



# Families and Health (Contemporary Family Perspectives (CFP))

*Janet R. Grochowski*

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## **Families and Health (Contemporary Family Perspectives (CFP)) Janet R. Grochowski**

This interdisciplinary text examines five different components of family health--biology, behavior, social-cultural circumstances, the environment, and health care--and the ways they affect the abilities of family members to perform well in their homes, workplaces, and communities. Special awareness is paid to health disparities among individuals, families, groups, regions, and nations. The author discusses how health of individual families influences our local, national, and global communities. Families and Health argues that family health is not a privilege for the few, but a personal, national, and global right and responsibility.

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