

**Special Topics in Health Psychology:
Health Promotion (CLP – 7934)**

Spring 2013

**Stephen D. Anton, PhD
(santon@ufl.edu)**

&

Course Outline

Objectives

Behavior contributes significantly to health, well-being and longevity. An abundance of research supports numerous behavioral guidelines for health promotion, including: regular physical activity; the maintenance of appropriate weight; the avoidance of tobacco products and illicit drugs; dietary intake of fruits, vegetables, and fiber, coupled with low consumption of saturated fats; moderate use of alcohol; and the ability to cope effectively with stress. Thus, the purpose of this course is to present an overview of health-promoting behaviors from the perspective of clinical health psychology. The course will emphasize changing behaviors to improve health and prevent disease. Psychological approaches for conceptualizing and changing behaviors to improve health will represent the major focus of the course. While the primary focus of the course will be intervention at the individual and group level, we will also review public health approaches that focus on change at the community or organizational level, and we will touch upon the contributions of sociology, epidemiology, medicine, political science and economics to understanding health and illness.

The specific topics chosen for in-depth exploration during the course comprise the major health issues facing our population, namely, obesity, nutrition, physical activity, and the use of tobacco. We will examine the behavioral antecedents of major diseases, particularly heart disease and cancer, by reviewing epidemiological and population-based studies of associations between behavioral and psychosocial variables and the occurrence of chronic disease conditions and decreased longevity. We will focus in detail on behavioral interventions to modify risk factors for disease, including the conceptual basis for the interventions, clinical trial data supporting their efficacy, and their application in the practice of health psychology.

Basis for Evaluation/Grading

The course will include the opportunity to design and carry out a health-promotion intervention, either with an appropriate clinical patient or with oneself as the subject in a self-management project. In addition, each class participant will design and propose a health-promotion research project. Both the clinical project and the research proposal will be presented in class. The grade for the class will be based on (a) the research proposal (20%) and presentation (10%), (b) the clinical project and presentation (20%), (c) a final exam (30%), and (d) class participation (20%).

Scheduled Topics & Readings

January 9, 2013 Health Promotion: An Overview

Anton, S. D., & Perri, M. G., Disease Prevention through lifestyle intervention for diet and physical activity. *The Oxford Handbook of Rehabilitation Psychology*.

Bisono, A. M., Manuel, J. K., & Forchimes A. A. (2006). Promoting treatment adherence through motivational interviewing. In W. T. O'Donohue & E. R. Levensky, (Eds.) *Promoting treatment adherence* (pp. 71-84). Thousand Oaks, CA: Sage.

Blume A. W., & Marlatt, G. A. (2006). Relapse prevention to promote treatment adherence. In W. T. O'Donohue & E. R. Levensky (Eds.), *Promoting treatment adherence* (pp. 149-163). Thousand Oaks, CA: Sage.

Clark, N. M., & Becker, M. H. (1998). Theoretical models and strategies for improving adherence and disease management. In S. A. Shumaker, E. B., Schron, J. K. Ockene, & W. L., McBee (Eds.), *Handbook of health behavior change* (pp. 5-32). New York: Springer.

Ferguson, K. E., & Scarlett-Ferguson, H. (2006). Skills training to promote patient adherence to treatments. In W. T. O'Donohue & E. R. Levensky (Eds.), *Promoting treatment adherence* (pp. 99-118). Thousand Oaks, CA: Sage.

Levensky, E. R., & O'Donohue, W. T. (2006). Patient adherence and nonadherence to treatments. In W. T. O'Donohue & E. R. Levensky (Eds.), *Promoting treatment adherence* (pp. 3-14). Thousand Oaks, CA: Sage.

Stamler, J., et al. (1999). Low risk-factor profile and long-term cardiovascular and noncardiovascular mortality and life expectancy. *JAMA*, 282, 2012-2018.

van Dam, R. M., Li, T., Spiegelman, D., Franco, O. H., & Hu, F. B. (2008). Combined impact of lifestyle factors on mortality: prospective cohort study in US women. *BMJ*, 337, a1440.

January 16, 2013 Obesity: Prevalence, Determinants, and Consequences

Allison, D. B., Fontaine, K. R., Manson, J. E., Stevens, J., & VanItallie, T. B. (1999). Annual deaths attributable to obesity in the United States. *JAMA*, 282(16), 1530-1538.

