Making Every Contact Count

March 2017

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 research on the benefits of exercising at the weekend, a report on British attitudes to obesity, and analysis showing how the behaviour and health of people aged between 40 and 60 has changed over the last 20 years.

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

You will need to login with your Athens account to view the articles in this bulletin unless it is indicated that they are “Open Access”.

All LCFT staff and students are eligible to register for an Athens account. Please click here to register for an account or contact the Library.

(Prof Max Marshall, Medical Director LCFT)
Smoking Cessation

Update to evidence-based guide to smoking cessation therapies.
Nurse Prescribing; Feb 2017; vol. 15 (no. 2); p. 77-84
Click here to request this article from the Library.

Joint associations between smoking and obesity as determinants of premature mortality among midlife employees.
European Journal of Public Health, 2017, vol./is. 27/1(135-139)
Click here to request this article from the Library.

The Health Effects of Electronic Cigarettes.
New England Journal of Medicine, 2016, vol./is. 375/26(2608-),
Click here to view this article.

Association of e-Cigarette Vaping and Progression to Heavier Patterns of Cigarette Smoking.
JAMA: Journal of the American Medical Association; Nov 2016; vol. 316 (no. 18); p. 1918-1920
Click here to view this article.

Examining Smoking Cessation in a Community-Based Versus Clinic-Based Intervention Using Community-Based Participatory Research.
Journal of Community Health; Dec 2016; vol. 41 (no. 6); p. 1146-1152
Click here to request this article from the Library.

Motivational, reduction and usual care interventions for smokers who are not ready to quit: a randomized controlled trial.
Addiction; Jan 2017; vol. 112 (no. 1); p. 146-155
Click here to request this article from the Library.

Use of aids for smoking cessation and alcohol reduction: A population survey of adults in England.
Click here to view this article. [Open Access]

Smoke-free hospital site conversations: how nurses can initiate change.
Click here to view this article.
Healthy Eating

Cheap as chips: is a healthy diet affordable?
Institute of Economic Affairs, March 2017
Click here to view this report. [Open Access]

New Change4Life campaign encourages parents to ‘Be Food Smart’
Public Health England, January 2017
Click here to view this report. [Open Access]

Controversies about sugars: results from systematic reviews and meta-analyses on obesity, cardiometabolic disease and diabetes.
European Journal of Nutrition; Nov 2016; vol. 55 ; p. 25-43
Click here to request this article from Library

Healthy Weight

Risk of diabetes increased 5-fold in obesity.
Practice Nurse, 2017, vol./is. 47/1(7-)
Click here to view this article.

30 seconds to make a difference in obesity.
Practice Nurse, 2016, vol./is. 46/11(7-7)
Click here to view this article.

British Social Attitudes: Attitudes to obesity
NatCen Social Research, December 2016
Click here to view this report. [Open Access]
Physical Activity and Exercise

Everybody active, every day: 2 year update
Click here to view this report. [Open Access]

Weekend exercise alone 'has significant health benefits'
BBC News, 10 January 2017
Click here to view this story. [Open Access]

Association of “Weekend Warrior” and Other Leisure Time Physical Activity Patterns With Risks for All-Cause, Cardiovascular Disease, and Cancer Mortality
JAMA Internal Medicine, January 2017. doi:10.1001/jamainternmed.2016.8014
Click here to request this article from the Library.

Impact of physical activity on cardiovascular status in obesity
Click here to view this article. [Open Access]

Leisure-Time Physical Activity Reduces Total and Cardiovascular Mortality and Cardiovascular Disease Incidence in Older Adults.
Journal of the American Geriatrics Society 26 December 2016 DOI: 10.1111/jgs.14694
Click here to view this article. [Open Access]

Your money or your time? How both types of scarcity matter to physical activity and healthy eating.
Social Science & Medicine; Jan 2017; vol. 172 ; p. 98-106
Click here to request this article from the Library.

Physical activity levels in adults with intellectual disabilities: A systematic review
Preventive Medicine Reports, Volume 4, December 2016, Pages 209–219
Click here to view this article. [Open Access]
Alcohol

A UK student survey investigating the effects of consuming alcohol mixed with energy drinks on overall alcohol consumption and alcohol-related negative consequences. Preventive medicine reports, Dec 2016, vol. 4, p. 496-501
Click here to view this article. [Open Access]

Anxiety sensitivity and alcohol use among acute-care psychiatric inpatients: The mediating role of emotion regulation difficulties
Cognitive Therapy and Research, Dec 2016, vol. 40, no. 6, p. 813-823, 0147-5916
Click here to request this article from the Library

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Changes in the behaviour and health of 40 to 60 year olds
A report showing how the behaviour and health of people aged between 40 and 60 has changed over the last 20 years.
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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