



Your Health Today: Choices in a Changing Society, 7th ed.

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Detailed List of Changes

Chapter 1: Self, Family, and Community

- Reorganized discussion of health equities and socioecological model. Heredity and creating a family health tree is now the last section of the chapter.
- Updated discussion of health equity, with international comparison
- New figure clarifying the stages of change

Chapter 2: Mental Health and Stress

- Expanded discussion of the developing adolescent brain
- New discussion of neurodevelopmental disorders, such as ADHD and the autism spectrum
- Updated and expanded discussion of PTSD
- Updated citations and relevant demographic statistics
- Modified resilience scale

Chapter 3: Social Connections

- Updated discussion of gay and lesbian partnerships to reflect the Supreme Court decision legalizing gay marriage.
- Updated “Who’s at Risk?” box that looks at divorce rates not only by ethnicity, but also by gender and education
- New “Starting the Conversation” box that addresses voting as a way to influence public policy
- New “You Make the Call” box

Chapter 4: Sleep

- New “Public Health Is Personal” box on whether accidents resulting in fatalities or serious injuries caused by sleep deprivation should be viewed as criminal acts in the judicial system.
- Revised “Action Skill-Builders” box that looks more deeply at how blue light from electronics disrupts sleep and how to prevent this disruption with blue-light filters
- Expanded section on pain and sleep
- New section on how unfamiliar environments—for example, a hotel room – interfere with good-quality sleep, and a new “Life Stories” box on this topic

Chapter 5: Nutrition

- Beverage nutrient ratings from the Beverage Guidance Panel added to the chapter’s “Types of Nutrients” section
- Discussion of the paradox of cooking meat too rare or too well to avoid food pathogens or cancer
- Discussion of the cafeteria traffic-light system used by many colleges and universities to help students make healthy food choices
- Coverage of the USDA’s new label mandates that help consumers to understand food expiration dates
- Inclusion of the caramel food color (4-Mels) used in diet soda as a possible carcinogen
- Addition of the health concerns of people who are gluten sensitive and adopt gluten diets but do not have celiac disease
- New section on food insecurity on college campuses
- New “Public Health Is Personal” box on hunger on campus

Chapter 6: Fitness

- Added section on neuromuscular fitness (functional fitness)
- New discussion of exercising in dirty air
- New “Public Health Is Personal” box, on active lifestyles and built environments, discussing how communities are being designed to facilitate physical activity
- A new planning framework that facilitates active lifestyles, the Ecological Model for Designing Active Communities

Chapter 7: Body Weight and Body Composition

- Updated and expanded discussion of the multifactorial effect of genes on BMI and obesity

- Revised approach to types of diets that emphasizes critical thinking about their characteristics and individual dieting goals
- Increased emphasis on a holistic approach to body composition and health
- New “Public Health Is Personal” box about walkable communities

Chapter 8: Body Image

- New focus on positive body image development and resiliency
- Increased inclusion of gender identity and sexual identity formation
- Updates on media role, incorporating social media and media literacy
- Updated data on and discussion of body art and cosmetic surgery

Chapter 9: Alcohol and Tobacco

- New “Who’s at Risk?” box, on heavy drinkers at risk for alcohol-related diseases, with risks according to diversity classification
- Discussion of Wernicke-Korsakoff as a “wet brain” disease
- New “Starting the Conversation” box about whether to lower the blood alcohol limit for driving under the influence
- New section on what happens to the body after someone stops drinking alcohol
- New section on how states are cracking down on fake IDs used for underage alcohol consumption
- Updated information about FDA efforts to regulate tobacco, particularly e-cigarettes

Chapter 10: Drugs

- Updated table of “Commonly Abused Drugs”
- Addition of synthetic cannabinoids to “Emerging Drugs of Abuse”
- Updated discussion of marijuana legalization
- Modified discussion of sources of pain relievers
- Expanded section on opiate addiction and overdose

Chapter 11: Sexual Health

- Discussion “Stealthing” during intercourse as a potentially criminal act, and a new “Life Stories” box on this topic
- A new “Public Health is Personal” box on this topic
- A new section on the future of sex, addressing virtual reality, teledildonics, augmented reality, affective technology, and sex robots
- A new figure, “The Future of Sex”

Chapter 12: Reproductive Choices

- Reordering of presentation of contraceptives to emphasize long-acting reversible contraceptives
- Addition of LARCs to the “Starting the Conversation” box
- More inclusive language and data on sexual-minority and gender-minority reproductive health

Chapter 13: Infectious Diseases

- Updated discussion of food-related pathogens, including the 2017 SoyNut Butter-related E.coli outbreak
- Updated “Starting the conversation” box about the Zika virus and the risk for pregnant women
- Updated figure about the adult immunization schedule
- Updated and expanded discussion of antibiotic resistance in both the chapter and in the “Public Health Is Personal” box introducing the One Health model
- Updated statistics and focus on prevention of HIV, including new sections on treatment as prevention (TasP), post-exposure prophylaxis (PEP), and Pre-exposure prophylaxis (PrEP)

Chapter 14: Cardiovascular Disease, Diabetes, and Chronic Lung Diseases

- Updated discussion of aspirin therapy in the “Consumer Clipboard” box
- “Promoting Cardiovascular Health” reorganized to focus on the Life’s Simple 7, behaviors and factors that promote cardiovascular health
- Updated data on and impact of chronic diseases
- Expanded discussion of rising asthma rates and contributing factors

Chapter 15: Cancer

- Updated cancer diagnosis and death data
- New discussion of disparities in access to cancer screening by education, sexual identity, insurance status, and immigration status

Chapter 16: Injury and Violence

- In-depth discussion of campus speech and conduct codes to confront hate speech
- New “You Make the Call” box on free speech on campus
- New “Starting the conversation” box on why colleges and universities are soft targets for terrorism
- A new “Public Health is Personal” box on college grievance procedures for sexual violence cases
- New coverage of infotainment systems causing distracted driving, safety of recreational drones, campus security uses of drones for safety, LED light strips for accident prevention, textalyzer used by law enforcement to crack down on texting while driving, Vision Zero campaign for bicycle safety, coercive control as a form of intimate partner violence, historical efforts by black colleges to respond to campus sexual assaults, safety apps, and concealed guns marketed to women
- New Personal Health Portfolio activity focuses on violence prevention and personal safety

Chapter 17: Complementary and Integrative Medicine

- Revision throughout to reflect the National Center for Complementary and Alternative Medicine’s name change to the National Center for Complementary and Integrative Health
- Reorganization so that two aspects of complementary medicine – natural

products and mind and body practices – are followed by the discussion of alternative medical systems

Chapter 18: Environmental Issues

- A new “Public Health Is Personal” box on whether the United States should pull out of the Paris Agreement