

## 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 also features studies linking smoking, physical health and activity to the Covid 19 pandemic.

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@lscft.nhs.uk](mailto:academic.library@lscft.nhs.uk)

Jan 2021

Library &  
Information  
Service



We are  
LSCft

## Smoking Cessation

### [Smoking Cessation Amid the Coronavirus 2019 Pandemic: Making Every Contact Count](#)

Hasan SS, Kow CS, Ahmadi K. *Chronic Obstr Pulm Dis.* 2020; 7(4): 300-302.

doi: <http://doi.org/10.15326/jcopdf.7.4.2020.0171>

[Making every contact count: the role of the clinician in smoking cessation during the perioperative period](#) Anandanadesan, R., Shah, M. and De Silva, A. C. (2020) *Clinical medicine (London, England)*, 20(2), p. e2. doi: 10.7861/clinmed.Let.20.2.3.

[Smoking Cessation as a Public Health Measure to Limit the Coronavirus Disease 2019 Pandemic](#) Komiyama M, Hasegawa K. *Eur Cardiol.* 2020;15:e16. Published 2020 Apr 23. doi:10.15420/ecr.2020.11

[Neighbourhood greenspace and smoking prevalence: Results from a nationally representative survey in England](#) Martin L, White M, Pahl S, May J, Wheeler B *Social Science and Medicine* 265. 2020. doi:10.1016/j.socscimed.2020.113448

[How has COVID-19 lockdown impacted smoking? A thematic analysis of written accounts from UK smokers](#) Grogan S, Walker L, McChesney G, Gee I, Gough B, Cordero MI. *Psychol Health.* 2020 Dec 18:1-17. doi: 10.1080/08870446.2020.1862110. Epub ahead of print. PMID: 33336583.

[Smoking, SARS-CoV-2 and COVID-19: A review of reviews considering implications for public health policy and practice.](#) Grundy EJ, Suddek T, Filippidis FT, Majeed A, Coronini-Cronberg S. *Tobacco Induced Diseases.* 2020;18:58. DOI: 10.18332/tid/124788.

[A Comparative Study of the Cost and Uptake of Community Pharmacy "Stop Smoking and Emergency Contraception" Services from the Perspective of the National Health Service.](#) Chalati W, Crilly P, Fletcher J, Kayyali R. *Journal of Research in Pharmacy Practice.* 2020 Apr-Jun;9(2):73-87. DOI: 10.4103/jrpp.jrpp\_20\_35.

[Stepping up: The response of stop smoking services in England to the COVID-19 pandemic](#) Action on Smoking and Health (ASH) 2020 Jan

Jan 2021

Library &  
Information  
Service



We are  
LSCft

## Healthy Weight

[Delivery of the National Child Measurement Programme in England](#) Cadec, M and Flint, SW and Tench, R (2020) *Public Health Nutrition*. pp. 1-21. ISSN 1368-9800 DOI: <https://doi.org/10.1017/s1368980020004991>

[Healthy weight services in England before, during and after pregnancy: a mixed methods approach](#) Fair, F., Marvin-Dowle, K., Arden, M. et al. *BMC Health Serv Res* **20**, 572 (2020). <https://doi.org/10.1186/s12913-020-05440-x>

[The association between area-based deprivation and change in body-mass index over time in primary school children: a population-based cohort study in Hampshire, UK](#) Twaits A, Alwan NA. *Int J Obes (Lond)*. 2020 Mar;**44**(3):628-636. doi: 10.1038/s41366-019-0418-9. Epub 2019 Jul 22. PMID: 31332279.

