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A Letter from the Author: Rebecca Donatelle

on *Access to Health 16th edition*, *Health: The Basics 13th edition*, and *My Health 3rd edition*

Dear Colleagues,

After years of teaching thousands of students and authoring many editions of *Access to Health*, *Health: The Basics*, and *My Health*, it is always exciting to think about what I can do to make the next editions more interesting, include the most scientifically current and accurate Information, and be more relevant to a diverse and increasingly health-savvy students! Importantly, I ask myself how I can help you to get media-oriented, constantly connected students to “tune in” to health and think about their own health as well as the health issues and problems swirling around them. Finally, how do you help students to consider options, question policies and systems, and become better health consumers while motivating them to try to make a difference in improving health for all in today’s world?

As I’ve thought about my students’ needs, and considered the wide range of health issues that they and their loved ones are likely to face in the days ahead, I’ve worked with reviewers, editorial staff, our dedicated sales staff, and other marketing colleagues and asked these questions: What can my texts deliver that will cover the essential health information that your students need in the most effective way? Importantly, how can we raise the bar in making the next editions of my books be the most comprehensive, cutting edge, interesting, and relevant to Personal Health students?

After careful planning and interactions with others, I’m especially excited about the direction that these texts have taken for the following reasons:

- **We’ve continued our tradition of providing an outstanding selection of essential health chapters loaded with the latest scientific information from the best journals and sources available today.** Whether it be discussing issues, challenging current prevention and intervention strategies, or considering and taking action for positive health changes for themselves, their community, nationally, or internationally, every chapter is designed to actively engage students in the learning process. To this end, Mastering includes Which Path Would You Take? behavior change activities, revised NutriTools activities, and now includes MyDietAnalysis.
- **In keeping with major trends in society, we were the first Personal Health book to include a significant mindfulness focus as we developed *Health: The Basics 13e* and *My Health 3e*.** Based on the overwhelmingly positive responses from reviewers, instructors, and students, **we have expanded our mindfulness focus in *Access to Health 16e*.** Loaded with strategies to help students be successful in their health change strategies while working to improve health status for others, we believe this emphasis will help your students personalize their own efforts to become their best selves.
- **I was privileged and excited to have a forward-thinking editorial staff who listened to my request to develop an entirely new chapter that focused on difference, health disparity, and health equity (concepts that have gained increasing attention nationally and internationally) –**

as leaders grapple with major issues in health status, health care, and health outcomes for diverse populations. We conducted focus groups and surveys with instructors and asked them what they would like to have included in such a chapter that would help students understand how differences can lead to health disparities and that health disparities can have a profound limiting effect on populations striving for health and health equity. Instead of just reporting statistics showing that some populations have higher blood pressure or are more likely to be obese, for example, I included a chapter focusing on the wide range of factors that lead to health disparities and why achieving health equity is so difficult for so many diverse groups. Bottom line: What can we do as individuals and as a society to help diverse populations improve their chances of achieving health equity?

We are very excited to present these texts and **Mastering** to you, to create an optimum learning experience for your students. Thank you for taking the time to examine these books, and I would like to personally wish you all the best in your next professional and personal endeavors!

Respectfully Yours,

Rebecca (Becky) Donatelle