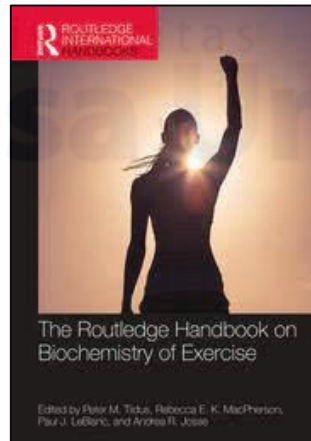


PERIODE TAHUN 2023



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**Routledge Handbook on Biochemistry
of Exercise, 1st ed**

**Author : Peter M. Tiidus; Rebecca E. K.
MacPherson; Paul J. LeBlanc;
Andrea R. Josse**

No. Class : 572 TH r

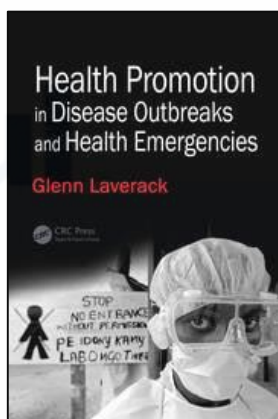
**Link Pustaka :
<https://doi.org/10.4324/9781003123835>**

Description:

From its early beginnings in the 1960s, the academic field of biochemistry of exercise has expanded beyond examining and describing metabolic responses to exercise and adaptations to training to include a wide understanding of molecular biology, cell signalling, interorgan communication, stem cell physiology, and a host of other cellular and biochemical mechanisms regulating acute responses and chronic adaptations related to exercise performance, human health/disease, nutrition, and cellular functioning.

The Routledge Handbook on Biochemistry of Exercise is the first book to pull together the full depth and breadth of this subject and to update a rapidly expanding field of study with current issues and controversies and a look forward to future research directions. Bringing together many experts and leading scientists, the book emphasizes the current understanding of the underlying metabolic, cellular, genetic, and cell signalling mechanisms associated with physical activity, exercise, training, and athletic performance as they relate to, interact with, and regulate cellular and muscular adaptations and consequent effects on human health/disease, nutrition and weight control, and human performance.

With more emphasis than ever on the need to be physically active and the role that being active plays in our overall health from a whole-body level down to the cell, this book makes an important contribution for scholars, medical practitioners, nutritionists, and coaches/trainers working in research and with a wide range of clients. This text is important reading for all students, scholars, and others with an interest in health, nutrition, and exercise/training in general.



[Health Promotion in Disease Outbreaks and Health , 1st ed](#)

Author : Glenn Laverack
No. Class : 362.106 8 LAV h
Link Pustaka : <https://doi.org/10.4324/9781315106885>

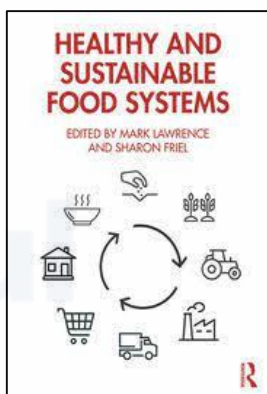
Description:

This is the first ever practical guide to the valuable role that health promotion can play in disease outbreaks and health emergencies. Over the past 20 years the number of disease outbreaks has increased alongside a significant role played out by international agencies involved in emergency responses.

The book comprehensively covers the role that health promoters have in this new and exciting field of international work including data collection, communication, community capacity building and engagement and rumour management.

- Part 1 provides a detailed overview of the role of health promotion in disease outbreaks and health emergencies.
- Part 2 directly addresses the role of health promotion in two distinct types of disease outbreaks: person to person and vector borne disease transmission.
- Part 3 covers the role of health promotion in specialist areas of work in disease outbreaks and health emergencies.

Health Promotion in Disease Outbreaks and Health Emergencies is essential reading for health promotion and public health students worldwide, as well as for UN agencies and international NGOs working in this emerging field.



