaccination, including for influenza, shingles, and hepatitis A and B.

- New information about the dangers of the raw water movement and the efficacy of the Safe Drinking Water Act and modern water treatment.
- Updated information about malaria, toxoplasmosis, and West Nile virus.

Chapter 19: Sexually Transmitted Infections

- Updated “Vital Statistics” on STI cases estimated annually. Updated prevalence data among high-risk groups and data on HIV-status awareness. New information about preexposure prophylaxis (PrEP).
- Updated chlamydia symptoms and treatment for epididymitis and proctitis. New section about lymphogranuloma venereum (LGV) and trichomoniasis.
- Revised content on hepatitis C, including risk, public health trends, and history.

Chapter 20: Environmental Health

- Updated section on climate change and atmospheric ozone, including global political events, such as the U.S. withdrawal from the Paris Agreement.
- Updated information on water safety and efficiency, including a discussion of the Flint, Michigan, water crisis and the Cape Town, South Africa, water shortage.
- New information about the risks of pesticide exposure and the differences between organic and conventional produce.

Chapter 21: Conventional and Complementary Medicine

- Revised information about alternative medical treatments, including yoga, chiropractic, acupuncture, and other therapies. Includes updated trends on U.S. spending on complementary health approaches.
- Revised section on insurance and ACA coverage of complementary and alternative medicines (CAM) and therapies.

Chapter 22: Personal Safety

- Updated content on the effects of prescription and over-the-counter medications and marijuana on driving. New material on the effects of drugs and alcohol on pedestrian behavior and safety.
- Revised section on defensive driving strategies.
- Updated information on workplace injuries and illnesses. New supporting statistics.
- New information about sexual abuse and risks on college campuses, including the role of peer support and misogyny.
- Updated content on hate crimes and the role of race in killings. New information on school violence and gun violence, including updated statistics.

Chapter 23: Aging: A Vital Process

- Updated explanation of the different types of aging humans experience (including biological, psychological, and social aging). Includes examples of these experiences and a discussion of their effects.
- Revised discussion of physical activity guidelines for different life stages.
- Revised discussion of chronic diseases in common among elderly people, including updated prevalence rates.

- New section about cognitive impairment, including updated material on Alzheimer’s disease, vascular dementia, and Lewy-body dementia. Includes symptoms, prevalence rates, and risk factors for each.
- Updated statistics about poverty, lifestyle risks, and education levels among the elderly.

Chapter 24: Dying and Death

- Revised explanation of advance directives, living wills, and health care proxies, including guidelines for when each is appropriate and how to create them. Revised material about organ donation.

Digital

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