Clement, K. & Ferre, P. (2003). Genetics and the pathophysiology of obesity. *Pediatric Research*, 53, 721-725.

Finkelstein, E. A., Ruhm, C. J., & Kosa, K. M. (2005). Economic causes and consequences of obesity. *Annu Rev Public Health*, 26, 239-257.

Flegal, K. M., Carroll, M. D., Ogden, C. L., & Curtin, L. R. (2010). Prevalence and trends in obesity among US adults, 1999-2008. *JAMA*, 303(3), 235-241.

Fontaine, K. R. et al. (2003). Years of life lost due to obesity. *JAMA*, 289, 187-193.

Hill, J. O. et al. (2003). Obesity and the environment: where do we go from here? *Science*, 299, 853-855.

James, W. P. (2008). The fundamental drivers of the obesity epidemic. *Obes.Rev.*, 9 Suppl 1, 6-13.

Jensen, M. K., Chiuve, S. E., Rimm, E. B., Dethlefsen, C., Tjonneland, A., Joensen, A. M. (2008). Obesity, behavioral lifestyle factors, and risk of acute coronary events. *Circulation*, 117, 3062-3069.

Ogden, C. L., Carroll, M. D., Curtin, L.R., McDowell, M. A., Tabak, C. J, Flegal, K. M. (2006). Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA*, 295, 1549-1555.

U.S. Department of Health and Human Services (2001). *The Surgeon General's call to action to prevent and decrease overweight and obesity*. Washington, D.C.: U.S. Government Printing Office.

January 23, 2013 Obesity: Treatment Issues & Alternative Health Promotion Behavior Presentations

Anton, S.D., Exner, A., Newton, R. L. (in press). Intentions are not Sufficient to Change Behavior: Strategies that Promote Behavior Change and Healthy Weight Management. In F. Columbus (Ed.), *New Perspectives on Knowledge, Attitudes and Practices in Health*. New York: Nova Science Publishers, Inc.

Diabetes Prevention Program Research Group. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346, 393-403.

Wadden, T. A., et al. (2005). Randomized trial of lifestyle modification and pharmacotherapy for obesity. *New England Journal of Medicine*, 353, 2111-2120.

Kumanyika, S. K., & Obarzanek, E. (2003). Pathways to obesity prevention: report of a National Institutes of Health Workshop. *Obesity Research*, 11, 1263-1274.

Perri, M. G., Limacher, M. C., Durning, P. E., Janicke, D. M., Lutes, L. D., Bobroff, L. B. et al. (2008). Extended-care programs for weight management in rural communities: the treatment of obesity in underserved rural settings (TOURS) randomized trial. *Arch.Intern.Med.*, 168, 2347-2354.

Bray, G. A. (2008). Lifestyle and pharmacological approaches to weight loss: efficacy and safety. *J.Clin.Endocrinol.Metab*, 93, S81-S88.

Padwal, R. S. & Majumdar, S. R. (2009). Drug treatments for obesity: orlistat, sibutramine, and rimonabant. *Lancet*, 369, 71-77.

Perri, M. G., Foreyt, J. P., & Anton, S.D. Preventing weight gain after weight loss. In G. A. Bray and C. Bouchard (Eds.), *Handbook of obesity treatment: Clinical applications* (3rd ed.) New York: Marcel Dekkar, Inc., pp. 249 – 268.

January 30, 2013 Diet and Health & Alternative Health Promotion Behavior Presentations

Anton, S. D., Dubyak, P. J., Naugle, K. M. Role of Appetite Control in Metabolic Disease Conditions. *Appetite: Regulation, Role in Disease and Control*. Nova Science Publishers, Inc. Hauppauge, NY

Fontana, L. & Klein, S. (2009). Aging, adiposity, and calorie restriction. *JAMA*, 297, 986-994.

Fung, T. T. et al. (2004). Prospective study of major dietary patterns and stroke risk in women. *Stroke*, 35, 2014-2019.

Institute of Medicine. (2002). *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids*. Washington, DC: National Academies Press.

Kelly, M. T., Rennie, K. L., Wallace, J. M., Robson, P. J., Welch, R. W., Hannon-Fletcher, M. P. et al. (2008). Associations between the portion sizes of food groups consumed and measures of adiposity in the British National Diet and Nutrition Survey. *Br.J.Nutr.*, 1-8.

Knoops, K. T. B. et al. (2004). Mediterranean diet, lifestyle factors, and 10-year mortality in elderly European men and women. *JAMA*, 292, 1433-1439.

