

MECC

MAKING EVERY CONTACT COUNT

LET'S GET LONDON HEALTHIER, ONE CONVERSATION AT A TIME

WHAT IS MECC?

MECC aims to help people make healthier choices. It supports frontline staff to engage in positive conversations about health and wellbeing with the people they meet every day.



MECC FOCUSES MAINLY ON FIVE ASPECTS OF HEALTH AND WELLBEING

STOPPING SMOKING

DRINKING ALCOHOL WITHIN RECOMMENDED LIMITS

IMPROVING MENTAL HEALTH AND WELLBEING

BEING PHYSICALLY ACTIVE

HEALTHY EATING

WHY MECC?



.....OVER.....
1 MILLION
PATIENTS ARE SEEN
.... EVERY....
36 HOURS
IN THE NHS⁽¹⁾

creating a potential opportunity for a MECC conversation



30 SECS
is all it can take to have a MECC conversation



Behaviour change guidance⁽²⁾

£17.9 BILLION EACH YEAR



spent by the NHS on illnesses caused by smoking, weight and alcohol⁽⁸⁾



is a core part of the Five Year Forward View to support NHS sustainability⁽⁷⁾

ONE MECC CONVERSATION CAN ADDRESS

15%
OF LONDONERS SMOKE⁽³⁾



+2 MILLION
LONDONERS EXPERIENCE POOR MENTAL HEALTH EVERY YEAR⁽⁴⁾

— ONLY —
64%

OF ADULTS UNDERTAKE THE RECOMMENDED 150 MINUTES OF EXERCISE PER WEEK



— IN LONDON —
OVER 50%
OF ADULTS & 38% OF CHILDREN IN YEAR 6 ARE OVERWEIGHT OR OBESE⁽⁵⁾

OVER 20%
OF ADULTS IN LONDON REGULARLY DRINK MORE THAN THE RECOMMENDED GUIDELINES EACH WEEK⁽⁶⁾



NEXT STEPS



Sign up to our MECC pledge and demonstrate your commitment for your programme to be considered for a MECC award.



Join the London MECC Communities of Practice group to share best practice.



For free London MECC resources: www.healthyldn.org/mecc



@HealthyLDN #MECC #makeeverycontactcount

SOURCES: (1. Department of Health, Chief Executive's report to the NHS: December 2005) (2. www.nice.org.uk/guidance/pha49/chapter/1-Recommendations) (3. <http://adph.org.uk/networks/london/2017/09/08/cigarette-smoking-in-london-will-end-by-2030-according-to-latest-figures/>) (4. <https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-ldn-improving-londoners-mental-health-and-wellbeing>) (5. Child stat: National Child Measurement Programme, England, 2015-16. Adult stat: House of commons briefing paper : Number 3336, 20 January 2017) (6. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/596268/LAPE_March_2017_statistical_commentary.pdf) (7. <https://www.england.nhs.uk/wp-content/uploads/2014/10/5yfv-web.pdf>) (8. The Health and Social Care Information Centre (2012) Statistics on alcohol: England and Statistics on smoking: England; Government Office for Science (2012) Tackling obesity: future choices.)