[Lessons from a publicly funded tier 2 healthy weight programme in Cornwall, UK](#) A J Williams, T Barter, R A Sharpe, *Journal of Public Health*, Volume 42, Issue 1, March 2020, Pages e96–e104,

[Association of BMI category with change in children's physical activity between ages 6 and 11 years: a longitudinal study](#) Jago, R., Salway, R., Emm-Collison, L., Sebire, S. J., Thompson, J. L., & Lawlor, D. A. (2020). *International Journal of Obesity*, **44**(1), 104-113. doi:<http://dx.doi.org/10.1038/s41366-019-0459-0>

[Towards a healthy weight: : how local councils are supporting adults to lose weight.](#) Local Government Association (LGA) 15 May 2020

Jan 2021

[Family weight management: changing behaviour techniques](#) Public Health England (PHE) 20 March 2020

Library &  
Information  
Service

[Using the planning system to promote healthy weight environments : guidance and supplementary planning document template for local authority public health and planning teams](#) Public Health England (PHE) 7 February 2020



We are  
LSCft

## Healthy Eating

[Fresh street: the development and feasibility of a place-based, subsidy for fresh fruit and vegetables](#) C Relton, M Crowder, M Blake, M Strong, *Journal of Public Health*, fdaa190, <https://doi.org/10.1093/pubmed/fdaa190>

[Relationships between children's sugar consumption at home and their food choices and consumption at school lunch](#) Baghlaf K, Muirhead V, Pine C. *Public Health Nutr.* 2020 Nov;23(16):2941-2949. doi: 10.1017/S1368980019003458. Epub 2020 Jan 20. PMID: 31957630.

[Cooking without thinking: How understanding cooking as a practice can shed new light on inequalities in healthy eating](#) van Kesteren R, Evans A. . *Appetite.* 2020 Apr 1;147:104503. doi: 10.1016/j.appet.2019.104503. Epub 2019 Nov 7. PMID: 31707071.

[The impact of the World Health Organization Health Promoting Schools framework approach on diet and physical activity behaviours of adolescents in secondary schools: a systematic review](#) C. McHugh, A. Hurst, A. Bethel, J. Lloyd, S. Logan, K. Wyatt, 2020: *Public Health*, 182; 116-124 <https://doi.org/10.1016/j.puhe.2020.02.006>.

[Effectiveness of information technology-enabled 'SMART Eating' health promotion intervention: A cluster randomized controlled trial](#) Kaur J, Kaur M, Chakrapani V, Webster J, Santos JA, Kumar R. *PLoS One.* 2020 Jan 10;15(1):e0225892. doi: 10.1371/journal.pone.0225892. PMID: 31923189; PMCID: PMC6953835.

Jan 2021

Library &  
Information  
Service



We are  
LSCft

## Alcohol

### [Fetal alcohol spectrum disorders: an overview of current evidence and activities in the UK](#)

Schölin L, Mukherjee RAS, Aiton N, et al *Archives of Disease in Childhood* 13 January 2021. doi: 10.1136/archdischild-2020-320435

[Conceptualising changes to tobacco and alcohol policy as affecting a single interlinked system](#) Gillespie, D., Hatchard, J., Squires, H. et al. *BMC Public Health* 21, 17 (2021). <https://doi.org/10.1186/s12889-020-10000-3>

[Qualitative Evaluation of Web-Based Digital Intervention to Prevent and Reduce Excessive Alcohol Use and Harm Among Young People Aged 14-15 Years: A “Think-Along” Study](#) Tinner LE, Kaner E, Garnett C, Mitchell S, Hickman M, Campbell R, MacArthur G. *JMIR Pediatr Parent*. 2020 Dec 15;3(2):e19749. doi: 10.2196/19749. PMID: 33320100; PMCID: PMC7772065.

[Assessing the contribution of alcohol-specific causes to socio-economic inequalities in mortality in England and Wales 2001–16](#) Angus C, Pryce R, Holmes J, de Vocht F, Hickman M, Meier P, Brennan A, Gillespie D. *Addiction*. 2020 Dec;115(12):2268-2279. doi: 10.1111/add.15037. Epub 2020 Mar 31. PMID: 32237009; PMCID: PMC7687183.

[National administrative record linkage between specialist community drug and alcohol treatment data \(the National Drug Treatment Monitoring System \(NDTMS\)\) and inpatient hospitalisation data \(Hospital Episode Statistics \(HES\)\) in England: design, method and evaluation](#) Roberts E, Doidge JC, Harron KL, et al *BMJ Open* 2020;10:e043540. doi: 10.1136/bmjopen-2020-043540

[Alcohol consumption among students and its relationship with nutritional intake: a cross-sectional study](#) Hillesund ER, Øverby NC, Valen EL, Engeset D. *Public Health Nutr*. 2020 Nov 4:1-12. doi: 10.1017/S1368980020004450. Epub ahead of print. PMID: 33146101.

