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Making Every Contact Count

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 studies linking the consumption of ultra-processed foods to cardiovascular diseases and mortality, and a systematic review of dietary intake in people with severe mental illnesses. It also features studies which show that physical activity is beneficial at any age and that it's never too late to improve your physical health. There are also studies investigating vaping in young people, and whether vaping has displaced cigarette smoking in this population.

For further information and to access the MECC training modules, please visit the Making Every Contact Count page on the intranet:

<http://portals/MECC/layouts/15/start.aspx>

Access to articles

You may need to login with your [OpenAthens](#) account to view some of the full text links in this bulletin.

If you would like to read any of the articles in this bulletin which do not have links to the full text please request them from the library:

academic.library@lancashirecare.nhs.uk

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Smoking Cessation

[Cigarette consumption estimates for 71 countries from 1970 to 2015: systematic collection of comparable data to facilitate quasi-experimental evaluations of national and global tobacco control interventions](#)

BMJ 2019;365:l2231

[Prevalence of vaping and smoking among adolescents in Canada, England, and the United States: repeat national cross sectional surveys](#)

BMJ 2019;365:l2219

Harm perceptions of e-cigarettes and other nicotine products in a UK sample.

Addiction; May 2019; vol. 114 (no. 5); p. 879-888

[Have e-cigarettes renormalised or displaced youth smoking? Results of a segmented regression analysis of repeated cross sectional survey data in England, Scotland and Wales](#)

Tobacco Control Published Online First: 01 April 2019. doi: 10.1136/tobaccocontrol-2018-054584

[A meta-analysis of the effectiveness of gradual versus abrupt smoking cessation.](#)

Tobacco Induced Diseases; Feb 2019; vol. 17 ; p. 1-6

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Healthy Weight

[Paying the price: new evidence on the link between price promotions, purchasing of less healthy food and drink, and overweight and obesity in Great Britain](#)

Cancer Research UK, April 2019

[Body mass index and all cause mortality in HUNT and UK Biobank studies: linear and non-linear mendelian randomisation analyses](#)

BMJ 2019;364:l1042

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Healthy Eating

[Association of changes in red meat consumption with total and cause specific mortality among US women and men: two prospective cohort studies](#)

BMJ 2019;365:l2110

[Association between consumption of ultra-processed foods and all cause mortality: SUN prospective cohort study](#)

BMJ 2019;365:l1949

[Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study \(NutriNet-Santé\)](#)

BMJ 2019;365:l1451

Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake

Cell Metabolism; May 16, 2019. DOI:<https://doi.org/10.1016/j.cmet.2019.05.008>

[Dietary intake of people with severe mental illness: systematic review and meta-analysis.](#)

The British journal of psychiatry : the journal of mental science; May 2019; vol. 214 (no. 5); p. 251-259

[Estimating the potential impact of the UK government's sugar reduction programme on child and adult health: modelling study](#)

BMJ 2019;365:l1417

[Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017](#)

The Lancet, April 03, 2019 DOI:[https://doi.org/10.1016/S0140-6736\(19\)30041-8](https://doi.org/10.1016/S0140-6736(19)30041-8)

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Physical Activity

[Moving Matters - Interventions To Increase Physical Activity](#)

NIHR Themed Review, June 2019

[Physical activity trajectories and mortality: population based cohort study](#)

BMJ 2019;365:l2323

[Active Ageing](#)

Demos, May 2019

[Physical inactivity, cardiometabolic disease, and risk of dementia: an individual-participant meta-analysis](#)

BMJ 2019;365:l1495

[Direct healthcare costs of sedentary behaviour in the UK](#)

Journal of Epidemiology and Community Health Published Online First: 25 March 2019. doi: 10.1136/jech-2018-211758

Precision in Promoting Physical Activity and Exercise With the Overarching Goal of Moving More.

Progress in Cardiovascular Diseases; Jan 2019; vol. 62 (no. 1); p. 3-8

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Alcohol

[The acceptability of addressing alcohol consumption as a modifiable risk factor for breast cancer: a mixed method study within breast screening services and symptomatic breast clinics](#)

BMJ Open 2019;9:e027371. doi: 10.1136/bmjopen-2018-027371

[Conventional and genetic evidence on alcohol and vascular disease aetiology: a prospective study of 500 000 men and women in China](#)

The Lancet, April 04, 2019, DOI:[https://doi.org/10.1016/S0140-6736\(18\)31772-0](https://doi.org/10.1016/S0140-6736(18)31772-0)

[A comparison of gender-linked population cancer risks between alcohol and tobacco: how many cigarettes are there in a bottle of wine?](#)

BMC Public Health 2019 19:316

Alcohol use by people in their seventies is not an exception: a preliminary prospective study.

British Journal of Community Nursing; Mar 2019; vol. 24 (no. 3); p. 128-133

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:

Cath Harris
(Information Services Librarian)
Tel: 01772 773510
Email: cath.harris@lancashirecare.nhs.uk

Gosall Library
Lantern Centre
Vicarage Lane
Preston
PR2 8DW