Helping you to Make Every Contact Count

Developed with the support of Public Health England
Making Every Contact Count (MECC) is an approach to behaviour change that uses the millions of day-to-day interactions that organisations and individuals have with other people to support them in making positive changes to their physical and mental health and wellbeing.

It supports the opportunistic delivery of consistent and concise healthy lifestyle information and enables individuals to engage in conversations about their health at scale across organisations and populations.

**Resources available!**

Our website [www.makingeverycontactcount.co.uk](http://www.makingeverycontactcount.co.uk) provides resources and information to support people and organisations implementing this approach – from healthcare, local authority and the wider social care sector. Developed with multi-agency input at local, regional and national level, it is a ‘one stop shop’ library of national and local resources that can be used to support the development, implementation and evaluation of MECC programmes across local communities.

**Use the website to access:**

- example frameworks
- case studies
- e-learning materials
- healthy lifestyle resources
- nationally agreed MECC resources developed in partnership through a National MECC Advisory Group, including a consensus statement, implementation guide, evaluation framework and training quality marker checklist
- local and national contacts
- digital media products
- our online community of practice

**Keep up to date with our work on Making Every Contact Count on our website:** [hee.nhs.uk/makingeverycontactcount](http://hee.nhs.uk/makingeverycontactcount)