

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.

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.

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Smoking Cessation

[The cost of smoking to the social care system](#) *Action on Smoking and Health (ASH)*
23rd March 2021

[The costs of smoking to the social care system and related costs for older people in England: 2021 revision](#) Reed, H for ASH; 2021 March

[COVID-19: advice for smokers and vapers](#) Public Health England (PHE); 2021 March

[Getting back on track: Delivering a smokefree start for every child](#) Action on Smoking and Health (ASH) and the Smoking in Pregnancy Challenge Group; 2021 February

[Statistics on NHS Stop Smoking Services in England - April 2020 to September 2020](#) NHS Digital; 2020 Feb 23

[Vaping in England: evidence update including vaping for smoking cessation February 2021](#) McNeill, A., Brose, L.S., Calder, R., Bauld, L., and Robson, D. 2020 March: a report commissioned by Public Health England. London: Public Health England.

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

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Healthy Weight

[Patients' experiences of behaviour change interventions delivered by general practitioners during routine consultations: A nationally representative survey.](#)

Keyworth C, Epton T, Goldthorpe J, Calam R, Armitage C ; 2021 March. *Health Expect* doi: 10.1111/hex.13221

[National child measurement programme \(NCMP\): trends in child BMI](#) Public Health England (PHE); Updated 21st April 2021

[New specialised support to help those living with obesity to lose weight](#) Department of Health and Social Care; 2021 March 4

[Healthy weight environments: using the planning system: Addendum: Hot food takeaways use in the new Use Class Order](#) Public Health England (PHE); Updated 19th Feb 2021

[Obesity during the COVID-19 pandemic: both cause of high risk and potential effect of lockdown? A population-based electronic health record study.](#) Katsoulis M, Pasea L, Lai AG, Dobson RJB, Denaxas S, Hemingway H, Banerjee A. *Public Health*. 2021 Feb;191:41-47. doi: 10.1016/j.puhe.2020.12.003.

[Integration and Innovation: working together to improve health and social care for all](#) Department of Health and Social Care; 2021 Feb 11

[Weight-related lifestyle behaviours and the COVID-19 crisis: An online survey study of UK adults during social lockdown.](#) Robinson E, Gillespie S, Jones A. *Obes Sci Pract*. 2020 Aug 12;6(6):735-740. doi: 10.1002/osp4.442.

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Healthy Eating

[Environmental approaches to promote healthy eating: Is ensuring affordability and availability enough?](#) Monsivais P, Thompson C, Astbury C C, Penney T L; 2021 March 30. *BMJ* 2021; 372 :n549 doi:10.1136/bmj.n549

[A CRISIS WITHIN A CRISIS: The Impact of Covid-19 on Household Food Security](#)
The Food Foundation; 2021 March 1

[Nutrition knowledge and its relation with dietary behaviour in children and adolescents: a systematic review](#) Thakur S, Mathur P. . *Int J Adolesc Med Health*. 2021 Feb 15. doi: 10.1515/ijamh-2020-0192.

[Patterns and trends in child obesity](#) Public Health England (PHE); Updated 2021 Feb 2

[Obesity, eating behavior and physical activity during COVID-19 lockdown: A study of UK adults.](#) Robinson E, Boyland E, Chisholm A, Harrold J, Maloney NG, Marty L, Mead BR, Noonan R, Hardman CA. *Appetite*. 2021 Jan 1;156:104853. doi: 10.1016/j.appet.2020.104853.

[SACN statement on nutrition and older adults living in the community](#) Public Health England; 2021 Jan 20

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[Covid-19 public health road map: Eating behaviour.](#) Whittaker, E; Abdin, S; Chadwick, P; Shorter, G ; Hart, J; Armitage, C; Epton, T; Byrne-Davis, L; Arden, M; Kamal, A; Lewis, L; Drury, J; McBride, E O'Connor, D; Swanson, V; Thompson, S; Chater, A; *The British Psychological Society*, 2020.

[Veg Voice Report: Covid Veg](#) Wheeler A; Williams R; Food Foundation; 2020

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Physical Activity

[Reduced level of physical activity during COVID-19 pandemic is associated with depression and anxiety levels: an internet-based survey](#) Puccinelli PJ, da Costa TS, Seffrin A, de Lira CAB, Vancini RL, Nikolaidis PT, Knechtle B, Rosemann T, Hill L, Andrade MS. *BMC Public Health*. 2021 Mar 1;21(1):425. doi: 10.1186/s12889-021-10470-z.

[Active Lives Children and Young People Survey Academic year 2019/20](#) Sport England, 2021 Jan

[Obesity, eating behavior and physical activity during COVID-19 lockdown: A study of UK adults.](#) Robinson E, Boyland E, Chisholm A, Harrold J, Maloney NG, Marty L, Mead BR, Noonan R, Hardman CA. *Appetite*. 2021 Jan 1;156:104853. doi: 10.1016/j.appet.2020.104853.

[Behavioral Change Towards Reduced Intensity Physical Activity Is Disproportionately Prevalent Among Adults With Serious Health Issues or Self-Perception of High Risk During the UK COVID-19 Lockdown.](#) Rogers NT, Waterlow NR, Brindle H, Enria L, Eggo RM, Lees S, Roberts CH. *Front Public Health*. 2020 Sep 30;8:575091. doi: 10.3389/fpubh.2020.575091.

[Barriers and facilitators to changes in adolescent physical activity during COVID-19.](#) Ng K, Cooper J, McHale F, Clifford J, Woods C. *BMJ Open Sport Exerc Med*. 2020 Nov 5;6(1):e000919. doi: 10.1136/bmjsem-2020-000919.

[Practical Recommendations for Maintaining Active Lifestyle during the COVID-19 Pandemic: A Systematic Literature Review.](#) Bentlage E, Ammar A, How D, Ahmed M, Trabelsi K, Chtourou H, Brach M. *Int J Environ Res Public Health*. 2020 Aug 28;17(17):6265. doi: 10.3390/ijerph17176265.

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Alcohol

[Alcohol dependence prevalence in England](#) Public Health England; 2021 March 18

[Alcohol-related harm and drinking behaviour](#) Nuffield Trust; 2021 March 24

[Editorial: Heavy Adolescent Alcohol Use: An Accelerant of Impulsivity?](#) Crum KI, Hulvershorn L. *J Am Acad Child Adolesc Psychiatry*. 2021 May;60(5):575-576. doi: 10.1016/j.jaac.2020.12.018.

[Alcohol affordability: implications for alcohol price policies. A cross-sectional analysis in middle and older adults from UK Biobank](#), Moore S, Orpen B, Smith J, Sarkar C, Li C, Shepherd J, Bauermeister S, *Journal of Public Health*, 2021;April 9 ; <https://doi.org/10.1093/pubmed/fdab095>

The relationship between alcohol-related hospital admission and specialist alcohol treatment provision across local authorities in England since passage of the Health and Social Care Act 2012. Roberts, E., Hotopf, M., & Drummond, C. (2021). *The British Journal of Psychiatry*, 218(4), 230-232. doi:10.1192/bjp.2020.120

Reduced drinking and harm reduction in the treatment of alcohol use disorders; Bischof, G., Lange, N., Rumpf, H.J. and Preuss, U.W. (2021), *Drugs and Alcohol Today*, Vol. 21 No. 1, pp. 31-44. <https://doi.org/10.1108/DAT-10-2020-0063>

Information

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If there are any topics you would like to see covered in a future information bulletin, please contact:

Carmel Smith
(Library Manager)
Email: Carmel.Smith@lscft.nhs.uk

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