



Making Every Contact Count Doncaster

MECC e-Learning module - <http://doncasterpublichealth.learningpool.com/> (approximately 30 minutes to complete)

Background

In the UK today there is a significant problem with people leading unhealthy lifestyles. The good news is that we can do something about this; we can help raise awareness of the benefits of healthy lifestyles and support people who may want to make lifestyle changes. A short 30 seconds-2 minutes conversation can start someone's journey to a healthier life.

Key areas: healthy eating, smoking, alcohol, mental wellbeing and physical activity.

Aims:

- Understand how MECC is relevant and how everyone can use it in their day-to-day roles
- To increase knowledge and confidence on how to start conversations about healthy lifestyle
- To increase knowledge around key lifestyle messages

Results

- Nearly 600 people completed the training (since Dec 2016)
- 95% found the module useful
- 86% said they would be able to apply the learning in their roles
- 94% said they would recommend the module to a colleague
- 83% said they prefer e-Learning over face-to-face training.

Next steps: Further evaluation and pilot a face-to-face training programme.

