

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

[Prevalence of use and real-world effectiveness of smoking cessation aids during the COVID-19 pandemic: a representative study of smokers in England.](#)

[Addiction.](#)

Jackson SE, Cox S, Shahab L, Brown J. 2022 May 2. doi: 10.1111/add.15903.

[The impact of COVID-19 on smoking cessation in pregnancy.](#)

Bednarczuk N, Williams EE, Absalom G, Olaitan-Salami J, Greenough A. *J Perinat Med.* 2022 May 10. doi: 10.1515/jpm-2022-0178.

[Mindfulness for smoking cessation.](#)

Jackson S, Brown J, Norris E, Livingstone-Banks J, Hayes E, Lindson N. *Cochrane Database Syst Rev.* 2022 Apr 14;4(4):CD013696. doi: 10.1002/14651858.CD013696

[Differences in cigarette smoking quit attempts and cessation between adults who did and did not take up nicotine vaping: Findings from the ITC four country smoking and vaping surveys.](#)

Gravelly S, Meng G, Hammond D, Hyland A, Michael Cummings K, Borland R, Kasza KA, Yong HH, Thompson ME, Quah ACK, Ouimet J, Martin N, O'Connor RJ, East KA, McNeill A, Boudreau C, Levy DT, Sweanor DT, Fong GT. *Addict Behav.* 2022 Apr 28;132:107339. doi: 10.1016/j.addbeh.2022.107339.

[Smoking cessation: health system challenges and opportunities](#)

Pipe AL, Evans W, Papadakis S. *Tob Control.* 2022 Mar;31(2):340-347. doi: 10.1136/tobaccocontrol-2021-056575. PMID: 35241609.

[Inequalities in Smoking and Quitting-Related Outcomes Among Adults With and Without Children in the Household 2013-2019: A Population Survey in England.](#)

Kock L, Brown J, Shahab L, Tattan-Birch H, Moore G, Cox S. *Nicotine Tob Res.* 2022 Mar 26;24(5):690-698. doi: 10.1093/ntr/ntab211. PMID: 34634112

[Optimal use of smoking cessation pharmacotherapy.](#)

Mendelsohn C. *Aust Prescr.* 2022 Feb;45(1):10-14. doi: 10.18773/austprescr.2022.001. Epub 2022 Feb 1. PMID: 35233133

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Smoking Cessation

[Heated tobacco products for smoking cessation and reducing smoking prevalence.](#)

Tattan-Birch H, Hartmann-Boyce J, Kock L, Simonavicius E, Brose L, Jackson S, Shahab L, Brown J. *Cochrane Database Syst Rev.* 2022 Jan 6;1(1):CD013790. doi: 10.1002/14651858.CD013790.pub2.

[Smoking Cessation Support for Pregnant Women Provided by English Stop Smoking Services and National Health Service Trusts: A Survey.](#)

Thomson R, Cooper S, Waldron J, Mamuzo E, McDaid L, Emery J, Phillips L, Naughton F, Coleman T. *Int J Environ Res Public Health.* 2022 Jan 31;19(3):1634. doi: 10.3390/ijerph19031634.

[Changes in Cigarette Smoking and Vaping in Response to the COVID-19 Pandemic in the UK: Findings from Baseline and 12-Month Follow up of HEBECO Study.](#)

Kale D, Perski O, Herbec A, Beard E, Shahab L. *Int J Environ Res Public Health.* 2022 Jan 6;19(2):630. doi: 10.3390/ijerph19020630.

[A systematic review of mental health professionals, patients and carers' perceived barriers and enablers to supporting smoking cessation in mental health settings.](#)

Huddleston L, Shoesmith E, Pervin J, Lorencatto F, Watson J, Ratschen E. *A Nicotine Tob Res.* 2022 Jan 8:ntac004. doi: 10.1093/ntr/ntac004.

