# **Quick Health Calculator**

Patty A. Vitale, MD, MPH, FAAP

Living To 100 Thomas T. Perls, Margery Hutter Silver, With \*, John F. Lauerman, 1999-05-02 Centenarians, once a rarity, are the world's fastest growing age group: there are currently about 50,000 people over 100 in the United States alone, almost three times as many as there were in 1980. Centenarians are setting the gold standard for healthy aging. What can we learn from these pioneers? How can people decades younger apply the centenarians' longevity lessons to their own lives? These are the questions Harvard scientists Thomas Perls and Margery Hutter Silver set out to answer when they launched the New England Centenarian Study. As they probed beyond disease to identify the parameters of an energetic later life, Perls and Silver realized that the key to preserving health and vitality lies not in learning how people stay young, but in understanding how they age well. By identifying lifestyle patterns, vitamins, and medications that contribute to aging well—and may even help slow down the aging process—they show how all of us can maximize the healthy portion of the lifespan. Filled with personal profiles, informational sidebars, and quizzes, Living to 100 offers inspiration and solid scientific information to the more than seventy-five million people alive today who can look forward to their ninth and tenth decades.

Population-Based Nursing Patty A. Vitale, MD, MPH, FAAP,2011-10-19 In less than 300 pages, this book nicely integrates epidemiological concepts, evidence-based practice in population health, and program development and evaluation....Authors describe epidemiological research designs, research synthesis, and evidence assessment--knowledge essential for advanced practice nurses working with populations or in the community. Another highlight in this book is the assessment of health program quality and population health outcomes.--Journal of Community Health Nursing Population-Based Nursing is the first text designed specifically for the Doctor of Nursing Practice (DNP) core competencies in epidemiology and population health. This unique guide addresses essential areas of content recommended by the American Association of Colleges of Nursing (AACN) to ensure graduate students are adequately prepared to enter the nursing field. This groundbreaking textbook provides readers with the information they need to identify health care needs at the population level and to improve population outcomes, two important core competencies outlined by AACN for all DNP programs. Key Features: Content on acute, sub-acute, and long term care, and community population health Case studies with examples of successful strategies that nurses have used to improve population activities that aim to help readers achieve Healthy People 2020 health initiatives and improve population health Information on the identification of health care disparities and the strategies for eliminating or mitigating them

Fast Facts: Obesity David Haslam, Gary Wittert, 2014-05-12 Not to broach the subject of excess weight with a patient is a dereliction of duty as a healthcare professional, say the authors of 'Fast Facts: Obesity'. Patients who smoke are rapidly identified for intervention, and the same should be true of anyone who is obese. Every consultation is an opportunity to educate and encourage patients to pursue better health. 'Fast Facts: Obesity' is packed with practical advice on how best to support patients to improve their nutrition and levels of physical activity, and change their habits, with simple and achievable goals tailored to individual needs and concerns. This highly readable handbook also provides a comprehensive overview of: • the causes and consequences of obesity • the latest information on pharmacological and surgical options • the issues specific to the management of obesity in children, pregnant women and the elderly. The authors say: "The opportunity to educate others and exert influence can be leveraged at many levels, even with limited amounts of time." Reading 'Fast Facts: Obesity' is an excellent starting point for any healthcare professional who wants to understand this major threat to human health and ultimately improve outcomes. Contents: • Patient assessment • Causes and science • Cardiometabolic consequences • Other consequences • Management: physical activity • Management: behavioral therapy • Pharmacological and surgical treatments • Children, the elderly and pregnant women • Management tools, prevention and advocacy • Useful resources • The health risks of excess weight figure

