

health and wellness journal articles

Health and Wellness Journal Articles: Your Guide to Research and Insight

Are you a health enthusiast, a student researching wellness trends, or a healthcare professional looking to stay abreast of the latest breakthroughs? Navigating the vast world of health and wellness research can feel overwhelming. This comprehensive guide will empower you to effectively find and utilize health and wellness journal articles, providing you with the tools and knowledge to make informed decisions about your health and well-being. We'll explore various databases, search strategies, and critical appraisal techniques to ensure you're accessing reliable and relevant information. Let's dive in!

Understanding the Landscape of Health and Wellness Journal Articles

The field of health and wellness encompasses a broad spectrum of topics, from nutrition and exercise to mental health and preventative medicine. This diversity is reflected in the sheer volume of journal articles published annually. To effectively navigate this landscape, it's crucial to understand the different types of journals and the information they contain. You'll find articles covering:

Medical research: Rigorous studies examining the efficacy of treatments, the causes of diseases, and the impact of lifestyle factors on health outcomes. These often involve randomized controlled trials (RCTs) and meta-analyses.

Public health research: Studies focused on population health trends, disease prevention strategies, and health policy implications. This area often incorporates epidemiological data and societal factors.

Complementary and alternative medicine (CAM): Research exploring the effectiveness and safety of non-conventional medical approaches, such as acupuncture, herbal remedies, and yoga. It's important to critically evaluate the methodology of studies in this area.

Nutritional science: Research exploring the role of diet and nutrition in health and disease. This includes studies on the impact of specific nutrients, dietary patterns, and food processing techniques.

Mental health and well-being: Studies investigating the factors influencing mental health, the effectiveness of mental health interventions, and strategies for promoting well-being.

Finding Relevant Health and Wellness Journal Articles: A Step-by-Step Guide

Accessing high-quality health and wellness journal articles requires a strategic approach. Here's a breakdown of the process:

1. Identify Keywords: Begin by brainstorming relevant keywords related to your specific area of interest. For example, if you're researching the impact of meditation on stress reduction, relevant keywords might include "meditation," "stress reduction," "mindfulness," "anxiety," and "well-being."

1. Select Appropriate Databases: Several databases specialize in indexing health and wellness journal articles. Some of the most prominent include:

PubMed: A free resource from the National Library of Medicine, offering access to a vast collection of biomedical literature.

MEDLINE: A subset of PubMed, focusing specifically on biomedical journal articles.

Web of Science: A comprehensive database encompassing a wide range of scientific disciplines, including health and wellness.

ScienceDirect: A subscription-based database with a large collection of peer-reviewed articles.

Google Scholar: A free search engine indexing scholarly literature across various disciplines, including health and wellness.

1. Refine Your Search: Utilize Boolean operators (AND, OR, NOT) and wildcard characters (*) to refine your search results. For instance, searching for "meditation AND stress reduction" will only return articles addressing both topics.

1. Filter Your Results: Most databases allow you to filter results by date, publication type, language, and other criteria. This helps you narrow down your search to the most relevant articles.

1. Evaluate the Quality of Articles: Not all studies are created equal. Critically assess the methodology, sample size, and conclusions of each article before relying on its findings. Look for peer-reviewed articles published in reputable journals.

Critical Appraisal of Health and Wellness Journal

Articles

Once you've identified potential articles, it's essential to critically appraise their quality to ensure you're basing your decisions on reliable evidence. Consider the following factors:

Methodology: Was the study designed and conducted rigorously? Were appropriate control groups used? Were biases minimized?

Sample size: Was the sample size large enough to draw meaningful conclusions?

Statistical analysis: Were appropriate statistical methods used to analyze the data?

Conflicts of interest: Were any potential conflicts of interest declared by the authors?

Publication bias: Is there evidence of publication bias, where studies with positive results are more likely to be published than those with negative results?

Utilizing the Information: From Research to Action

Once you've identified and critically appraised relevant health and wellness journal articles, you can use this information to inform your decisions. Remember that individual results may vary, and it's crucial to consult with healthcare professionals before making significant changes to your health and wellness routines.

Conclusion

Finding and utilizing high-quality health and wellness journal articles is a vital skill for anyone interested in evidence-based decision-making related to their health and well-being. By following the steps outlined in this guide, you can effectively navigate the vast world of health research and access reliable information to improve your knowledge and enhance your health journey. Remember to always critically evaluate the information you find and consult with qualified healthcare professionals for personalized advice.

