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BEHAVIORAL HEALTH IN RURAL AREAS OF DISEASE PREVENTION KNOWLEDGE BOOKS(CHINESE EDITION)



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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2010-01-01 Pages: 59 Publisher: basic information about the title of the People's Health: Behavioral Health new rural disease prevention knowledge Books List Price: 10 yuan: Zheng Shougui Xushui Ocean Press: People's Health Publishing Date :2010-01- 01 ISBN: 9787117124720 words: Page: 59 Revision: Binding: Folio: 32 open size and weight of the product: Editor's Choice improve health awareness and change unhealthy behaviors. the book combines Editors' grass-roots work experience. focusing on farmers to make the majority of farmers and friends friends concerned about the problem. the use of plain language. illustrations elaborated personal hygiene habits. smoking. alcohol consumption. diet. exercise. psychological. environmental. and safety and other behavior problems. Only a handful of one hundred questions tried to unhealthy habits said friends of farmers is still very difficult to focus on so that farmers friends to learn more about the health knowledge to start a discussion. Farmers and friends can give _ Anti-three. and continuously improve their level of behavioral health. Summary Table of Contents 1 What is health behavior? Why develop good health behaviors? 3. Learning health health knowledge? Why sooner or later face feet before going to bed? 5. Towels and toiletries can be shared with others.? Morning and evening brushing. mouthwash after meals What are the benefits? 7 how to brush their teeth more healthy? 8 how to wash their hands more clean? Why should wash their nails? Why Qin shampoo. hair cut? 11 What are the benefits of regular bathing? Why should not bathe immediately after exercise? 13 after the rain. why the best time to take a shower? 14 Why should wash clothes? 15 for a long time to put the clothes can immediately...



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