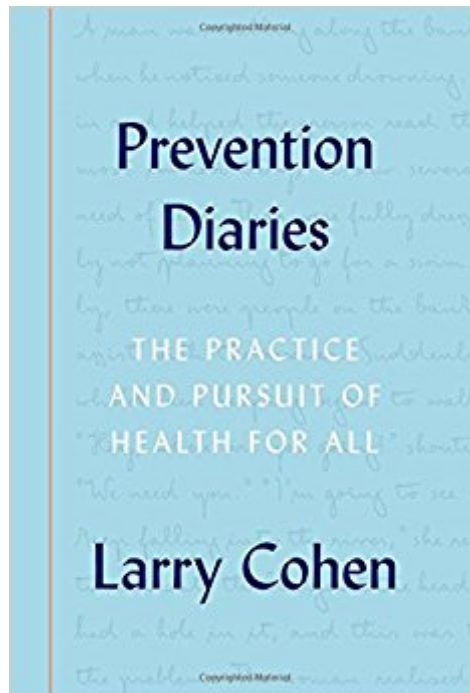




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# Prevention Diaries: The Practice And Pursuit Of Health For All



## Synopsis

How do trees help reduce violence? What do roads have to do with chronic disease? *Prevention Diaries* examines the unexpected yet empirically predictable relationships that shape our health, providing the keys to realizing vitality and health across our society. With passion, wisdom, and humor, internationally recognized prevention expert Larry Cohen draws on his three decades of experience to make a case for building health into the everyday fabric of our lives—from health care to workplaces, urban planning to agriculture. *Prevention Diaries* envisions an alternate model of American health care, one less predicated on treating sickness and more focused on preventing it. Doing so requires a shift in how our society perceives and approaches health -- first recognizing our overreliance on individual solutions, then building an environment conducive to preventing problems before they occur. Through first-person vignettes and scientific data, Cohen shows that prevention is the cure for what ails us. By creating greater opportunities for health and safety -- things like safe access to parks and healthful housing -- the US sets a foundation for a healthier country. *Prevention Diaries* makes it clear that as the US works to ensure everyone can access medical services, we also must make health, not just health care, the ultimate goal.

## Book Information

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## Customer Reviews

An engaging and well-documented exploration of America's gradual, and in some cases grudging, recognition that adopting individual and community prevention-oriented policies and practices is key to promoting health and health equity, reducing injuries, and preventing violence.- Health Affairs  
*Prevention Diaries* is Larry Cohen's intensely personal and introspective account of why

stopping health problems before they start makes sense for individuals and for societies - and is possible. His stories of how advocates have successfully intervened to prevent problems caused by unhealthy eating, cigarettes, automobiles, guns, violence, and system inequalities should inspire everyone interested in public health to get involved in prevention programs that will make a real difference in people's lives. - Food Politics, Marion Nestle  
 Cohen understands that change comes from the bottom up, and in Prevention Diaries he chronicles many wonderful success stories of people making a difference: communities coming together to get junk food out of schools; to make healthy food more affordable; to pass more taxes on sugary sodas; to build safer streets, more bike lanes and more play areas; and to lead a very significant shift toward community-centered health. - Energy Express, Marilynn Preston  
 Prevention Diaries should be required reading for every legislator who will vote on what comes next in health care. - Energy Express  
 Prevention Diaries by Larry Cohen is indispensable with its wise observations and simple approach to shaping policy with a personal flare. - Health News Digest

Larry Cohen is founder and Executive Director of the Prevention Institute. A leading authority in developing practical prevention strategies for communities, Cohen's accomplishments include catalyzing the nation's first multi-city no-smoking laws; helping define violence as a preventable health issue; advancing chronic disease prevention through physical activity and healthy eating; and promoting better understanding of the underlying causes of illness, injury, and health inequities. His work has been recognized by the US Department of Health and Human Services, American Cancer Society, Centers for Disease Control and Prevention, American Public Health Association, and Society for Public Health Education. He lives in Oakland, California.

“This is the most wonderful collection of inspiring stories that gives me hope for the future! Each chapter starts with a personal account illustrating that prevention is a no-brainer when it comes to health policy setting. Larry dips into a lifetime’s experience of nurturing community-wide human solutions – many of which have grown into state, federal and even global policies that have had a powerful and enduring influence on all our lives. For those of us tackling the global corporations who now seem to be ruling the world and undermining our confidence in real food, his optimism is infectious. This is truly a must-read book for anyone interested in human health and happiness!”

As an MPH student, I found this book very inspiring and affirming of my decision to go into public

health. I really enjoyed the colorful personal stories from a public health  
“veteran”, and how they were woven with explaining all the factors  
and systems that influence health, from roads to education to the food system and banking industry.  
Really, this book is a good read for anyone who is interested in social change-- there are so many  
factors affecting public health that one can do many things to make a positive impact on health as  
well as society. A fun book that makes you think-- and want to take action.

What a great read! As someone who does not have a background in public health, I was surprised  
and pleased to be able to follow everything without having to look up terms or do outside research.  
Prevention Diaries is both captivating and informative. Anyone can open this book and learn a lot  
about prevention and public health. Larry Cohen takes years of knowledge and experience and  
makes it accessible and thought provoking, yet also very moving and personal. I felt educated and  
inspired at the same time.

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