

MAKING EVERY CONTACT COUNT

What is Making Every Contact Count?

MECC is an approach to behaviour change that utilises millions of day to day interactions to support people to make positive changes to their physical and mental wellbeing across the North East and NorthCumbria.

The idea of MECC is simple. Every day we all have hundreds of contacts that can support an increase in health and wellbeing conversations.

A small change can make a big difference.

MECC focuses on the lifestyle issues that can make the greatest improvement to someones health.



Stopping smoking



Reducing alcohol



Eating healthily



Looking after mental health



Finances

and many more...



Why MECC is important

Many long-term diseases are closely linked to known behavioural risk factors...

Around 40% of the UK's disability adjusted life years lost are attributable to tobacco, hypertension, alcohol, being overweight or being physically inactive. It is a whole person approach acknowledging individual social circumstances such as finance, employment, social support and housing that all impact on people's wellbeing.

What are the three As?

The MECC approach follows a simple model. Anything can be an opportunity for a MECC chat. In order to support people in making lifestyle changes, just follow a very simple structure. It's called Ask, Assist, Act (3As).

Ask

Take notice
and engage

Assist

Provide motivational
health information

Act

Signpost to a
local service

How to get involved...

Start by visiting our website www.meccgateway.co.uk/nenc to access our database of regional MECC referral resources.



Regional Training Offer

Across the region we offer a free training offer for Core MECC and a Train the Trainer model.

For more information about this please contact MECCRegional@northumbria-healthcare.nhs.uk

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"The message is so consistent, and that even though the interventions are brief, they are meaningful."

"Very thought provoking, it makes me think about how often I actually have MECC conversations"

"Ensuring we don't miss the opportunity to ask the right question"

