

Contents

Acknowledgments	vii
Introduction	ix
Chapter 1	Health and Approaches to Its Understanding.....1
	Abstract.....1
	Theoretical Approaches to Health1
	Health Psychology4
	Theory of Health.....5
	<i>Theories of Health and Their Classification</i> 9
	<i>Health Models</i> 13
	<i>The Biopsychosocial Model of Health</i> 15
	<i>Health Determinants</i> 18
	<i>Personality Determinants of Health</i> 24
	<i>Health Protection and Promotion</i> 26
	<i>Strategies of the World Health Organization</i> <i>in the Field of Health Promotion and Their</i> <i>Implementation in the Conditions of</i> <i>the Slovak Republic</i> 30
	<i>Selected Types of Prevention in the Field</i> <i>of Infectious Diseases, Addictions,</i> <i>and Exercise</i> 33
	<i>Programs Aimed at Disease Prevention</i> 41
	<i>Demographic Situation and Health Status of</i> <i>the Population in the Slovak Republic</i> 41
Chapter 2	Health Literacy and Health Competence47
	Abstract.....47
	Health Literacy47
	The Importance of Health Literacy.....53
	Health-Literate Individual58
	Determinants of Health Literacy60

	<i>Knowledge Necessary for Health Literacy</i>	60
	<i>Skills Necessary for Health Literacy</i>	61
	<i>Health Literacy in a Cultural Context</i>	62
	<i>Socio-Demographic Determinants</i>	62
	<i>Determinants in the Area of Lifestyle</i>	64
	<i>Situational Determinants</i>	66
	<i>Social and Environmental Determinants</i>	67
	Selected Models of Health Literacy	67
	An Integrated Model of Health Literacy	73
Chapter 3	Perception of Health, Health Promotion, and Health Literacy in Germany and Austria	77
	Abstract	77
	Approach to Health Perception	78
	<i>Disease Models</i>	81
	<i>Health Models</i>	82
	Health Promotion and Disease Prevention	83
	Perception of Health Literacy and Health Competencies	85
Chapter 4	Health Education	91
	Abstract	91
	Health Education of Children and Adults	92
	Health Learning	96
Chapter 5	Adult Health Education	101
	Abstract	101
	Methodological Starting Points for the Solution of the Research Project Health Education of Adult Population	102
	Competence Approach	104
	Systemic Approach	105
	Culturological Approach	107
	Axiological Approach	108
	Person-Oriented Approach	108
	Andragogic Approach	110
	Gender Approach	111
	Research Objectives and Methodology	114
	Distribution of the Questionnaire, Characteristics of the Research Sample	115
	Research Results	116

	<i>Basic Characteristics of the Research Sample.....</i>	<i>116</i>
	<i>Respondents' Attitude to Health Education.....</i>	<i>118</i>
	Method of Obtaining Health Information.....	120
	Impact of the COVID-19 Pandemic on Behavior Change about Health	121
	Evaluation of Established Hypotheses and Discussion.....	124
Conclusion	133
References	135
About the Authors	147
Index	149