

MAKING EVERY CONTACT COUNT (MECC) FOR ACCREDITED REGISTERS:

A FRAMEWORK WHICH AIMS TO SUPPORT STAFF AND ORGANISATIONS IN THE DELIVERY OF MECC AND ENABLE A COMMON APPROACH TO IMPLEMENTATION.

What is MECC?

An approach to behaviour change that utilises millions of every day interactions that organisations and people have with other people to positively influence behaviour, with the aim of improving mental health and physical wellbeing.



Asking individuals about their lifestyle and changes they may wish to make, when there is an appropriate opportunity to do so



Responding appropriately to the lifestyle issue/s once raised



Taking the appropriate action to either give information, signpost or refer individuals to the support they need.

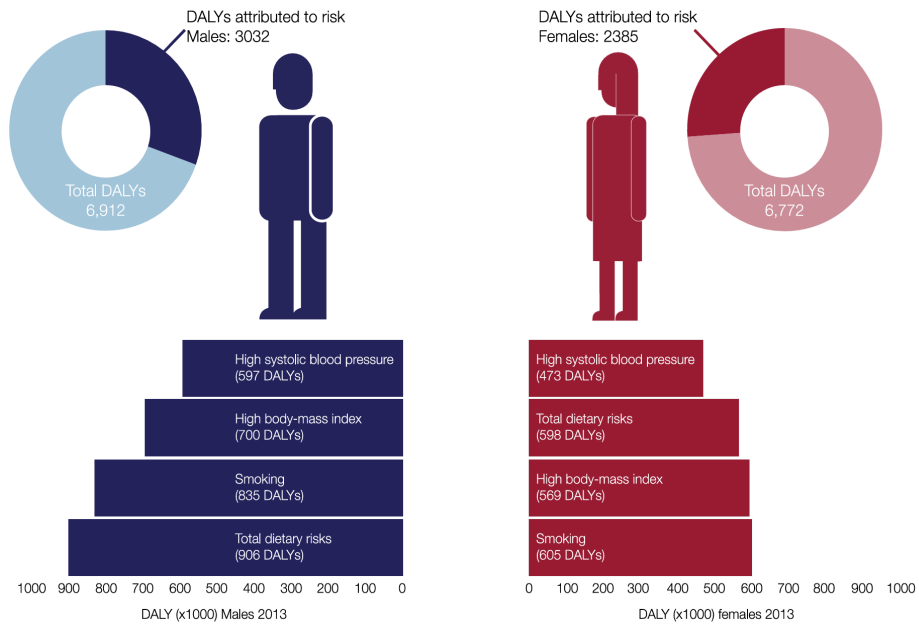
Addressing these factors can help to reduce the risk of poor health significantly and effect empowerment of the individual to positively influence their own health.

The Role of Accredited Register Practitioners:

As part of the public health workforce, practitioners on the accredited registers can engage with their patients and service users to work toward the reduction of many long-term diseases which are closely linked with behavioural risk factors.

This involves learning how to have conversations in a skilled, effective and confident manner about making changes such as stopping smoking, improving diet, increasing physical activity,, maintaining a healthy weight and reducing alcohol consumption.

Links between risk factors and disability adjusted life years for the adult population of England. DALYs attributed to largest risk factors, by gender 2013 Public Health England (2015)



DALYs add the years of life lost due to early death and years spent living with disability or ill-health together.

Source: NHS England - <https://www.england.nhs.uk/wp-content/uploads/2016/04/making-every-contact-count.pdf>

MECC Benefits

A number of MECC benefits have been identified for organisations, service users, and practitioners: -

The potential benefits of MECC to **service users**:

- Better health and wellbeing
- Quicker treatment outcome
- Personal, tailored support in making positive change
- Increased confidence and motivation to change
- Feeling empowered and supported
- Contribution to the reduction of health inequalities

Those **practitioners** involved in MECC have reported better morale and a greater sense of making a difference, as well as an increased awareness of own health and wellbeing.

Resources

You can find out more about MECC and the role of organisations in implementing from the links below:



- [Making Every Contact Count website](#)
- [NHS England MECC Guide](#)
- [GOV.UK Website MECC Practical Resources](#)
- [NHS England MECC consensus statement](#)