



We are pleased to announce our new Making Every Contact Count (MECC) digital training programme is available [here](#). Our programme is designed to improve confidence in having a healthy lifestyle conversation and evoking behaviour change.

Many long-term diseases in our population 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.

Making changes such as stopping smoking, improving diet, increasing physical activity, losing weight and reducing alcohol consumption can help people to reduce their risk of poor health significantly. Making every contact count (MECC) is an approach to behaviour change that utilises the millions of day to day interactions that organisations and people have with other people to encourage changes in behaviour that have a positive effect on the health and wellbeing of individuals, communities and populations.

We are commissioned by Suffolk County Council Public Health to deliver MECC training in Suffolk to GP's and their staff, pharmacy staff, healthcare professionals, employers from all industries and employees, voluntary organisations and many more.

Our face-to-face delivery is currently suspended due to COVID-19 however we can offer the training over Skype or Zoom or through the [digital package](#).

Follow the [link](#) to register with our online digital training platform. We have a new MECC curriculum for 2020 with an interactive presentation, videos and a digital virtual patient application.

After completing the training, you will receive a digital resource pack with key slides, information and further resources.

If you would like to book Making Every Contact Count Training (MECC) please call 01473 718193 or email training@onelifesuffolk.co.uk