Making Every Contact Count

April 2016

This Library bulletin provides further reading to support the ‘Making Every Contact Count’ programme.

There are links to recent research papers and articles in each of the MECC areas to give you further background information and evidence to consolidate what you have learned in your training, and to give you ideas and confidence for using MECC in your day-to-day encounters.

This issue features recent Cochrane reviews on workplace interventions for reducing sitting, dietary fibre for prevention of cardiovascular disease and combined interventions for smoking cessation, as well as other peer-reviewed articles. There is also a link to resources for implementing MECC and a report on why people struggle to make behavioural changes and what can be done to overcome these hurdles.

For further information and to access the MECC training modules, please visit the Making Every Contact Count page on the intranet: http://trustnet/directorates/corporate/mecc/Pages/home.aspx

Athens

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“We all have a role to play in improving the health and wellbeing of the community in which we live and work, “Making Every Contact Count” is about ensuring that prevention is at the heart of everything that we do”. “

(Prof Max Marshall, Medical Director LCFT)
Smoking Cessation

Smokers’ and ex-smokers’ understanding of electronic cigarettes: a qualitative study
[Click here](#) to view this paper

Combined pharmacotherapy and behavioural interventions for smoking cessation
[Click here](#) to view this paper [Open Access]

Nurses urged to encourage ‘quitters’ for No Smoking Day.
Reeve E.  *Practice Nurse*, Mar 2016
[Click here](#) to view this paper

Alternatives to smoking
Ross L.  *Nursing in Practice*, Feb 2016
[Click here](#) to request this paper from the Library.

Comparison of brief interventions in primary care on smoking and excessive alcohol consumption: a population survey in England
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Effects of Nicotine Patch vs Varenicline vs Combination Nicotine Replacement Therapy on Smoking Cessation at 26 Weeks: A Randomized Clinical Trial
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Waterpipe Tobacco Use in the United Kingdom: A Cross-Sectional Study among University Students and Stop Smoking Practitioners
[Click here](#) to view this paper [Open Access]
Healthy Eating

Re-evaluation of the traditional diet-heart hypothesis: analysis of recovered data from Minnesota Coronary Experiment (1968-73).
Click here to view this paper [Open Access]

Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction.
Click here to request this paper from the Library

The Eatwell Guide
Click here to view this report [Open Access]

Cross-sectional study of diet, physical activity, television viewing and sleep duration in 233 110 adults from the UK Biobank; the behavioural phenotype of cardiovascular disease and type 2 diabetes
Click here to view this paper [Open Access]

Practical Opportunities for Healthy Diet and Physical Activity: Relationship to Intentions, Behaviors, and Body Mass Index
Click here to view this paper

Dietary fibre for the primary prevention of cardiovascular disease
Click here to view this paper [Open Access]

Relationship between living alone and food and nutrient intake
Hanna KL., et al. Nutrition Reviews, August 2015
Click here to view this paper [Open Access]
Healthy Weight

My Weight Loss Journey: Unasked and Unanswered Questions.
Clement F. JAMA Internal Medicine, Feb 2016
Click here to view this paper

Does dietary fat matter for long-term weight loss?
Harvard Health Letter, Feb 2016
Click here to view this paper

Weight loss methods and changes in eating habits among successful weight losers.
Click here to request this paper from the Library

Self-reported receipt of healthcare professional's weight management counselling is associated with self-reported weight management behaviours of type 2 diabetes mellitus patients
Mogre V. SpringerPlus, Jan 2016
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A review and content analysis of engagement, functionality, aesthetics, information quality, and change techniques in the most popular commercial apps for weight management.
Click here to view this paper

Predictors of weight loss in young adults who are over-weight or obese and have psychosocial problems: a post hoc analysis.
Click here to view this paper

Fat chance? Exploring the evidence on who becomes obese
2020 Health, Nov 2016
Click here to view this report [Open Access]
Physical Activity and Exercise

Get up, stand up, get moving.
[Click here](#) to view this paper

Diabetes, Older People and Exercise: recommendations for health promotion programs
[Click here](#) to view this paper.

Effects of Short-Term Physical Activity Interventions on Simple and Choice Response Times.
[Click here](#) to view this paper.

Workplace interventions for reducing sitting at work
Sherestha, N. et al., *Cochrane Database of Systematic Reviews*, Mar 2016
[Click here](#) to view this paper [Open Access]

Easy exercises for “keyboard athletes”.
[Click here](#) to view the paper

Supporting heart health with exercise
Winter G. *Independent Nurse*, Feb 2016
[Click here](#) to request this paper from the Library

Low levels of physical activity are associated with dysregulation of energy intake and fat mass gain over 1 year.
[Click here](#) to view this paper
Alcohol

Voluntary temporary abstinence from alcohol during "Dry January" and subsequent alcohol use.
Click here to request this paper from the Library.

Alcohol-related cancer risk is increased in higher-income homes.
Paton N. Occupational Health, Feb 2016
Click here to view this paper

Alcohol age of initiation and long-term impact: a cross sectional survey of adults in England
Click here to view this paper

Reducing alcohol harm: early intervention and prevention
Lacey J. Community Practitioner, Feb 2016
Click here to view this paper

Alcohol consumption among university students in Ireland and the United Kingdom from 2002 to 2014: a systematic review.
Davoren MP., et al. BMC public health, Jan 2016
Click here to view this paper [Open Access]

Alcohol consumption and risk of cutaneous basal cell carcinoma in women and men: 3 prospective cohort studies
Click here to view this paper
Making Every Contact Count

Making Every Contact Count (MECC): practical resources
Public Health England, Feb 2016
These documents support the local implementation of MECC activity and the development of training resources. Documents include a MECC implementation guide and a quality marker checklist for training resources.
Click here for further information and to download the resources. [Open Access]

Behavioural insights and health
Local Government Association, Jan 2016
There is a variety of ways that people can be supported to make better choices. Councils are demonstrating this through the way they are making use of behavioural insights to improve health. From exploiting digital technologies to stressing social norms in a bid to encourage people to make lifestyle changes, local authorities have started using behavioural insights to make a difference to people’s lives.
Click here to view this report [Open Access]

Easier said than done - why we struggle with healthy behaviours and what to do about it
RSA, December 2015
Many of us know what we should be doing to live healthily, yet many of us struggle to actually actively manage our health. This report sets out some of the reasons why we might find it hard to live in a healthy way, exercising, eating well, getting adequate sleep, and checking for early warning symptoms. The report looks to the field of behavioural science for strategies that people can use to overcome those hurdles and to initiate lifestyle changes.
Click here to view this report. [Open Access]

Information
Please let us know how helpful this bulletin has been. If there are any topics you would like to see covered in a future information bulletin, please contact:

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