Offers those who have had an introductory course in epidemiology the knowledge they need to make clear connections from research findings to practical applications.

Epidemiology, the so-called "science of public health," has undergone a boom in the last decade as public interest and engagement in population health has skyrocketed. While this boom has done much to spark advances in the technology of epidemiology, it has also made it harder for those who want to use epidemiology to guide policy and clinical practice to fully appreciate the meaning of the research findings.

Written in clear and lively prose, this book empowers students at all levels to evaluate a study's design, implementation, and ultimate findings, giving the guidance needed to apply the information appropriately. Liberal use of practical examples serves both to illustrate core concepts and to motivate readers to think critically about the causal connections that population health studies aim to explore.

Completely revised and updated, this new edition is an invaluable core text for both epidemiologists in training and practitioners across other disciplines with even an introductory knowledge of epidemiology.