Lasting Weight Loss Gary Webb,2014-10-13 Lasting Weight Loss - A Quick Look What have you got to lose? Over 44% of Americans are overweight. Are you one of them? Many have tried to overcome weight problems through fad diets and expensive programs, only to eventually weigh more than before their efforts began. Diet companies spend fortunes to get celebrities to convince you that their program is different and better than anything you've tried before. So you spend your money and do your best. The program seems to deliver everything it promised. You are so proud of yourself and your new body! But then, the pounds start coming back. Soon, you weigh more than before the diet. The weight spiral is accompanied by an emotional roller coaster and even depression. What's the use? Why bother? It isn't a matter of whether you lose your weight quickly or slowly. What matters is how thoroughly you establish habits like those recommended in this book. By reading this book you will learn: How to set challenging, but realistic goals that will help you chart your progress Dozens of ideas for how to overcome the excuses and obstacles you've faced before. Specific habit changes that will help you keep the weight off Action steps that melt the pounds away and maintain good health Online sources for tools to calculate body mass index, basic metabolic rate, walking distance to burn a specific amount of calories, a calorie calculator for setting weight loss goals, and an ideal weight calculator to for comparison. A listing of readily available and inexpensive snack ideas that won't bust your waistline! Within these few pages, you'll find a wealth of information and encouragement to build your personalized weight control program. Appendix A alone will be worth your investment for the Kindle edition. You'll undoubtedly also want to let your friends in on your secret once they see you lose 20, 40, 60 or more pounds. One of the easiest ways will be to give them a copy and spend a few moments pointing out the parts that were most helpful t

The 5:2 Diet Book Kate Harrison, 2014-02-14 The 5:2 Diet will transform your body, your mind and your health. It's the revolutionary part-time weight loss diet with lifelong health and anti-ageing results. This is the simplest, most flexible and most health enhancing weight loss programme you'll ever follow - and with this book to guide you, you can start today. You'll still get to eat all the foods you love but enjoy incredible health benefits, with positive effects on cancer, heart disease, Alzheimer's and more. Intermittent fasting is revolutionising the weight loss world. Simply by eating significantly less for one or two days a week you can trigger incredible physical and mental changes that protect your body and brain from damage and help it repair itself. And THE 5:2 DIET BOOK - packed with tips, science, recipes, inspiration and case studies from over thirty dieters - will help you join the revolution to lose weight, boost your brain and transform your body. And it'll even save you money, with no specialist diet foods or supplements required. No wonder it's as popular with men as it is with women - and with first-time dieters as with weight loss veterans. Journalist and former yo-yo dieter Kate Harrison has finally won the battle with her weight - now she shares the secrets that are helping thousands of men and women transform their bodies. THE 5:2 DIET BOOK is your comprehensive guide to the wonderful world of intermittent fasting. It includes: ? All you need to trigger the 'healing' mode that happens when you restrict your diet for as little as one day a week? The incredible effects on your brain cells? The transformation in the way you view hunger and food? The cost savings you can make - saving pounds from your food bill as you lose them from your body! ? 5:2 your way - how to personalise the diet to your exact requirements and preferences? Detailed meal plans, and simple but healthy recipes...? Or ready-made suggestions for when you don't feel like cooking? Hundreds of real-life tips and success st

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<u>Proceedings of the 2nd International Conference of Health Innovation and Technology (ICHIT 2022)</u> Supatmi, Chlara Yunita Prabawati, Diah Priyantini, Septian Galuh Winata, Erfan Rofiqi, Dzakiyatul Fahmi Mumtaz, Ken Siwi, 2023-06-23 This is an open access book. The rapid development of technology today is a challenge in the health sector. Technological developments in the health sector will make it easier for patients to get health services. Health workers as innovators are required to combine technological and health components in providing a service. In the future, the focus of technological developments is directed at the ease of patient access to health services. The 2nd International Conference of Health Innovation and Technology presented with the theme the use of technology in the health sector as one of the main strengths and keys to the quality and satisfaction of health services both at the individual and community level.