Lee, S., Harnack, L., Jacobs, D. R., Jr., Steffen, L. M., Luepker, R. V., & Arnett, D. K. (2009). Trends in diet quality for coronary heart disease prevention between 1980-1982 and 2000-2002: The Minnesota Heart Survey. *J.Am.Diet.Assoc.*, 107, 213-222.

Marzetti, E., Wohlgemuth, S. E., Anton, S.D., Bernabei, R., Carter, C., & Leeuwenburgh, C. (2009). Cellular mechanisms of cardioprotection by calorie restriction: State of the science and future perspectives. *Clinics in Geriatric Medicine*, 25(4), 715-732.

McCullough, M. L. et al. (2003). A prospective study of whole grains, fruits, vegetables and colon cancer risk. *Cancer Causes and Control*, 14, 959-970.

Nielsen, S. J., & Popkin, B. M. (2003). Patterns and trends in food portion sizes. *JAMA*, 289, 450-453.

Stampfer, M. J. et al. (2000). Primary prevention of coronary heart disease in women through diet and lifestyle. *New England Journal of Medicine*, 343, 16-22.

February 6, 2013 Dietary Interventions & Alternative Health Promotion Behavior Presentations

Anton, S.D., Han, H. York-Crowe, York, E., Martin, C.K. Ravussin, E., & Williamson, D.A (2009). Effect of calorie restriction on subjective ratings of appetite. *Journal of Human Nutrition and Dietetics*, 22(2), 141-147.

Anton, S.D., Martin, C.K., Han, H., Coulon, S., Cefalu, W.T., Geiselman, & Williamson, D. A. (2010). Effects of stevia, aspartame, and sucrose on food intake, satiety, and eating attitudes in Healthy, Overweight and Obese Adults. *Appetite*, 55(1), 37-43.

Cutler, J. A., & Stamler J. (1997). Introduction and summary of the dietary and nutritional methods and findings in the Multiple Risk Factor Intervention Trial. *American Journal of Clinical Nutrition*, 65(suppl.), 184S-190S.

Kjelsberg, M. O. et al. (1997). Brief description of the Multiple Risk Factor Intervention Trial. *American Journal of Clinical Nutrition*, 65(suppl.), 191S-195S.

Hofer, T., Fontana, L., Anton, S.D., Weiss, E. P., Villareal, D. T., Malayappan, B., & Leeuwenburgh, C. (2008). Long-term effects of caloric restriction or exercise on DNA and RNA oxidation levels in white blood cells and urine in humans. *Rejuvenation Research*, 11(4), 793-9.

Hu, F., & Willett, W. C. (2002). Optimal diets for prevention of coronary heart disease. *JAMA*, 288, 2569-2578.

Ornish, D., et al. (1998). Intensive lifestyle changes for reversal of coronary heart disease. *JAMA*, 280, 2001-2009.

Esposito, K. et al. (2004). Effect of a Mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome. *JAMA*, 2004, 1440-1446.

Howard, B.V. et al. (2006). Low-fat dietary pattern and risk of cardiovascular disease: the Women's Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA*, 295, 655-666.

Pischke, C. R., Scherwitz, L., Weidner, G., & Ornish, D. (2008). Long-term effects of lifestyle changes on well-being and cardiac variables among coronary heart disease patients. *Health Psychol.*, 27, 584-592.

Dai, J., Jones, D. P., Goldberg, J., Ziegler, T. R., Bostick, R. M., Wilson, P. W. et al. (2008). Association between adherence to the Mediterranean diet and oxidative stress. *Am.J.Clin.Nutr.*, 88, 1364-1370.

Heilbronn, L. K., de, J. L., Frisard, M. I., DeLany, J. P., Larson-Meyer, D. E., Rood, J. et al. (2006). Effect of 6-month calorie restriction on biomarkers of longevity, metabolic adaptation, and oxidative stress in overweight individuals: a randomized controlled trial. *JAMA*, 295, 1539-1548.

Sacks, F.M., Bray, G.A., Carey, V.J., Smith, S.R., Ryan, D.H., Anton, S.D. et al. (2009). Comparison of weight-loss diets with different compositions of fat, protein, and carbohydrates. *New England Journal of Medicine*. 360, 859-873.

Stamler, J. & Neaton, J. D. (2008). The Multiple Risk Factor Intervention Trial (MRFIT)--importance then and now. *JAMA*, 300, 1343-1345.