[Healthy and Sustainable Food Systems, 1st ed](#)

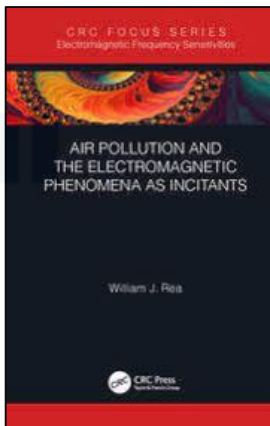
Author : Mark Lawrence; Sharon Friel
No. Class : 363.8 LAW h
Link Pustaka : <https://doi.org/10.4324/9781351189033>

Description:

This comprehensive text provides the latest research on key concepts, principles and practices for promoting healthy and sustainable food systems.

There are increasing concerns about the impact of food systems on environmental sustainability and, in turn, the impact of environmental sustainability on the capacity of food systems to protect food and nutrition security into the future. The contributors to this book are leading researchers in the causes of and solutions to these challenges. As international experts in their fields, they provide in-depth analyses of the issues and evidence-informed recommendations for future policies and practices. Starting with an overview of ideas about health, sustainability and equity in relation to food systems, Healthy and Sustainable Food Systems examines what constitutes a food system, with chapters on production, manufacturing, distribution and retail, among others. The text explores health and sustainable diets, looking at issues such as overconsumption and waste. The book ends with discussions about the politics, policy, personal behaviours and advocacy behind creating healthy and sustainable food systems.

With a food systems approach to health and sustainability identified as a priority area for public health, this text introduces core knowledge for students, academics, practitioners and policy-makers from a range of disciplines including food and nutrition sciences, dietetics, public health, public policy, medicine, health science and environmental science.

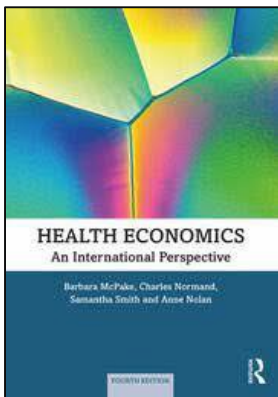


[Air Pollution and the Electromagnetic Phenomena as Incitants, 1st ed](#)

Author : William J. Rea; Kalpana D. Patel
No. Class : 616.98 REA a
Link Pustaka : <https://doi.org/10.1201/9780429444708>

Description:

The field of electromagnetic sensitivity is the new epidemic of the 21st century, and can cause disease of the automatic nerve system in any part of the body. This is as a result of chemical sensitivity, in which over 80,000 chemicals are involved, resulting in innumerable combinations. A cursory understanding of the combinations can help clinicians partially understand the associated problems and thus help in the diagnosis and treatment of electromagnetic sensitivities. But a basic understanding of environmentally induced illness and healing must first be understood by the clinicians before diseases occur such as cardiac arrhythmia, muscle spasms, and nerve pain.



[Health Economics: an International Perspective, 4th ed](#)

Author : Mohammad Zoynul Abedin
No. Class : 618.76 QUA h
Link Pustaka : <https://doi.org/10.4324/9781315169729>

Description:

Health Economics: An International Perspective is the only textbook to provide a truly international, comparative treatment of health economics. Offering an analysis of health systems across borders, the fourth edition of this key text has been updated and revised to take account of changes in a host of countries.

This edition features an expanded introduction, providing better grounding for many of the examples that come in subsequent chapters and making it easier for non-health care experts to see the links between the theory, the examples and the health care system components. It also boasts a restructured format, dividing the book into two broad sections: the first focuses on ideas and principles, along with evidence on their applications in the health sector, whereas the second focuses on introducing core tools and techniques used in applied health economics research.

Further updates to this edition include:

- two new chapters on applied econometrics
- a new chapter on equity, focusing on equity in access to health care, paying particular attention to how access and need for health care are defined and measured in applied research
- a new chapter on emerging issues for health systems that are emanating from a series of global transitions both within (e.g. demographic change, epidemiological change, the global resolution on universal health coverage) and without the health sector (e.g. economic transitions).

Throughout the text, examples and illustrations are taken from a wide range of settings and world regions, providing a unique overview of the performance of different health systems.