Healthcare Made Easy Michelle Katz, 2014-11-07 An easy-to-understand guide to the Affordable Care Act! Written by ABC World News' Real Money expert and healthcare advocate Michelle Katz, Healthcare Made Easy is the ultimate resource for understanding and navigating the Affordable Care Act. Using simple and easy-to-follow language, she answers important questions about the ACA, such as: Are there any exemptions to buying insurance under the Affordable Care Act? What is the new 80/20 Rule? And what exactly is the Early Retiree Reinsurance Program? What does the ACA mean for small businesses? What benefits must you offer and what are the tax breaks? What is covered for your children under the new CHIP laws? How can you get pharmaceutical companies to lower your prescription costs? With the expert advice in Healthcare Made Easy, you will learn how to get the most out of your healthcare plan without having to sacrifice your needs or empty your pockets. Here is a guide, a map through the maze of healthcare decisions facing us all. Michelle has helped a lot of families. She is a champion of the consumer. A truly informed advocate. --Diane Sawyer Michelle breaks down complicated laws and insurance regulations to make them understandable to everyone. She provides you with a road map to getting the best healthcare at the most affordable prices. --Tavis Smiley, Author, Television and Radio Host

**Sensational Sex in 7 Easy Steps** Ridwan Shabsigh,2007 A leading clinician and researcher identifies a connection between a man's sexual function and his overall health, outlining a program for improved sexual relations and intimacy that features a self-assessment test, warning signs, and recommendations for a range of dysfunctions. Original.

Jones & Bartlett Learning's Comprehensive Medical Assisting Judy Kronenberger, Julie Ledbetter, 2020-05-07 Designed to ensure that every medical assisting graduate can quickly trade a cap and gown for a set of scrubs, Jones & Bartlett Learning's Comprehensive Medical Assisting, Fifth Edition is more than just a textbook - it's an engaging, dynamic suite of learning resources designed to train medical assisting students in the administrative and clinical skills they'll need in today's rapidly changing health care environment. The Fifth Edition includes a full chapter on Emergency Preparedness, new in-book role playing activities, and an expanded array of online resources. We're pleased to offer case studies, skills videos, and animations as part of our ancillary suite.

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Fast Facts in Health Informatics for Nurses Lynda R Hardy, PhD, RN, FAAN,2019-10-18 "Provides a broad overview of informatics knowledge to empower nurses to be thoughtful and participate in the capture, storage, and use of data to create information and knowledge to optimize patient outcomes...In this book, you will gain an understanding of how clinical decision support tools work so you can provide feedback about [their] effectiveness and recommend additional ways decision support tools help." —Bonnie L. Westra, Ph.D., RN, FAAN, FACMI, From the Foreword Understanding and managing technology is a key component in providing quality patient care today. This addition to the popular Fast Facts series provides RNs and nursing students with an accessible, concise, step-by-step introduction to the essentials of informatics and its impact on patient lives. This book delivers required competencies and frameworks for both nursing education and practice, expanding upon integral systems and technologies within our healthcare system and their impact on the responsibilities of the individual nurse. Highlighting the intricacies within a specialized approach to healthcare data, data mining, and data organization, this resource connects day-to-day informatics practices to larger initiatives and perspectives. Clear and concise synopses of healthcare essentials, case studies, and abundant practical examples help readers understand how health informatics improves patient care within the nursing scope of practice. Thought-provoking questions in each chapter facilitate in-depth considerations on chapter content. Key Features: Key information about the electronic health record, telehealth, wearables, and decision-support tools Practical examples demonstrate how informatics improves patient care within the nurse's scope of practice Case studies with thought-provoking questions Nurses' influence on data quality Relevant ethical, legal, and social issues The intersection of technology and informatics and the power of data

An Invitation to Fitness and Wellness Dianne R. Hales, Charlene Zartman, 2001 This new book from best-selling author Dianne Hales covers Fitness, Nutrition, Weight Control, and some selected Wellness topics. It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest, and focuses on the key to living more happily and more healthfully: personal responsibility.

Eat What You Love: Quick & Easy Marlene Koch, 2016-04-26 Great recipes low in sugar, fat, and calories--Cover.

**Quick and Easy 400-Calorie Recipes** Dick Logue, 2024-03-05 Four hundred super-simple, mega-satisfying meals that cover your every craving and desire, from wholesomely hearty breakfasts to decadent treats that won't break the (calorie) bank. For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight-loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor. With Quick and Easy 400-Calorie Recipes, you can reap the benefits of these low-calories meals without spending hours in the kitchen. Perfect for anyone trying to pursue weight loss while living a busy life, this book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. Featuring recipes for every meal, plus snacks, treats, and drinks, Quick and Easy 400-Calorie Recipes will help you lose weight without letting cooking and planning weight-loss friendly meals take over your life.