February 13, 2013 Physical Activity & Health & Alternative Health Promotion Behavior Presentations

Anton, S.D., Duncan, G.E., Limacher, MC, Martin, A.D., Perri, M.G. (*in press*). How much walking Is needed to improve cardiorespiratory fitness? An examination of the 2007 ACSM/AHA physical activity recommendations. *Research Quarterly for Exercise and Sport*.

Anton, S.D. & Manini, T.M. (2010). Does self-reported physical activity underestimate the importance of activity in cardiovascular disease prevention? *Current Cardiovascular Risk Reports*.

Hofer, T., Fontana, L., Anton, S.D., Weiss, E. P., Villareal, D. T., Malayappan, B., & Leeuwenburgh, C. (2008). Long-term effects of caloric restriction or exercise on DNA and RNA oxidation levels in white blood cells and urine in humans. *Rejuvenation Research*, 11(4), 793-9.

Owen, N. et al. (2004). Understanding environmental influences on walking. *American Journal of Preventive Medicine*, 27, 67-76.

Wei, M. et al. (1999). Relationship between low cardiorespiratory fitness and mortality in normal-weight, overweight, and obese men. *JAMA*, 282, 1547-1553.

Manson, J. E. et al. (2002). Walking compared with vigorous exercise for the prevention of cardiovascular events in women. *New England Journal of Medicine*, 347, 716-725.

Tanasescu, M. et al. (2002). Exercise type and intensity in relation to coronary heart disease in men. *JAMA*, 288, 1994-2000.

Blair, S. N. et al. (2004). The evolution of physical activity recommendations: how much is enough? *American Journal of Clinical Nutrition*. 79 (suppl.) 913S-920S.

Haskell, W. L., Lee, I. M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A. et al. (2009). Physical activity and public health: updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. *Med.Sci.Sports Exerc.*, 39, 1423-1434.

Wessel, T. R., Arant, C. B., Olson, M. B., Johnson, B. D., Reis, S. E., Sharaf, B. L. et al. (2004). Relationship of physical fitness vs body mass index with coronary artery disease and cardiovascular events in women. *JAMA*, 292, 1179-1187.

February 20, 2013 Physical Activity Interventions & Alternative Health Promotion Behavior Presentations

- Fontana, L., Villareal, D. T., Weiss, E., Racette, S. B., Steger-May, K., Klein, S., et al. (2007). Calorie restriction or exercise: Effects on coronary heart disease risk factors: A randomized, controlled trial. *American Journal of Physiology: Endocrinology and Metabolism*, 293(1), E197-202.
- King, A. C. et al. (1995). Long-term effects of varying intensities and formats of physical activity on participation rates, fitness and lipoproteins in men and women Aged 50 to 65 years. *Circulation*, 91, 2596-2604.
- Stefanick, M. L. et al. (1998). Effects of diet and exercise in men and postmenopausal women with low levels of HDL cholesterol and high levels of LDL cholesterol. *New England Journal of Medicine*, 339, 12-20.
- Dunn, A. L. et al. (1999). Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness. *JAMA*, 281, 327-334.
- Marcus, B. H. et al. (2000). Physical activity behavior change: Issues in adoption and maintenance. *Health Psychology*, 19 (suppl.) 32-41.
- Perri, M. G. et al. (2002). Adherence to exercise prescriptions: Effects of prescribing moderate versus higher levels of intensity and frequency. *Health Psychology*, 21, 452-458.
- Duncan, G. E., Anton, S. D., Sydeaman, S.J., Newton, R. L., Jr., Corsica, J. A., Durning, P. A., Ketterson, T. U., Martin, A. D., Limacher, M. C., & Perri, M. G. (2005). Prescribing Exercise at Varied Levels of Intensity and Frequency: A Randomized Trial. *Archives of Internal Medicine*, 165, 2362-2369.
- Pahor, M., Blair, S. N., Espeland, M., Fielding, R., Gill, T. M., Guralnik, J. M. et al. (2006). Effects of a physical activity intervention on measures of physical performance: Results of the lifestyle interventions and independence for Elders Pilot (LIFE-P) study. *J.Gerontol.A Biol.Sci.Med.Sci.*, 61, 1157-1165.
- Murphy, M. H., Blair, S. N., & Murtagh, E. M. (2009). Accumulated versus Continuous Exercise for Health Benefit: A Review of Empirical Studies. *Sports Med.*, 39, 29-43.
- Thompson, P. D., & Lim, V. (2003). Physical Activity in the Prevention of Atherosclerotic Coronary Heart Disease. *Curr Treat Options Cardiovasc Med*, 5(4), 279-285.
- Lennon, S. L., Quindry, J., Hamilton, K. L., French, J., Staib, J., Mehta, J. L., et al. (2004). Loss of exercise-induced cardioprotection after cessation of exercise. *J Appl Physiol*, 96(4), 1299-1305.

