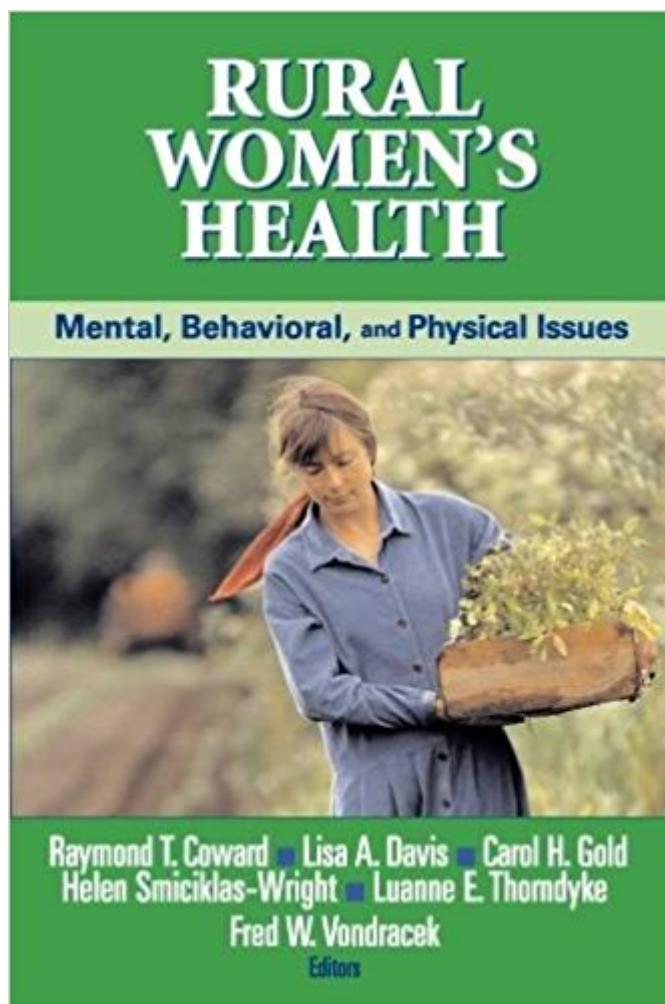


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# Rural Women's Health: Mental, Behavioral, And Physical Issues



## **Synopsis**

Rural Women's Health encompasses the breadth and depth of the unique physical and psychological needs facing rural women throughout the United States and Canada, and identifies positive interventions and outcomes. Raymond T. Coward, founding editor of The Journal of Rural Health, along with five leading practitioners and researchers with contributions from over 25 educators, authors, program leaders, and researchers representing the multidisciplinary spectrum of rural health professionals, present the most comprehensive coverage on rural women's health that exists today. Key issues covered include: Socio-cultural stressors Policy changes Barriers to accessing mental health treatment Obesity and risk factors Behavioral risk factors Chronic diseases Exercise, nutrition, and health promotion programs Education and telehealth This is a valuable resource for mental health service providers, gerontologists, social workers, psychologists, counselors, and primary care physicians.

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"Rural Women's Health succeeds in demonstrating the complexity of health needs among women in rural America. It underscores how diverse this population is, and how much research is needed to better understand the mental, behavioral, and physical health needs of these women." -- Amy Niles, President and CEO, National Women's Health Resource Center

""Rural Women's Health" encompasses the breadth and depth of the unique physical and

psychological needs facing rural women throughout the United States and Canada, and identifies positive interventions and outcomes. Raymond T. Coward, founding editor of "The Journal of Rural Health," along with five leading practitioners and researchers with contributions from over 25 educators, authors, program leaders, and researchers representing the multidisciplinary spectrum of rural health professionals, present the most comprehensive coverage on rural women's health that exists today. Key issues covered include: Socio-cultural stressors Policy changes Barriers to accessing mental health treatment Obesity and risk factors Behavioral risk factors Chronic diseases Exercise, nutrition, and health promotion programs Education and telehealth This is a valuable resource for mental health service providers, gerontologists, social workers, psychologists, counselors, and primary care physicians. "

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