



From Oxford University Press

“Health is the only thing that really matters.”

—**Steve Kerr**, Golden State Warriors coach

“In Prevention Diaries, Larry Cohen has done something unprecedented: he has made prevention come alive.”

—**H. Jack Geiger**, City University of New York Medical School

Prevention Diaries reveals the unexpected (yet foreseeable) parts of daily life that shape our health. Health happens in our communities and homes, not just at the doctor’s office, and many illnesses and injuries can be prevented through commonsense solutions—saving lives and reducing burden on families, communities, and taxpayers.

Prevention Diaries is an accessible and engaging read that outlines why prevention is the solution to so many of our social challenges, and what we can all do to advance prevention. Topics include violence, the food system, healthcare, injuries, health equity, and the built environment.

Prevention Diaries is essential reading for anyone new to—but interested in improving—health and community; an academic tool for emerging health leaders; and a guide for practitioners to work towards broader solutions that connect health and equity. As healthcare in the U.S. continues to change rapidly, this book outlines what it takes to reduce costs and the frequency of illness in the first place.

Larry Cohen, Founder and Executive Director of Prevention Institute

A national leader in developing practical prevention strategies for communities, Cohen helped catalyze the nation’s first multi-city no-smoking laws; define violence as a preventable health issue; advance chronic disease prevention through physical activity and healthy eating; and promote better understanding of the underlying causes of illness, injury, and health inequities. Prevention Institute is a national non-profit organization committed to preventing illness and injury, to fostering health and social equity, and to building momentum for community prevention—integral to a quality health system.



“[An] intensely personal and introspective account of why stopping health problems before they start makes sense for individuals and for societies—and is possible. [Cohen’s] 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.”

—**Marion Nestle**, New York University;
author of *Soda Politics*

Web companion, with discussion questions for university classes and bookclubs, available soon at www.preventiondiaries.org

Order the book at www.indiebound.com, www.amazon.com, or www.bn.com

All royalties will go to the Beverly Coleman-Miller Fellowship.