February 27, 2013 Community Health Promotion & Alternative Health Promotion Behavior Presentations

Thomson, B., & Kinne, S. (1998). Social change theory applications to community health. In N. Bracht (Ed.), *Health Promotion at the Community Level: Vol. 2, New Advances* (pp. 29-56). Thousand Oaks, CA: Sage.

Vartiainen, E. et al. (2000). Cardiovascular risk factor changes in Finland, 1972-1997. *International Journal of Epidemiology*, 29, 49-56.

Pearson, T. A. et al. (2003). American Heart Association Guide for Improving Cardiovascular Health at the Community Level. *Circulation*, 107, 645-651.

Bennett P., & Murphy, S. (1998). *Psychology and health promotion* (chapters 5 & 7). Philadelphia: Open University Press.

Fortmann, S. P., & Varady, A. N. (2000). Effects of a community-wide health education program on cardiovascular disease morbidity and mortality. *American Journal of Epidemiology*, 152, 316-323.

Cohen D. A. Reengineering the Built Environment: Schools, worksites, neighborhoods, and Parks. In G. A. Bray and C. Bouchard (Eds.), *Handbook of obesity treatment: Clinical applications* (3rd ed.) New York: Marcel Dekkar, Inc., pp.195 – 206.

Roux, L., Pratt, M., Tengs, T. O., Yore, M. M., Yanagawa, T. L., Van Den, B. J. et al. (2008). Cost effectiveness of community-based physical activity interventions. *Am.J.Prev.Med.*, 35, 578-588.

Leger. L. Evaluating community-based health promotion initiatives: an ongoing necessity and challenge. *Health Promotion International*, 23, 299-301.

March 13, 2013 Smoking Cessation & Alternative Health Promotion Behavior Presentations

Abrams, D.B. Adherence to Treatment for Nicotine Dependence.

Fiore, M. C. et al. (1997). Smoking cessation: Principles and practice based on the AHCPR Guideline, 1996. *Annals of Behavioral Medicine, 19*, 213-219.

Jorenby, D. E. et al. (1999). A controlled trial of sustained release bupropion, a nicotine patch, or both for smoking cessation. *New England Journal of Medicine, 340*, 685-691.

Ockene, J. K. et al. (2000). Relapse and maintenance issues for smoking cessation. *Health Psychology, 19* (suppl.), 17-31.

Hughes, J. R. (2000). New treatments for smoking cessation. *Cancer: A Journal for Clinicians, 50*, 143-151.

Waldroup, W. M., Gifford, E. V., & Kalra, P. (2006). Adherence to smoking cessation treatments. In W. T. O'Donohue & E. R. Levensky (Eds.), *Promoting treatment adherence* (pp. 235-252). Thousand Oaks, CA: Sage.

Cornuz, J., Zwahlen, S., Jungi, W. F., Osterwalder, J., Klingler, K., van, M. G. et al. (2008). A vaccine against nicotine for smoking cessation: a randomized controlled trial. *PLoS ONE, 3*, e2547.

Reichert, J., de Araujo, A. J., Goncalves, C. M., Godoy, I., Chatkin, J. M., Sales, M. P. et al. (2008). Smoking cessation guidelines--2008. *J.Bras.Pneumol., 34*, 845-880.

March 6, 2013 SPRING BREAK – no class

March 20, 2013 Clinical Presentations

March 27, 2013 Clinical presentations

April 3, 2013 Clinical presentations + research presentations

April 10, 2013 Research presentations

April 17, 2013 Research presentations

April 24, 2013 Final Exam

Additional Requirements

- Students are expected to adhere to the University of Florida's honesty policy regarding cheating and use of copyrighted materials.
- Students are expected to attend class and to notify the instructor in advance of absences. Make-up assignments or delays in meeting assignment deadlines must be approved in advance.
- Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.