FAQs

1. What is the difference between PubMed and Google Scholar? PubMed focuses specifically on biomedical literature, while Google Scholar is a broader search engine indexing scholarly works across many disciplines. PubMed often provides more specific filtering options for health-related research.
1. How can I identify predatory journals? Look for journals with poor editorial practices, questionable impact factors, and a lack of transparency. Websites like Beall's List (though now defunct, archived versions exist) and other scholarly communication resources can offer guidance.

1. What are some common biases to watch out for in health and wellness research? Confirmation bias (favoring information supporting pre-existing beliefs), publication bias (positive results being more likely published), and selection bias (non-random participant selection) are common concerns.

1. Are all peer-reviewed articles equally reliable? While peer review improves quality, the rigor varies across journals. Look for articles in high-impact factor journals with established reputations within the field.

1. Where can I find free access to health and wellness journal articles? Many universities and libraries offer free access to databases like PubMed and Google Scholar. Some journals also offer open-access publications. Check the journal's website for details.

health and wellness journal articles: *On the Path to Health, Wellbeing, and Fulfilment* Iris Schrijver, 2021-10-19 This compelling book on health, wellbeing, and fulfilment investigates the scientific basis of what we think we know about healthy living. How much do we actually know about the information that is presented as fact by health crusaders and in the media? How do perceptions of truth and validity influence our behaviour and our health? Guided by the author's practice in academic and non-profit medicine, this book highlights the practical impact of scientific studies in a broad range of disciplines and brings to life their relevance and limitations. It presents a journey of discovery that includes the foundations of knowledge, factors of health, implications of lifestyle choices, positive psychology, and social science. The book takes a realistic look at the evidence of biological, psychological, and cultural determinants of health, and is essential reading for anyone who wonders why there is so much left to learn about what truly enhances wellbeing and survival. It is an empowering book that provides a key to understanding how we can all improve and support our health to thrive in any phase of life. Find more on this topic at: lifestyleforhealthandwellness.com.

health and wellness journal articles: *The Wellbeing Journal* MIND, 2017-05-04 Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences.

health and wellness journal articles: *ACSM's Resources for the Exercise Physiologist* Benjamin Gordon, American College of Sports Medicine (ACSM), 2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination, ACSM's Resources for the Exercise Physiologist, 3rd Edition, is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice. This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology. Published by the American College of Sports Medicine, this practical resource is organized around the scope of ACSM-EP practice domains. A clear introduction to understanding exercise, physical activity, and pre-exercise screening opens the book, followed by thorough coverage of assessment and programming for healthy populations, assessment and programming for

special populations, counseling and behavioral strategies for encouraging exercises, and legal, management and professional issues relevant to practice.

health and wellness journal articles: The Medical Basis of Psychiatry S. Hossein Fatemi, Paula J. Clayton, 2008-05-15 The updated edition of this classic book provides the busy clinician, psychiatric resident and medical student with the most up-to-date information on etiology, diagnosis and treatment of psychiatric disorders. The reader is provided with contemporary information and literature supported by a close survey of the field. Several new chapters dealing with new concepts in biology and treatment of mental disorders have been added to complete this expanded edition.

health and wellness journal articles: Nurses With Disabilities Leslie Neal-Boylan, 2012-10-12 This is the first research-based book to confront workplace issues facing nurses who have disabilities. It not only examines in depth their experiences, roadblocks to successful employment, and misperceptions surrounding them, but also provides viable solutions for creating positive attitudes towards them and a welcoming work environment that fosters hiring and retention. From the perspectives and actual voices of nurses with disabilities, nurse leaders, nurse administrators, and patients, the book identifies nurses with disabilities (including sensory, musculoskeletal, emotional, and mental health issues), discusses why they choose to leave nursing or hide their disabilities, and analyzes how their disabilities may influence career choices.

health and wellness journal articles: Educating the Student Body Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

health and wellness journal articles: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy,

programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

health and wellness journal articles: The Power of Habit Charles Duhigg, 2012-02-28 NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of Drive and A Whole New Mind "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

health and wellness journal articles: Systematic Reviews University of York. Centre for Reviews and Dissemination, 2009

health and wellness journal articles: Music, Health, and Wellbeing Raymond MacDonald, Gunter Kreutz, Laura Mitchell, 2012-02-09 Music has a universal and timeless potential to influence how we feel, yet, only recently, have researchers begun to explore and understand the positive effects that music can have on our wellbeing. This book brings together research from a number of disciplines to explore the relationship between music, health and wellbeing.