[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, M. I. (2022). *Psychology and Health*, 37(1), 17-33. doi:https://doi.org/10.1080/08870446.2020.1862110

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[Reaching Out: Tobacco control and stop smoking services in local authorities in England, 2021](#)

Action on Smoking and Health (ASH), Cancer Research UK (CRUK). Jan 2022



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Healthy Weight

[Making every contact count: recognising obesity in paediatric and young adult cardiology.](#)

Smith AE, Bharucha T, Marino LV. *Cardiol Young*. 2022 Jan;32(1):77-82. doi: 10.1017/S1047951121001566. Epub 2021 May 11.

[Association of Changes in Physical Activity and Adiposity With Mortality and Incidence of Cardiovascular Disease: Longitudinal Findings From the UK Biobank.](#)

Ahmadi MN, Gill JMR, Stamatakis E. *Mayo Clin Proc*. 2022 May;97(5):847-861. doi: 10.1016/j.mayocp.2021.11.026. Epub 2022 Apr 9. PMID: 35410749.

[Let's talk about diet—Nutrition skills in medical education.](#)

Bradley, A, Crowley, J, Bhoopatkar, H, Nakatsuji, M, Wall, C. *Med Educ*. 2022; 56(5): 564- 565. <https://doi.org/10.1111/medu.14770>

[Obesity Mediates the Association Between Diet and Type 2 Diabetes Risk](#)

Kamat P, *Medscape*: April 11 2022

[How Exercise Fights Bowel Cancer Uncovered](#)

Hicks R, *Medscape*; April 11 2022

[Body-mass index and risk of obesity-related complex multimorbidity: an observational multicohort study.](#)

Kivimäki M, Strandberg T, Pentti J, Nyberg ST, Frank P, Jokela M, Ervasti J, Suominen SB, Vahtera J, Sipilä PN, Lindbohm JV, Ferrie JE. *Lancet Diabetes Endocrinol*. 2022 Apr;10(4):253-263. doi: 10.1016/S2213-8587(22)00033-X. Epub 2022 Mar 4. PMID: 35248171; PMCID: PMC8938400.

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[Making every contact count with seldom-heard groups? A qualitative evaluation of voluntary and community sector \(VCS\) implementation of a public health behaviour change programme in England.](#)

Harrison D, Wilson R, Graham A, Brown K, Hesselgreaves H, Ciesielska M. *Health Soc Care Community*. 2022 Feb 26. doi: 10.1111/hsc.13764. Epub ahead of print. PMID: 35218264.

[Health inequalities: “We have a moral duty to reduce them”](#)

Jenkins H, *Cancer Research UK*; Feb 15 2022

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Healthy Weight

[Enhancing the implementation of the Making Every Contact Count brief behavioural intervention programme in Ireland: protocol for the Making MECC Work research programme.](#)

Meade O, O'Brien M, Mc Sharry J, Lawless A, Coughlan S, Hart J, Hayes C, Keyworth C, Lavoie KL, Murphy AW, Murphy P, Noone C, O'Reilly O; *Health Psychology Public Advisory Panel, Byrne M. HRB Open Res.* 2022 Jan 18;5:6. doi: 10.12688/hrbopenres.13481.1. PMID: 35224443

[Links between obesity, weight stigma and learning in adolescence: a qualitative study.](#)

Langford R, Davies A, Howe L, Cabral C. *BMC Public Health.* 2022 Jan 15;22(1):109. doi: 10.1186/s12889-022-12538-w. PMID: 35033056; PMCID: PMC8761050.

[Time to get our teeth into reducing obesity: should dentists screen and deliver interventions to reduce obesity in the population?](#)

Daley AJ. *Br Dent J.* 2022 Jan;232(2):78-79. doi: 10.1038/s41415-022-3872-z.

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Healthy Eating

[Telephone and Web-Based Delivery of Healthy Eating and Active Living Interventions for Parents of Children Aged 2 to 6 Years: Mixed Methods Process Evaluation of the Time for Healthy Habits Translation Trial.](#)

Hammersley ML, Wyse RJ, Jones RA, Okely AD, Wolfenden L, Eckermann S, Xu J, Green A, Stacey F, Yoong SL, Jackson J, Innes-Hughes C, Li V, Rissel C. *J Med Internet Res.* 2022 May 26;24(5):e35771. doi: 10.2196/35771. PMID: 35616994.