[The opportunity to have their say? Identifying mechanisms of community engagement in local alcohol decision-making](#) Reynolds, J., McGrath, M., Halliday, E., Ogden, M., Hare, S., Smolar, M., Lafortune, L., et al. (2020). ‘ *International Journal of Drug Policy*, 85 (102909), 102909-102909. <https://doi.org/10.1016/j.drugpo.2020.102909>

### [A pilot cluster randomised trial of the Medicines and Alcohol Consultation \(MAC\): an intervention to discuss alcohol use in community pharmacy medicine review services](#)

Stewart, D., van Dongen, A., Watson, M. et al. *BMC Health Serv Res* 20, 943 (2020). <https://doi.org/10.1186/s12913-020-05797-z>

[‘It’s everywhere’: alcohol’s public face and private harm : the report of the Commission on Alcohol Harm.](#) Ilora F (2020) *Alcohol Alliance UK*

[Quarterly rates and numbers of deaths caused by diseases known to be a direct consequence of alcohol misuse. Includes 2001 to 2019 registrations and provisional registrations for Quarter 1 \(Jan to Mar\) to Quarter 3 \(July to Sept\) 2020.](#) Office for National Statistics; 19 January 2021

Jan 2021

Library &  
Information  
Service



We are  
LSCft

## Physical Activity

### [Physical activity, mental health and well-being of adults during initial COVID-19](#)

[containment strategies: A multi-country cross-sectional analysis](#) Faulkner J, et al, *J Sci Med Sport*, <https://doi.org/10.1016/j.jsams.2020.11.016>

### [Urban nature and physical activity: Investigating associations using self-reported and accelerometer data and the role of household income](#)

Garrett J, White M, Elliott L, Wheeler B, Fleming L. November 2020 *Environmental Research*, vol. 190, p. 109899 doi: 10.1016/j.envres.2020.109899

### [Methods of connecting primary care patients with communitybased physical activity opportunities: A realist scoping review](#)

Cunningham K et al, *Health and Social Care in the Community*; 19 October 2020 <https://doi.org/10.1111/hsc.13186>

### [One-year surveillance of body mass index and cardiorespiratory fitness in UK primary school children in North West England and the impact of school deprivation level](#)

Mann S, Wade M, Jones M, et al *Archives of Disease in Childhood* 2020;**105**:999-1003.

### [Economic evaluation of 'Men on the Move', a 'real world' community-based physical activity programme for men](#)

Kelly L, Harrison M, Richardson N, Carroll P, Egan T, Ormond G, Robertson S. *Eur J Public Health*. 2020 Sep 3;ckaa152. doi: 10.1093/eurpub/ckaa152.

### [Physical activity and sedentary behaviour related to transport activity assessed with multiple body-worn accelerometers: the RECORD MultiSensor Study](#)

Bista S, Debache I, Chaix B. *Public Health*. 2020 Dec;189:144-152. doi: 10.1016/j.puhe.2020.10.009.

### [Workplace-based interventions to promote healthy lifestyles in the NHS workforce: a rapid scoping and evidence map](#)

Raine G, Thomas S, Rodgers M, et al. Southampton (UK): *NIHR Journals Library*; 2020 Apr. (Health Services and Delivery Research, No. 8.18.)

## Information

Please let us know how helpful this bulletin has been. Remember to subscribe to our Library blog with weekly updates related to Public Health: <http://www.lihnnhs.info/lancashirecarelibraryblog/>  
If there are any topics you would like to see covered in a future information bulletin, please contact:

Katie Roper  
(Outreach Librarian)  
Tel: 01772 773510  
Email: [Katie.roper@lscft.nhs.uk](mailto:Katie.roper@lscft.nhs.uk)

Gosall Library | Lantern Centre | Vicarage Lane | Preston  
PR2 8DW

Jan 2021

Library &  
Information  
Service



We are  
LSCft