health and wellness journal articles: Health Promotion Settings Angela Scriven, Margaret Hodgins, 2011-11-11 Health Promotion Settings combines the theoretical discourse of the settings approach, covering a wide range of fundamental principles, concepts and policy issues, with real life examples of settings, including workplaces, schools, neighbourhood, cities and prisons. Frameworks

and processes that are actively shaping health promotion in settings in the 21st Century are documented and the ideas and research covered will provide a vital set of indicators for those who promote health in settings. Combining theory with practical examples and case studies, the authors show how a settings approach can work in practice, drawing on a range of local, national and international initiatives and coordinated projects. Health Promotion Settings provides a rich source of ideas and case examples which highlight the challenges for promoting health in a range of contexts. Special attention is given to the workplace as both a priority area for health promotion and a key determinant of health. Written by a highly experienced team of health promotion and public health professionals, academics and researchers, this book is essential reading for both students and practitioners working towards the improvement of health using a settings approach. Online Resources are provided.

health and wellness journal articles: Food Science Edelstein, 2018-01-16 The science of food is discussed within the broader context of the world's food supply. Food Science, An Ecological Approach explores the idea of global sustainability and examines the ecological problems that challenge our food supply and raise increasing concerns among consumers.

health and wellness journal articles: A Design Thinking, Systems Approach to Well-Being Within Education and Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Global Health, Global Forum on Innovation in Health Professional Education, 2019-04-04 The mental health and well-being of health professionals is a topic that is broad, exceptionally relevant, and urgent to address. It is both a local and a global issue, and affects professionals in all stages of their careers. To explore this topic, the Global Forum on Innovation in Health Professional Education held a 1.5 day workshop. This publication summarizes the presentations and discussions from the workshop.

health and wellness journal articles: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

health and wellness journal articles: What Is the Evidence on the Role of the Arts in Improving Health and Well-Being Daisy Fancourt, Saoirse Finn, 2019-06 Over the past two decades, there has been a major increase in research into the effects of the arts on health and well-being, alongside developments in practice and policy activities in different countries across the WHO European Region and further afield. This report synthesizes the global evidence on the role of the arts in improving health and well-being, with a specific focus on the WHO European Region. Results from over 3000 studies identified a major role for the arts in the prevention of ill health, promotion of health, and management and treatment of illness across the lifespan. The reviewed evidence included study designs such as uncontrolled pilot studies, case studies, small-scale cross-sectional surveys, nationally representative longitudinal cohort studies, community-wide ethnographies and randomized controlled trials from diverse disciplines. The beneficial impact of the

arts could be furthered through acknowledging and acting on the growing evidence base; promoting arts engagement at the individual, local and national levels; and supporting cross-sectoral collaboration.

health and wellness journal articles: The NHS and Contemporary Health Challenges From a Multilevel Perspective Dalingwater, Louise, 2020-06-26 The National Health Service, or NHS, is the United Kingdom's national healthcare system. It oversees the public's health and ensures the medical wellbeing of the population of the UK. Governance network processes are complex because of the different nature of agendas and strategies of actors involved in health, but increasingly, because of the link between social and healthcare delivery, recent initiatives to provide a joined up or integrated approach have been presented. However, the extent of joined-up governance processes in the National Health Service is rather uneven. So far, reforms to try to improve the running of the NHS through the introduction of market mechanisms or increased decentralization have only served to exacerbate such tensions and resulted in further fragmentation of the public health system. The NHS and Contemporary Health Challenges From a Multilevel Perspective illustrates the complexities of governing public health services that are part of the NHS and takes an innovative approach by examining public health provision through a multiscalar lens, which reveals significant limits of the current governance model. The book raises the various challenges that clinical staff, public authorities, and the general public face in the provision of healthcare to uphold core values inherent in health systems. While highlighting topics including health governance, patient satisfaction, and public health, this book is ideally designed for policymakers, government officials, healthcare administrators, hospital managers, healthcare researchers, medical professionals, and students.