[Can Weight Watchers \(WW\) Help Address Maternal Obesity? An Audit of Weight Change in Women of Childbearing Age and Mothers-To-Be, Referred into a Commercial Slimming Programme.](#)

Tocque K, Kennedy L. *Matern Child Health J.* 2022 May;26(5):1038-1048. doi: 10.1007/s10995-021-03204-5.

[Parent Fruit and Vegetable Consumption Outcomes from the Translational 'Time for Healthy Habits' Trial: Secondary Outcomes from a Partially Randomized Preference Trial.](#)

Wyse RJ, Jackson JK, Hammersley ML, Stacey F, Jones RA, Okely A, Green A, Yoong SL, Lecathelinais C, Innes-Hughes C, Xu J, Gillham K, Rissel C. *Int J Environ Res Public Health.* 2022 May 19;19(10):6165. doi: 10.3390/ijerph19106165.

[Nutritional and food education as a complementary treatment approach in severe obese individuals.](#)

Silveira EA, Canheta AB, Noll M, Rodrigues APS, Oliveira C. *Nutr Health.* 2022 Mar 16;2601060221080246. doi: 10.1177/02601060221080246.

[Fresh street: the development and feasibility of a place-based, subsidy for fresh fruit and vegetables.](#)

Relton C, Crowder M, Blake M, Strong M. *J Public Health (Oxf).* 2022 Mar 7;44(1):184-191. doi: 10.1093/pubmed/fdaa190.

[Implementing a healthy lifestyle program in residential out-of-home care: What matters, what works and what translates?](#)

Green R, Hatzikiriakidis K, Tate R, Bruce L, Smales M, Crawford-Parker A, Carmody S, Skouteris H. *Health Soc Care Community.* 2022 Mar 8. doi: 10.1111/hsc.13773.

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Healthy Eating

[Barriers and facilitators to the implementation of healthy eating, physical activity and obesity prevention policies, practices or programs in family day care: A mixed method systematic review.](#)

Grady A, Jackson JK, Lum M, Delaney T, Jones J, Kerr J, Falkiner M, Yoong S. *Prev Med.* 2022 Apr;157:107011. doi: 10.1016/j.ypmed.2022.107011.

[A Randomized Controlled Trial Examining the Effects of Mindful Eating and Eating without Distractions on Food Intake over a Three-Day Period.](#)

Seguias L, Tapper K. *Nutrients.* 2022 Feb 28;14(5):1043. doi: 10.3390/nu14051043.

[The impact of COVID-19 on the eating habits of families engaged in a healthy eating pilot trial: a thematic analysis.](#)

Porter L, Cox JS, Wright KA, Lawrence NS, Gillison FB. *Health Psychol Behav Med.* 2022 Feb 27;10(1):241-261. doi: 10.1080/21642850.2022.2043750.

[Built environment influences on healthy eating and active living: The NEWPATH study.](#)

Frank LD, Bigazzi A, Hong A, Minaker L, Fisher P, Raine KD. *Obesity (Silver Spring).* 2022 Feb;30(2):424-434. doi: 10.1002/oby.23352.

[Overweight/Obesity and Time Preference: Evidence from a Survey among Adults in the UK.](#)

Touray MML, Cohen DR, Williams SRP, Alam MF, Groves S, Longo M, Gage H. *Obes Facts.* 2022;15(3):428-441. doi: 10.1159/000522651. Epub 2022 Feb 24. PMID: 35203081.

[Manipulated exposure to television-style healthy food advertising and children's healthy food intake in nurseries.](#)

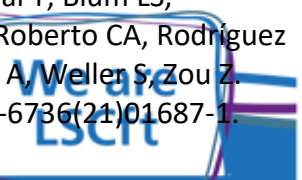
von Nordheim L, Blades M, Oates C, Buckland NJ. *Appetite.* 2022 Jan 1;168:105791. doi: 10.1016/j.appet.2021.105791.