14 Days Ketogenic Meal Plan New. Easy Guide for Beginners - The Keto Reset Diet Natalie Kordon, 2018-06-15 I really appreciate your dedication and efforts to download this book that is intended for guiding and motivating some other individuals. If you have decided to jump into the amazing world of Ketogenic Diet, then you have most certainly come to the right place! This whole book has been written in the Ketogenic world without any worries.

Eat, Fast, Slim Amanda Hamilton, 2017-06-13 Amanda Hamilton has helped thousands of people to lose weight and regain body confidence and zest for life. Discover the transformational diet secret: intermittent fasting - the future of weight loss! Experience rapid and sustained weight loss - drop a dress size in just six weeks and shift even stubborn fat Follow Amanda's healthy fasting - and ensure you get all the nutrients you need for long-term results Use the plans to maximize the benefits of fasting - to lose weight, slow down ageing and boost your health Choose a fasting plan that suits you and your lifestyle - 16/8, 5/2, alternate day or juice fasts Along with fasting guides, you'll enjoy delicious, nutritious food with over 100 healthy and sustaining recipes for breakfasts, lunches and dinners

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (U.S.),1998 Of evidence-based recommendations -- Introduction -- Overweight and obesity: background -- Examination of randomized controlled trial evidence -- Treatment guidelines -- Summary of recommendations -- Future research.

Internet Guide to Medical Diets and Nutrition Lillian Brazin,2006-06-14 Don't waste you time with health and diet Web sites that don't work The Internet provides unlimited resources that make it easy to learn about various diets, weight-loss programs, and weight-reduction procedures. But with so many sources, which ones can you trust for information that's safe, accurate, and up-to-date? The Internet Guide to Medical Diets and Nutrition saves you time, trouble, and effort in your search for Web sites that offer the facts about diet programs and nutrition philosophies that meet your health, medical, or religious needs. The Internet Guide to Medical Diets and Nutrition helps you filter out Web sites that offer little, if any, real help in maintaining special diets that address specific diseases (low protein, high calcium, low gluten, hypoallergenic, diabetes, cancer, anemia, etc.), religious or philosophical mandates (Hindu, kosher, vegan, Muslim, macrobiotic, etc.), or commercial regimens (Atkins ", Weight Watchers®, NutriSystem®, etc.), or provide answers to questions about bariatric surgery (gastric bypass, stomach stapling, etc.). This invaluable reference resource teaches you how locate Web sites recommended to you, how to evaluate the information you find there, how to research a particular diet or health concern, how to choose and use the right search engine, the significance of domains in Web addresses, and how to observe proper etiquette when participating in Internet Guides to Medical Diets and Nutrition include: general diet and nutrition Web sites Web addresses, and how to observe proper etiquette when participating in Internet Guide to Medical Diets and Nutrition include: general diet and nutrition Web sites Web sites (Body Mass Index, exercise, calories, weight-maintenance, healthy weight) the nutrient content of foods food labels non-surgical weight-loss Web sites caloric restrictions hypnosis weight-loss centers and workshops weight-loss surgery Web sites. The book is a must-have as an everyday re

Health Assessment and Physical Examination Mary Ellen Zator Estes, Pauline Calleja, Karen Theobald, Theresa Harvey, 2019-10-24 Health assessment is an ongoing process that evaluates the whole person as a physical, psychosocial and functional being, whether they are young or old, well or ill. This market-leading text presents health assessment, physical examination information and skills for health professionals who undertake these types of assessments. Health Assessment and Physical Examination is scaffolded from foundation to more advanced health assessment, following a body-systems approach and a 'head-to-toe' approach. It uses the ENAP (Examine-Normal-Abnormal-Pathophysiology) approach as a tool for students to collect useful information. An applied case study at the end of each chapter walks students through an example of an assessment. This comprehensive yet student-friendly text is noted for its high-quality case studies, pedagogical elements, and excellent student resources. Unique to this text are the advanced topics and 'Urgent findings', which highlights serious or life-threatening signs or critical assessment findings that need immediate attention.

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