health and wellness journal articles: Brain-Metabolic Crossroads in Severe Mental Disorders - Focus on Metabolic Syndrome Virginio Salvi, Tomas Hajek, 2019-10-23

health and wellness journal articles: Taking Action Against Clinician Burnout National Academies of Sciences, Engineering, and Medicine, National Academy of Medicine, Committee on Systems Approaches to Improve Patient Care by Supporting Clinician Well-Being, 2020-01-02 Patient-centered, high-quality health care relies on the well-being, health, and safety of health care clinicians. However, alarmingly high rates of clinician burnout in the United States are detrimental to the quality of care being provided, harmful to individuals in the workforce, and costly. It is important to take a systemic approach to address burnout that focuses on the structure, organization, and culture of health care. Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-Being builds upon two groundbreaking reports from the past twenty years, To Err Is Human: Building a Safer Health System and Crossing the Quality Chasm: A New Health System for the 21st Century, which both called attention to the issues around patient safety and quality of care. This report explores the extent, consequences, and contributing factors of clinician burnout and provides a framework for a systems approach to clinician burnout and professional well-being, a research agenda to advance clinician well-being, and recommendations for the field.

health and wellness journal articles: WebDoctor Richard M. Sharp, Vicki F. Sharp, 1998 Originally published in 1973, Black Players was the first book to do a thorough examination of the urban pimp culture. Social anthropologists Richard and Christina Milner were allowed access to the secretive and controversial world of pimps and prostitutes. Black Player guides the reader through every aspect of this unfamiliar world, allowing the Players to describe themselves, and the rules of the game in their own words. The Milners interviewed many of the top pimps in the Bay area and other parts of the country during the late 60's/early 70's. There is even a rare interview with legendary pimp-turned-author Iceberg Slim in this book. Out of this experience, has come one of the most fascinating journeys into a secret culture ever written.

health and wellness journal articles: Biological & Agricultural Index , 1919

health and wellness journal articles: Beyond the HIPAA Privacy Rule Institute of Medicine, Board on Health Care Services, Board on Health Sciences Policy, Committee on Health Research

and the Privacy of Health Information: The HIPAA Privacy Rule, 2009-03-24 In the realm of health care, privacy protections are needed to preserve patients' dignity and prevent possible harms. Ten years ago, to address these concerns as well as set guidelines for ethical health research, Congress called for a set of federal standards now known as the HIPAA Privacy Rule. In its 2009 report, *Beyond the HIPAA Privacy Rule: Enhancing Privacy, Improving Health Through Research*, the Institute of Medicine's Committee on Health Research and the Privacy of Health Information concludes that the HIPAA Privacy Rule does not protect privacy as well as it should, and that it impedes important health research.

health and wellness journal articles: ROAR Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 "Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best."—Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

health and wellness journal articles: Perspectives on Wellbeing , 2019-06-24 The study of wellbeing is not new. Over two millennia ago, the Ancient Greeks were already debating different conceptions of the good life, and how it may be fostered, albeit a debate for the privileged in ancient Greek society. More recently, the post-WWII concern with economic scarcity gave way – as prosperity rose in the later 20th century – to values such as personal growth and social inclusion. In parallel, research has increasingly turned its focus to wellbeing, going beyond traditional measures of income, wealth and employment. Greater attention is now paid to the subjective experience of wellbeing which, it is broadly agreed, has many dimensions such as life satisfaction, optimal functioning and a good quality of life. *Perspectives on Wellbeing: A Reader* brings together a number of chapters that examine wellbeing from different disciplinary perspectives. A number of the chapters take the angle of human flourishing, looking at the respective contributions of belonging, emotional resilience, spirituality, prosocial behaviour, literacy and leisure. Others look at wellbeing through a social relations lens, including family relations, youth, persons with disability and gender. Finally, a chapter on wellbeing and economics illustrates different approaches to measuring wellbeing and identifying its determinants. The book concludes with a chapter that argues for the enduring importance of the welfare state if the wellbeing of all is to be ensured. This book is likely to be of interest to both undergraduate and postgraduate students in the social sciences as well as to a general readership. Contributors are: Angela Abela, Andrew Azzopardi, Paul Bartolo, Marie Briguglio, Amy Camilleri Zahra, Joanne Cassar, Marilyn Clark, Ruth Falzon, Vickie Gauci, Ingrid Grech Lanfranco, Natalie Kenely, Mary Anne Lauri, Marceline Naudi, Claudia Psaila, Clarissa Sammut Scerri, Sandra Scicluna Calleja, Barbara Stelmaszek, Sue Vella, and Val Williams.

