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In what ways do health behaviors and societal mechanisms help or discourage individuals in assuming responsibility for their health? Highly-esteemed and diverse contributors examine the health behaviors of older adults and the ways in which these behaviors are affected by societal trends.

The volume begins with a discussion of the personal attributes affecting health behaviors and responsible health care choices in older adults. Additional topics explored include: Psychosocial factors in the prevention of cardiovascular disease; behavioral interventions such as the role of exercise in preventing chronic illness; and how societal structures such as reimbursement patterns and changes in health insurance affect initiation, change, and maintenance of health behaviors.

This is a valuable resource for professionals and students interested in individual development, the study of health behavior and chronic disease, health economics, and social policy.

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