[Food choice in transition: adolescent autonomy, agency, and the food environment.](#)

Neufeld LM, Andrade EB, Ballonoff Suleiman A, Barker M, Beal T, Blum LS, Demmler KM, Dogra S, Hardy-Johnson P, Lahiri A, Larson N, Roberto CA, Rodríguez-Ramírez S, Sethi V, Shamah-Levy T, Strömmer S, Tumilowicz A, Weller S, Zou Z. *Lancet.* 2022 Jan 8;399(10320):185-197. doi: 10.1016/S0140-6736(21)01687-1.

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Physical Activity.

[The Forgotten Age Phase of Healthy Lifestyle Promotion? A Preliminary Study to Examine the Potential Call for Targeted Physical Activity and Nutrition Education for Older Adolescents.](#)

Howells K, Coppinger T. *Int J Environ Res Public Health*. 2022 May 14;19(10):5970. doi: 10.3390/ijerph19105970.

[Strength and conditioning in schools: a strategy to optimise health, fitness and physical activity in youths.](#)

Till K, Bruce A, Green T, Morris SJ, Boret S, Bishop CJ. *Br J Sports Med*. 2022 May;56(9):479-480. doi: 10.1136/bjsports-2021-104509

[Effects of Exercise and Physical Activity Levels on Vaccination Efficacy: A Systematic Review and Meta-Analysis.](#)

Dinas PC, Koutedakis Y, Ioannou LG, Metsios G, Kitis GD. *Vaccines (Basel)*. 2022 May 12;10(5):769. doi: 10.3390/vaccines10050769.

[Physical activity promotion by GPs: a cross-sectional survey in England.](#)

Lowe A, Myers A, Quirk H, Blackshaw J, Palanee S, Copeland R. *BJGP Open*. 2022 May 11:BJGPO.2021.0227. doi: 10.3399/BJGPO.2021.0227.

[Green Walkability and Physical Activity in UK Biobank: A Cross-Sectional Analysis of Adults in Greater London.](#)

Roscoe C, Sheridan C, Geneshka M, Hodgson S, Vineis P, Gulliver J, Fecht D. *Int J Environ Res Public Health*. 2022 Apr 2;19(7):4247. doi: 10.3390/ijerph19074247.

[Association Between Physical Activity and Risk of Depression: A Systematic Review and Meta-analysis.](#)

Pearce M, Garcia L, Abbas A, Strain T, Schuch FB, Golubic R, Kelly P, Khan S, Utukuri M, Laird Y, Mok A, Smith A, Tainio M, Brage S, Woodcock J. *JAMA Psychiatry*. 2022 Apr 13:e220609. doi: 10.1001/jamapsychiatry.2022.0609.

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[The Relationship between Physical Activity and Long COVID: A Cross-Sectional Study.](#)

Wright J, Astill SL, Sivan M. *Int J Environ Res Public Health*. 2022 Apr 22;19(9):5093. doi: 10.3390/ijerph19095093. PMID: 35564488; PMCID: PMC9105041.

[Children's Voices in Physical Activity Research: A Qualitative Review and Synthesis of UK Children's Perspectives.](#)

Emm-Collison L, Cross R, Garcia Gonzalez M, Watson D, Foster C, Jago R. *Int J Environ Res Public Health*. 2022 Mar 28;19(7):3993. doi: 10.3390/ijerph19073993.

[Change in health, wellbeing and physical activity levels during the COVID-19 pandemic: a longitudinal cohort of parkrun participants in the United Kingdom.](#)

Quirk H, Haake S, Goyder E, Bullas A, Graney M, Wellington C. *Health Promot Int*. 2022 Feb 26:daac012. doi: 10.1093/heapro/daac012.

[Child and Parent Physical Activity, Sleep, and Screen Time During COVID-19 and Associations With Mental Health: Implications for Future Psycho-Cardiological Disease?](#)

Olive LS, Sciberras E, Berkowitz TS, Hoare E, Telford RM, O'Neil A, Mikocka-Walus A, Evans S, Hutchinson D, McGillivray JA, Berk M, Teague SJ, Wood AG, Olsson C, Westrupp EM. *Front Psychiatry*. 2022 Feb 10;12:774858. doi: 10.3389/fpsyt.2021.774858.