health and wellness journal articles: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing

sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

health and wellness journal articles: The Future of the Public's Health in the 21st Century Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on Assuring the Health of the Public in the 21st Century, 2003-02-01 The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

health and wellness journal articles: Mental Health , 2001

health and wellness journal articles: U.S. Health in International Perspective National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

health and wellness journal articles: Resilient Health Care Professor Robert L Wears, Professor Erik Hollnagel, Professor Jeffrey Braithwaite, 2015-09-28 Properly performing health care systems require concepts and methods that match their complexity. Resilience engineering provides that capability. It focuses on a system's overall ability to sustain required operations under both expected and unexpected conditions rather than on individual features or qualities. This book contains contributions from international experts in health care, organisational studies and patient

safety, as well as resilience engineering. Whereas current safety approaches primarily aim to reduce the number of things that go wrong, Resilient Health Care aims to increase the number of things that go right.

health and wellness journal articles: *Counseling for Wellness* Jane E. Myers, Thomas J. Sweeney, 2005 Destined to become a classic in the field, *Counseling for Wellness* presents a research-based model for improving physical and mental health and well-being. Twenty-eight experts provide life-enhancing counseling applications for diverse client groups, which can be used in schools, mental health agencies, counselor education programs, and business and industry. Wellness measurement, formal and informal assessment techniques, and future directions for research are discussed in detail.--Amazon.com.

health and wellness journal articles: Wellbeing in Higher Education Marcus A. Henning, Christian U. Krägeloh, Rachel Dryer, Fiona Moir, Rex Billington, Andrew G. Hill, 2018-04-09 Academic staff and students within higher education settings are confronted by a learning environment that is academically stimulating, informative, career-focused and socially rich, which can be intensely competitive and highly charged. Within this learning environment, academic staff and students are often at risk of compromising their wellbeing in their pursuit of academic excellence. This book provides an examination of the key areas that are important to the sustenance of wellbeing within higher education settings, with a view to promoting healthy learning environments. The chapter authors are predominantly working in the Asia-Pacific rim, but the book also includes more universal perspectives. The synthesis of the issues covered in the book is crucial to the understanding of higher education as not only an environment for gaining knowledge and skills relevant for success in academic and career domains, but also as an environment for developing socially adept and authentic communication skills. The ideas presented in this book will further assist academic staff and students to consider ways to more fully participate in their learning environment so that they can optimize their valuable contributions to the professional communities they serve.

health and wellness journal articles: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The *Health Effects of Cannabis and Cannabinoids* provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agenda—outlining gaps in current knowledge and opportunities for providing additional insight into these issues—that summarizes and prioritizes pressing research needs.

health and wellness journal articles: Better Than Before Gretchen Rubin, 2015-03-17 NEW

YORK TIMES BESTSELLER • The author of *The Happiness Project* and “a force for real change” (Brené Brown) examines how changing our habits can change our lives. “If anyone can help us stop procrastinating, start exercising, or get organized, it’s Gretchen Rubin. The happiness guru takes a sledgehammer to old-fashioned notions about change.”—*Parade* Most of us have a habit we’d like to change, and there’s no shortage of expert advice. But as we all know from tough experience, no magic, one-size-fits-all solution exists. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. In *Better Than Before*, acclaimed writer Gretchen Rubin identifies every approach that actually works. She presents a practical, concrete framework to allow readers to understand their habits—and to change them for good. Infused with Rubin’s compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, *Better Than Before* explains the (sometimes counterintuitive) core principles of habit formation and answers the most perplexing questions about habits: • Why do we find it tough to create a habit for something we love to do? • How can we keep our healthy habits when we’re surrounded by temptations? • How can we help someone else change a habit? Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success—even if we’ve failed before. Whether you want to eat more healthfully, stop checking devices, or finish a project, the invaluable ideas in *Better Than Before* will start you working on your own habits—even before you’ve finished the book.

