Making Every Contact Count

December 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 the UK Chief Medical Officers’ low risk drinking guidelines which were published in September, and a study on the effect of wearable technology on weight loss, as well as papers on obesity, smoking and alcohol use.

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

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Inside this issue

- Smoking Cessation .................. 2
- Healthy Eating ....................... 3
- Healthy Weight ....................... 4
- Physical Activity and Exercise ...... 6
- Alcohol .................................. 7
- MECC ................................... 8

Making Every Contact Count

“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

**E-cigarettes associated with higher rate of smoking cessation.**
Nursing Standard, 2016, vol./is. 31/6(16-)
[Click here](#) to request this article from the Library.

**Smoking cessation treatments: safety and efficacy in patients with and without neuropsychiatric disorders.**
British Journal of Hospital Medicine, 2016, vol./is. 77/7 (384-)
[Click here](#) to request this article from the Library.

**A mixed-method systematic review and meta-analysis of mental health professionals' attitudes toward smoking and smoking cessation among people with mental illnesses.**
Addiction, 2016, vol./is. 111/9 (1536-1553)
[Click here](#) to request this article from the Library.

**Supporting smoking cessation in older patients: a continuing challenge for community nurses.**
British Journal of Community Nursing, 2016, vol./is. 21/9 (457-461)
[Click here](#) to view this article.

**Combined expectancies of alcohol and e-cigarette use relate to higher alcohol use.**
Addictive Behaviors, 2016, vol./is. 52/ (13-21)
[Click here](#) to request this article from the Library.
Healthy Eating

Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies
BMJ 2016;355:i5796
Click here to view this article. [Open Access]

Young children still exceeding sugar recommendation
Public Health England, 9 September 2016
Click here to view this article. [Open Access]
Healthy Weight

Combined associations of body weight and lifestyle factors with all cause and cause specific mortality in men and women: prospective cohort study
BMJ 2016;355:i5855
Click here to view this article. [Open Access]

Smoking, obesity and physical inactivity cause much of social inequality in UK women's heart disease risk.
British Journal of Hospital Medicine, 2016, vol./is. 77/11(619-)
Click here to request this article from the Library.

Screening and brief intervention for obesity in primary care: a parallel, two-arm, randomised trial
The Lancet, October 2016
Click here to view this article. [Open Access]

Childhood obesity plan: the Government declares war on sugar.
British Journal of Nursing, 2016, vol./is. 25/17(984-985)
Click here to view this article.

Tackling obesity in people with learning disabilities.
Learning Disability Practice, 2016, vol./is. 19/7(10-10)
Click here to request this article from the Library.

Public knowledge of the link between obesity and cancer
Cancer Research UK, September 2016
Click here to view this report. [Open Access]

Nurses and the obesity plan.
Nursing Standard, 2016, vol./is. 30/52(30-)
Click here to request this article from the Library.
Healthy Weight continued...

**Childhood obesity as an emerging area of practice for occupational therapists: A case report.**
New Zealand Journal of Occupational Therapy, 2015, vol./is. 62/1(29-38)
[Click here](#) to view this article.

**Using Motivational Interviewing to Promote Healthy Weight.**
Family Practice Management, 2016, vol./is. 23/5(31-37)
[Click here](#) to request this article from the Library.
Physical Activity and Exercise

Effect of weekly physical activity frequency on weight loss in healthy overweight and obese women attending a weight loss program: a randomized controlled trial. American Journal of Clinical Nutrition; Nov 2016; vol. 104 (no. 5); p. 1202-1208
Click here to request this article from the Library.

Effect of Wearable Technology Combined With a Lifestyle Intervention on Long-term Weight Loss: The IDEA Randomized Clinical Trial
JAMA. 2016;316(11):1161-1171
Click here to view this article. [Open Access]
Alcohol

Birth cohort trends in the global epidemiology of alcohol use and alcohol-related harms in men and women: systematic review and metaregression
BMJ Open, 24 October 2016
Click here to view this article  [Open Access]

Late-life increases in alcohol consumption among postmenopausal women appear associated with greater breast cancer risk and less coronary heart disease risk.
Click here to view this article

Longitudinal association between different levels of alcohol consumption and a new onset of depression and generalized anxiety disorder: Results from an international study in primary care.
Psychiatry research, Sep 2016, vol. 243, p. 30-34
Click here to request this from the Library.

UK Chief Medical Officers' low risk drinking guidelines
Click here to view the guidelines  [Open Access]

Heavy Alcohol Consumption is Associated with Impaired Endothelial Function.
Click here to view this article.
Supporting self-management: a guide to enabling behaviour change for health and wellbeing using person- and community-centred approaches
NESTA, September 2016
Click here to view this report. [Open Access]

Spreading change: a guide to enabling the spread of person- and community-centred approaches for health and wellbeing
NESTA, September 2016
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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