

## Book Reviews

### Health and Behavior: The Interplay of Biological, Behavioral, and Societal Influences

Committee on Health and Behavior: Research, Practice and Policy Board on Neuroscience and Behavioral Health, Institute of Medicine, National Academy Press, Washington, DC, USA.

Available at [http://books.nap.edu/html/health\\_behavior/](http://books.nap.edu/html/health_behavior/) as PDF files.

"...The committee noted the vast array of interventions at various levels, with varying endpoints on different populations, with different methodologies. Each committee member brought to the table their own perspective about what would be most effective, but the data were inadequate to convince any of the experts of a best approach to shaping and maintaining behavior change. ....

....A critical obstacle to answering definitively the question of what works best is the difficulty of generalizing the findings of current studies. Many factors contribute to the problem: outcome measures among the studies differ, populations studied differ, and methodologies differ. For example, an intervention may be exceptionally effective on a highly motivated population but fail for the general public. Measurement of a behavioral outcome such as self-reported tobacco use is difficult to compare with an outcome measure such as change in sales of tobacco. Another obstacle is that there are no rigorous evaluations of interventions. Evaluations may assess short-term changes, but long-term effectiveness should also be assessed..."

#### Contents

1. *Biological, Behavioral, and Social Factors Affecting Health*  
Biobehavioral Factors in Health and Disease  
Behavioral Risk Factors  
Social Risk Factors
2. *Health-Related Interventions*  
Individuals and Families: Models and Interventions  
Organizations, Communities, and Society: Models and Interventions  
Evaluating and Disseminating Intervention Research
3. *Findings and Recommendations*

### The Aliens Ate My Homework

Bruce Coville

**Aliens Ate My Homework**

Pocket Books, 1993

How would you feel if you saw aliens munching on your homework? Well that's just how Rod Allbright felt when he saw aliens chewing on *his* homework.

Rod Allbright was just a regular boy living in a regular world until aliens crashed through his bedroom window and messed his life up. In case you're in a rush to read this book, here's part of the story:

*"I reached into my desk to pull out my math assignment. It looked like a lace doily! I stood up slowly, holding the tattered paper in front of me.*

*"For heaven's sakes, Rod," snapped Miss Maloney "Where's your assignment?"*

*I swallowed hard wishing I could lie.*

*"Rod?"*

*Glancing down at my desk, blushing, I mumbled,*

*"Aliens ate my homework, Miss Maloney."*

So, how was it? Well to tell you the truth, I really wanted to read the book after I read that part. I'd recommend this book to any person who likes aliens. Anyway, the book is full of out-of-this-world action and it's also fun to read so check it out now.

*Reviewed by Renguul Joshua Dever, age 12. He lives in Palau and is in the 7th grade. He likes computer games, aliens and writing short stories.*

See the work of Secretariat of  
the Pacific Community (SPC) at:  
<http://www.spc.int>



If I were a medical man, I should prescribe a holiday  
to any patient who considered his work important.

Bertrand Russell 1872 - 1970