health and wellness journal articles: *Mental Health, Substance Use, and Wellbeing in Higher Education* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Policy and Global Affairs, Board on Health Sciences Policy, Board on Higher Education and Workforce, Committee on Mental Health, Substance Use, and Wellbeing in STEMM Undergraduate and Graduate Education, 2021-03-05 Student wellbeing is foundational to academic success. One recent survey of postsecondary educators found that nearly 80 percent believed emotional wellbeing is a very or extremely important factor in student success. Studies have found the dropout rates for students with a diagnosed mental health problem range from 43 percent to as high as 86 percent. While dealing with stress is a normal part of life, for some students, stress can adversely affect their physical, emotional, and psychological health, particularly given that adolescence and early adulthood are when most mental illnesses are first manifested. In addition to students who may develop mental health challenges during their time in postsecondary education, many students arrive on campus with a mental health problem or having experienced significant trauma in their lives, which can also negatively affect physical, emotional, and psychological wellbeing. The nation's institutions of higher education are seeing increasing levels of mental illness, substance use and other forms of emotional distress among their students. Some of the problematic trends have been ongoing for decades. Some have been exacerbated by the COVID-19 pandemic and resulting economic consequences. Some are the result of long-festering systemic racism in almost every sphere of American life that are becoming more widely acknowledged throughout society and must, at last, be addressed. *Mental Health, Substance Use, and Wellbeing in Higher Education* lays out a variety of possible strategies and approaches to meet increasing demand for mental health and substance use services, based on the available evidence on the nature of the issues and what works in various situations. The recommendations of this report will support the delivery of mental health and wellness services by the nation's institutions of higher education.

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readable form the use and adverse effects of the drug for nausea, multiple sclerosis, pain, epilepsy, glaucoma, and asthma.

health and wellness journal articles: ACSM's Worksite Health Handbook American College of Sports Medicine, 2009-02-27 Encouraging and maintaining a healthy workforce have become key components in the challenge to reduce health care expenditures and health-related productivity losses. As companies more fully realize the impact of healthy workers on the financial health of their organization, health promotion professionals seek support to design and implement interventions that generate improvements in workers' health and business performance. The second edition of ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies connects worksite health research and practice to offer health promotion professionals the information, ideas, and approaches to provide affordable, scalable, and sustainable solutions for the organizations they serve. Thoroughly updated with the latest research and expanded to better support the business case for worksite programs, the second edition of ACSM's Worksite Health Handbook includes the contributions of nearly 100 of the top researchers and practitioners in the field from Canada, Europe, and the United States. The book's mix of research, evidence, and practice makes it a definitive and comprehensive resource on worksite health promotion, productivity management, disease prevention, and chronic disease management. ACSM's Worksite Health Handbook, Second Edition, has the following features: -An overview of contextual issues, including a history of the field, the current state of the field, legal perspectives, and the role of health policy in worksite programs -A review of the effectiveness of strategies in worksite settings, including economic impact, best practices, and the health-productivity relationship -Information on assessment, measurement, and evaluation, including health and productivity assessment tools, the economic returns of health improvement programs, and appropriate use of claims-based analysis and planning -A thorough discussion of program design and implementation, including the application of behavior change theory, new ways of using data to engage participants, use of technology and social networks to improve effectiveness, and key features of best-practice programs -An examination of various strategies for encouraging employee involvement, such as incorporating online communities and e-health, providing incentives, using medical self-care programs, making changes to the built environment, and tying in wellness with health and safety The book includes a chapter that covers the implementation process step by step so that you can see how all of the components fit together in the creation of a complete program. You'll also find four in-depth case studies that offer innovative perspectives on implementing programs in a variety of work settings. Each case study includes a profile of the company, a description of the program and the program goals, information on the population being served, the results of the program, and a summary or discussion of the program. Throughout the book you'll find practical ideas, approaches, and solutions for implementation as well as examples of best practices and successful programs that will support your efforts in creating interventions that improve both workers' health and business performance. The book is endorsed by the International Association for Worksite Health Promotion, a new ACSM affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2

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health and wellness journal articles: Improving Health in the Community Institute of Medicine, Committee on Using Performance Monitoring to Improve Community Health, 1997-05-21 How do communities protect and improve the health of their populations? Health care is part of the answer but so are environmental protections, social and educational services, adequate nutrition, and a host of other activities. With concern over funding constraints, making sure such activities are efficient and effective is becoming a high priority. *Improving Health in the Community* explains how population-based performance monitoring programs can help communities point their efforts in the right direction. Within a broad definition of community health, the committee addresses factors surrounding the implementation of performance monitoring and explores the why and how to of establishing mechanisms to monitor the performance of those who can influence community health. The book offers a policy framework, applies a multidimensional model of the determinants of health, and provides sets of prototype performance indicators for specific health issues. *Improving Health in the Community* presents an attainable vision of a process that can achieve community-wide health benefits.

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