Sustainability for Healthcare Management: a Leadership Imperative, 2nd ed

Author : Carrie Rich; J. Knox Singleton; Seema S. Wadhwa
No. Class : 362.106 8 RIC s
Link Pustaka : <https://doi.org/10.4324/9781315276878>

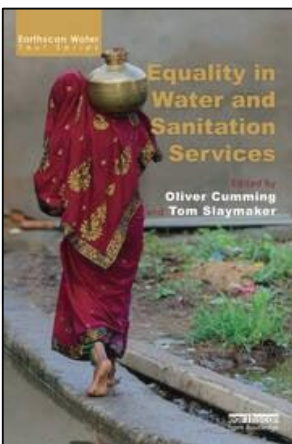
Description:

Sustainability is not unique to health, yet sustainability is a unique vehicle for promoting healthy values. This book challenges healthcare leaders to think through the implications of our decisions from fiscal, societal and environmental perspectives. It links health values with sustainability drivers in order to enlighten leadership about the value of sustainability as we move toward a new paradigm of health.

Fully updated for the second edition, the book now includes case studies about:

- Waste disposal and cost
- Chemicals of concern
- Cost of water
- Green building ratings

This book is a unique resource for researchers, students and professionals working in health and healthcare management because the book connects key concepts of environmental sustainability with healthcare operations. Readers will gain an appreciation for translating leadership priorities into sustainability tactics with beneficial operational outcomes..



Equality in Water and Sanitation Services, 1st ed

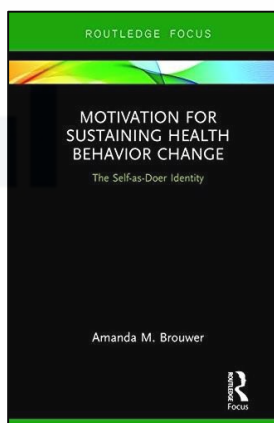
Author : Oliver Cumming; Tom Slaymaker
No. Class : 363.610 917 24 CUM e
Link Pustaka : <https://doi.org/10.4324/9781315471532>

Description:

There is growing acceptance that the progress delivered under the Millennium Development Goal target for drinking water and sanitation has been inequitable. As a result, the progressive reduction of inequalities is now an explicit focus of the Sustainable Development Goal (SDG) targets, adopted in 2015, for universal access to drinking water, sanitation and hygiene (WASH). This shift in focus has implications for the way in which the next generation of WASH policies and programmes will be conceived, designed, financed and monitored.

This book provides an authoritative textbook for students, as well as a point of reference for policy-makers and practitioners interested in reducing inequalities in access to WASH services. Four key areas are addressed: background to the human right to water and development goals dimensions of inequality case studies in delivering water and sanitation equitably and monitoring progress in reducing inequality.



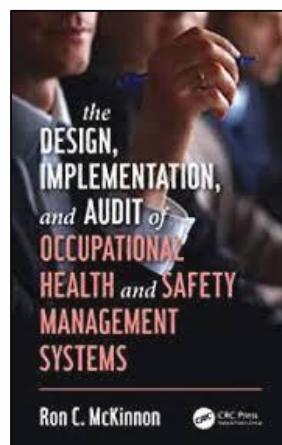


[Motivation for sustaining health behavior change: the self-as-doer identity, 1st ed](#)

Author : Amanda M. Brouwer
No. Class : 613.019 BRO m
Link Pustaka : <https://doi.org/10.4324/9781315178653>

Description:

With a balance of theory, research, and applications, Motivation for Sustaining Health Behavior Change: The Self-as-Doer Identity introduces the self-as-doer identity as an accessible motivational identity and discusses how it can be incorporated into health behavior change efforts. The book introduces the self-as-doer theory and presents research and recommendations for how the self-as-doer can be used in both clinical and non-clinical populations to promote health behavior change and maintenance. The book will be of interest to researchers, students, and professionals interested in health promotion.