[Effectiveness of physical activity interventions delivered or prompted by health professionals in primary care settings: systematic review and meta-analysis of randomised controlled trials.](#)

Kettle VE, Madigan CD, Coombe A, Graham H, Thomas JJC, Chalkley AE, Daley AJ. . *BMJ*. 2022 Feb 23;376:e068465. doi: 10.1136/bmj-2021-068465. PMID: 35197242; PMCID: PMC8864760.

[Population level physical activity before and during the first national COVID-19 lockdown: A nationally representative repeat cross-sectional study of 5 years of Active Lives data in England.](#)

Strain T, Sharp SJ, Spiers A, Price H, Williams C, Fraser C, Brage S, Wijndaele K, Kelly P. *Lancet Reg Health Eur*. 2022 Jan;12:100265. doi: 10.1016/j.lanepe.2021.100265. .

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Alcohol

[Alcohol intake and mortality risk of COVID-19, pneumonia, and other infectious diseases: An analysis of 437191 UK biobank participants.](#)

Huang BH, Inan-Eroglu E, Shaban RZ, Hamer M, Britton A, Stamatakis E. *Prev Med Rep.* 2022 Feb 28;26:101751. doi: 10.1016/j.pmedr.2022.101751. PMID: 35251915; PMCID: PMC8883723.

[Exposure to tobacco, alcohol and 'Junk food' content in reality TV programmes broadcast in the UK between August 2019-2020.](#)

Barker AB, Bal J, Ruff L, Murray RL. *J Public Health (Oxf).* 2022 May 5:fdac046. doi: 10.1093/pubmed/fdac046. Epub ahead of print. PMID: 35512310.

[Autistic traits and alcohol use in adolescents within the general population.](#)

Pijnenburg LJ, Kaplun A, de Haan L, Janecka M, Smith L, Reichenberg A, Banaschewski T, Bokde ALW, Quinlan EB, Desrivières S, Grigis A, Garavan H, Gowland P, Heinz A, Ittermann B, Martinot JL, Martinot MP, Nees F, Orfanos DP, Paus T, Poustka L, Hohmann S, Millenet S, Fröhner JH, Smolka MN, Walter H, Whelan R, Schumann G, Velthorst E; IMAGEN Consortium. *Eur Child Adolesc Psychiatry.* 2022 Mar 23. doi: 10.1007/s00787-022-01970-3.

[Affect and alcohol consumption: An ecological momentary assessment study during national lockdown](#)

Tovmasyan A, Monk RL, Qureshi A, Bunting B, Heim D. . *Exp Clin Psychopharmacol.* 2022 Mar 10. doi: 10.1037/pha0000555.

[Association of alcohol types, coffee and tea intake with mortality: prospective cohort study of UK Biobank participants](#)

Schaefer SM, Kaiser A, Behrendt I, Eichner G, Fasshauer M. . *Br J Nutr.* 2022 Feb 3:1-11. doi: 10.1017/S000711452200040X.

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Alcohol

[The effectiveness of psychosocial interventions at reducing the frequency of alcohol and drug use in parents: findings of a Cochrane Review and meta-analyses.](#)

McGovern R, Newham J, Addison M, Hickman M, Kaner E. *Addiction*. 2022 Feb 21. doi: 10.1111/add.15846.

[Mental health disorders and alcohol misuse among UK military veterans and the general population: a comparison study.](#)

Rhead R, MacManus D, Jones M, Greenberg N, Fear NT, Goodwin L. *Psychol Med*. 2022 Jan;52(2):292-302. doi: 10.1017/S0033291720001944.

[Alcohol interventions for LGBTQ+ adults: A systematic review.](#)

Dimova ED, Elliott L, Frankis J, Drabble L, Wiencierz S, Emslie C. *Drug Alcohol Rev*. 2022 Jan;41(1):43-53. doi: 10.1111/dar.13358. Epub 2021 Aug 1. PMID: 34333818.

[Statistics on Alcohol, England 2021](#)

Official Statistics, National Statistics, Jan 2022

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