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# An Ecological Perspective on Health Promotion Systems, Settings and Social Processes

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## About the eBook

This eBook applies examples from evaluation studies to explore basic health promotion principles. A multiple settings approach is covered by analyzing participants' perceptions of the family, leisure and school settings. Development of healthy public policy is also discussed with reference to influences by political developments.

### Contents

- ▶ Introduction to Health Promotion
- ▶ From Associations to Processes
- ▶ Health Behaviour in Context
- ▶ National Objectives-Local Practice: Implementation of Health Promotion Policies
- ▶ Relationship Education to Promote Family Health
- ▶ School as a Resource or Risk to Students' Subjective Health and Well-Being
- ▶ Depressive Symptoms During Adolescence: Gender Differences and the Role of Body Image

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