[The Design, Implementation, and Audit of Occupational Health and Safety Management Systems, 1st ed](#)

Author : Lesley Powell; Simon McGrath
No. Class : 370.113 POW s
Link Pustaka : <https://doi.org/10.1201/9780429280740>

Description:

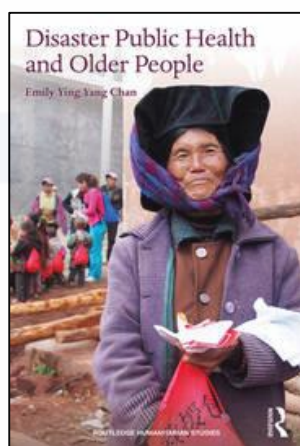
This book covers the design, implementation, and auditing of structured occupational health and safety management systems (SMS), sometimes referred to as safety programs. Every workplace has a form of SMS in place as required by safety regulations and laws.

The Design, Implementation, and Audit of Occupational Health and Safety Management Systems describes some of the elements that constitute an SMS, the implementation process, and the auditing of the conformance to standards. It covers more than 60 processes, programs, or standards of a system, and gives important background information on each element. Guidelines and examples show how to design and implement the risk-based processes, programs and standards, and how to audit them against standards.

The text is based on actual SMS implementation experiences across a wide range of industries. It offers a roadmap to any organization which has no structured SMS. It will guide them through the process of upgrading their health and safety processes to conform to local and international standards. It will lead them away from relying on reactive safety measures such as injury rates, to proactive actions which are measured by the audit of the system.

Features:

- Covers more than 60 elements of a safety management system (SMS)
- Provides practical examples of how to design, implement, and audit a structured SMS
- Based on actual SMS implementation experience across a wide range of industries
- Presents the integration of an SMS into the day-to-day functions of the organization



[Disaster Public Health and Older People, 1st ed](#)

Author : Emily Ying Yang Chan
No. Class : 616.890 01 CAR p
Link Pustaka : <https://doi.org/10.4324/9781351127622>

Description:

Disaster Public Health and Older People introduces professionals, students and fieldworkers to the science and art of promoting health and well-being among older people in the context of humanitarian emergencies, with a particular focus on low- and middle-income country settings.

Older people face specific vulnerabilities in physical, mental and social well-being during disasters. They are likely to experience socio-economic marginalisation, isolation, inaccessible information and a lack of relevant post-emergency support services. Meanwhile, although older people can also significantly contribute to disaster preparedness, response and recovery, their capacities are often under-utilised. Drawing on a range of global case studies, this book provides readers with a theoretical underpinning, while suggesting actions at the individual, community and national levels to reduce the health risks to older people posed by the increasing frequency and intensity of disaster, in particular those resulting from natural hazards. Topics covered range from the health impact of disasters on older people and response to their post-disaster health needs, to disaster preparedness, disease prevention, healthy ageing, global policy developments and the contributions of older people in disaster contexts.

This book draws on lessons learnt from previous disasters and targets students and professionals working in disaster medicine, disaster public health, humanitarian studies, gerontology and geriatrics.



[Office Ergonomics and Human Factors: Practical Applications, 2nd ed](#)

Author : Céline McKeown
No. Class : 620.82 MCK o
Link Pustaka : <https://doi.org/10.1201/9780429055935>

Description:

Just like the previous edition, this new edition aims to provide practical advice on how to create, develop, or improve office environments so that those individuals who work within them can do so comfortably and contently. Those environments include traditional purpose-built offices, home offices, vehicle interiors, or transient environments like train stations, hotels, and airports. Technology has changed radically since the first edition published in 2007. The new edition has been completely updated and offers simple, practical and effective advice that can be employed easily in any office environment, whether typical or atypical.

Features:

- Provides up-to-date advice on working with handheld devices and computers
- Outlines what can be done in non-office environments to make the worker more comfortable
- Offers updated case studies, which are more relevant to today's work, made possible by ever-advancing technology
- Includes an expanded section on accommodating workers with disabilities and covers new options available to assist the disabled so they can work effectively and comfortably
- Deals with the hidden area of work-related manual handling inside and outside the office