

What's New in Reference?

Nursing & Health Professions

REF RC82 .A38 2008

Adult Health Concerns Sourcebook. Detroit, MI: Omnigraphics, 2008.

"Adults make decisions every day about what to eat, whether to exercise, whether to drink or smoke, or whether to see a doctor or have a screening test. These types of decisions all play an important role in overall health. According to the Centers for Disease Control and Prevention, 12 percent of all adults report a limitation in normal activities due to chronic health conditions. Statistics also reveal that 66 percent of adults twenty years of age and older are overweight, only 30 percent engage in regular exercise, and 21 percent currently smoke."



(annotation from booksinprint.com)